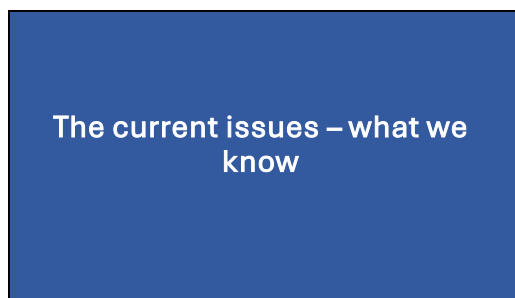


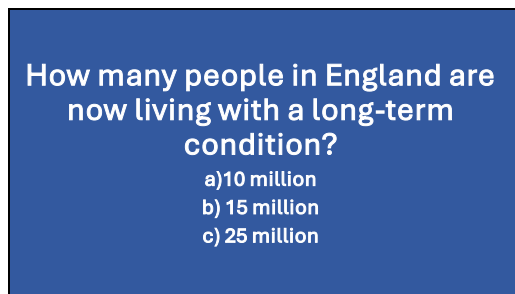
Slide 1



Slide 2



Slide 3



Slide 4

What percentage of people with LTCs report feeling confident in being able to manage their condition?

- a) 78%
- b) 83%
- c) 89%

Slide 5

The Current Issues

- An ageing population and rises in multi-morbidity mean that 25 million people in England now have a long-term condition (LTC).
- People with LTCs account for 70% of GP appointments and 50% of hospital activity.
- Fewer people are feeling supported to manage their condition – 22% said they were either 'not very confident' or 'not at all confident'.
- Nearly a third of people, feel they had not had enough support from local services in helping them manage their condition.
- 50% of people are not having a conversation about how to best manage their condition with a healthcare professional.

Slide 6

What is self-management?

Self-management aims to empower people with long-term conditions to take control of their treatment. It is a set of approaches which helps patients manage their own health. This could be physical health, mental health or both.

Why is self-management important?

People with a long-term health condition spend an average of less than four hours a year with their medical team. Having the right tools in place can help them the rest of the time.



Slide 7


The Living Well Programme (LWP)

Self-management course for people living with any long-term physical or mental health condition(s).

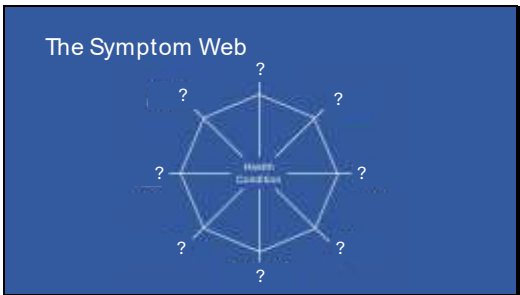
The programme aims to help people to take more control of their health by learning new skills to better manage their condition and to 'live well'.

The course isn't intended to replace medical treatment, but to be complimentary.

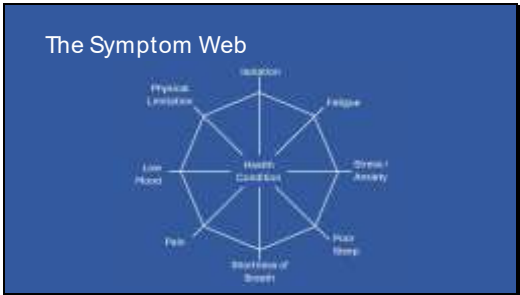
Delivered by trained volunteer tutors with lived experience.



Slide 8



Slide 9



Slide 10

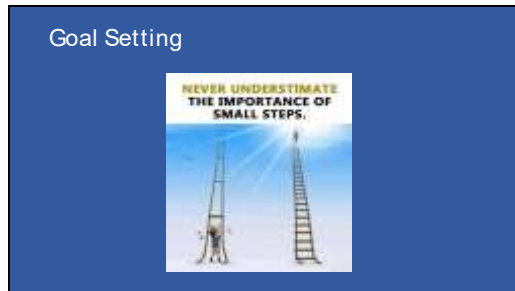


Slide 11

Course Techniques

Psychological & Emotional	Physical & Practical	Implementation
<ul style="list-style-type: none">• Distraction• Grounding• Thought diary• Positive thinking• Relaxation body-scan• Mindfulness• Self-kindness• Happy box	<ul style="list-style-type: none">• Better breathing• Sleep management• Pacing• Working with HCPs• Medication management• Healthy eating• Physical activity• Falls prevention• Communication skills	<ul style="list-style-type: none">• Goal setting• Problem Solving• Decision Making• Self-care plans

Slide 12



Slide 13

Feedback

"The volunteer tutors were lovely and really helped me feel heard and valued"

"It was really enjoyable and felt that it was a safe space to share"

"The concept of Goal Setting has made me feel more in control and grateful"

"It has been really helpful to meet other people with long-term health conditions. I feel less isolated"

"Meeting like-minded people has been AMAZING!"

"Thank you so much. It would be great if the info about courses like this was made more readily available via our GP and other professionals we see regularly"

"I don't feel like I want to give up anymore"

"It is no exaggeration to say this course has saved my life – for the first time in a long time I feel hopeful again – Thank you!"

Slide 14

Feedback

Confidence to manage symptoms and prevent them from interfering with daily living

Symptom	Before the course	After the course
Headaches	3	5
Stomach issues	3	5
Joint pain	3	5
Back pain	3	5
Chronic fatigue	3	5
Depression	3	5
Anxiety	3	5
Other	3	5

A bar chart comparing confidence levels before and after a course for eight different symptoms. The y-axis is labeled 'How to manage confidence' and ranges from 0 to 10. The x-axis lists symptoms: Headaches, Stomach issues, Joint pain, Back pain, Chronic fatigue, Depression, Anxiety, and Other. For each symptom, there are two bars: a blue bar for 'Before the course' and a green bar for 'After the course'. In all cases, the 'After the course' bar is significantly higher than the 'Before the course' bar, indicating an increase in confidence to manage symptoms.

Slide 15

Volunteer Story


Meet Katie, one of our brilliant volunteer tutors.

A portrait of a woman with long, wavy brown hair, wearing a grey top. She is looking directly at the camera with a neutral expression.

Slide 16

Course Fundamentals

- Open to adults who reside in West Sussex, Brighton or Hove who are living with any long-term physical or mental health condition(s). Specific health conditions are not discussed.
- 6-week course either online or face - to - face.
 - Online: 2 hours per session, via MS Teams
 - Community (face-to-face): 2.5 hours per session
- Self-referral – participants to complete a booking form.



Slide 17

Contact details

Email sc-tr.livingwell@nhs.net

Telephone: 01273 267545 (Brighton & Hove) or 01403 620448 (West Sussex)

Website: www.sussexcommunity.nhs.uk/livingwell

Facebook: facebook.com/scftlivingwell



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Thank you for listening

Do you have any questions

