PATIENT INFORMATION

Living Well

The wellbeing programme for people with long term health conditions
What is Living Well?

Living Well is a five week course for people with any long term health condition (for example diabetes, lung disease, pain etc.) who would like to work on improving their wellbeing (feeling able to cope and enjoy life). All of the courses are led by trained volunteer tutors who themselves have long-term conditions. Support and clinical governance is provided by the Clinical Health Psychology Service.

What does it involve?

The course involves attending five meetings, each lasts about two hours, and they are once a week. Usually the group size is between eight and ten people and there are two tutors, all of whom have a long term health condition such as diabetes, arthritis, lung problems etc. Each meeting includes a mixture of discussion and tutor led topics relating to wellbeing and managing long term health problems. Participants are enabled to:

- Identify their own wellbeing aims
- Set small steps each week towards their goals
- Think about using and gaining energy, relaxation, communication, activity and eating for wellbeing
- Meet others, learn, share information and experiences

All participants receive a folder of information and a relaxation CD so they have a reminder of what is covered.

How do I get to attend Living Well?

Living Well is organised by the Clinical Health Psychology Service of Southport & Ormskirk Hospital NHS Trust. Anyone with a long term health condition who wants to
improve their wellbeing can be referred to take part in a course. Your G.P., specialist or community nurse or consultant can refer you via email sue.kelly11@nhs.net. Alternatively you can phone Sue Kelly on 01704 387020 with your details and she will contact your G.P. practice to confirm the referral.

Once referred, we will contact you to let you know the dates, times and location of the next group.

**What do people say about it?**

‘The programme was a great resource for me and has helped me realise I am a work in progress and to focus on achievements and get a lot more confidence back.’

‘The course has provided me with lots of helpful ideas, connections, socialising, all seeing me off in the right direction.’

We ask people to complete some brief questionnaires before and after attending ‘Living Well’. The results show that people have:

- An increased sense of wellbeing
- More hope for the future
- More positive emotions

**Living Well Plus**

There are monthly meetings for those who have completed the course so people can keep in touch and keep ‘Living Well’. The meetings last 2 hours and are a chance to share challenges and successes, hear interesting speakers and practise relaxation techniques.
For more information:

If you would like more information ring Sue Kelly, Living Well administrator on 01704 387020 (1pm-5pm).

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

Pain Clinic Plus [http://www.painclinicplus.org.uk](http://www.painclinicplus.org.uk)

A voluntary, self-funded website and chronic pain support group ‘run by pain sufferers for pain suffers’. It provides a wealth of useful information and details of what’s going on in your local area including weekly informal meetings and light exercise classes.

Sefton Extra [www.seftonextra.org.uk](http://www.seftonextra.org.uk)

A local charity promoting wellbeing through activity

The Community Service Station

The place to go for Occupational Therapy assessment, welfare and housing benefit advice, training and support. For more information call 0151 2886890 or call in to:

23-25 Scarisbrick Avenue, Southport PR8 1NW
During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff if you have any questions or concerns.

**INFECTION CONTROL REQUEST**

Preventing infections is a crucial part of our patients’ care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the clinic that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.
SPECIAL INSTRUCTIONS

ANY CONDITION-SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:

CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION

- If you have any questions or concerns, please call the Clinical Health Psychology Service (9am-5pm, Mon-Fri) on 01704 387020
- Southport & Ormskirk NHS Hospital Trust Customer Care Team: 01704 704714 (9am-5pm, Mon-Fri)
- www.southportandormskirk.nhs.uk

OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:

Non Urgent Advice NHS dial 111
Stop Smoking Helpline (Sefton) - 0300 100 1000
Stop Smoking Helpline (West Lancashire) - 0800 328 6297
Pain Clinic Plus www.painclinicplus.org.uk
Sefton Extra www.seftonextra.org.uk
The Community Service Station – 0151 288 6890 or call in at 23-25 Scarisbrick Avenue, Southport, PR8 1NW