

Living Well



Are you living with a long term health condition,
or feeling a bit isolated?

Would you like to take your first steps in your
Living Well journey and meet some like-minded
people in a friendly, relaxed environment?

A free group that helps you:

- **Connect with Others**
- **Find Online Self-Management Resources**
- **Build Confidence**
- **Learn Relaxation Techniques**
- **Keep Focus to Stay On Track**
- **Feel Secure Online**

How long?

2 Hours Once a
Week for Six
Weeks

Where?

Online via Zoom
(in-person groups
available soon)

For more information or to book, call Joyce
Anderson on **0800 432 0510** or email
joyce@vasa.scot

This initiative is a collaboration of local agencies and funded by the Health & Social Care Alliance



The Living Well Programme has a proven track record...

- 100% of participants stated that they felt better after completing.
- 100% that said they felt the programme was useful.
- 89% felt it was worth their time and effort.
- 56% said that they felt the programme helped them to manage their symptoms.

Feedback from previous participants:

- I don't mix with people much so it was interesting to me to hear other people explaining their problems and finding it compared so much with the same problems I've got and how they were dealing with them was certainly of interest to me.
- I'm getting something out of it, he's getting something out of it. Everybody's getting something out of it.
- I like it – I like the interaction – I like to meet different people, I like to hear what's going on.
- Yeah it's made a difference to me and I think it's a good thing. I really do. Other people can help you.
- Great fun and great facilitators.
- The value of companionship even when in pain and having feelings of fatigue.
- I'm getting more confident.