



## Living Life to the Full Supporter Newsletter August 2025

In this edition: [New Training for Supporters](#)

We're excited to bring you our upcoming webinars and training workshops, designed to help you support others in living life to the full. In this edition, you'll find fresh information about upcoming courses covering how to deliver a range of our life skills classes.

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### Training Dates



[20 August @ 4:30 pm - 5:00 pm](#)

Focus on resources to help people with long-term physical illness (Practitioner awareness) Wednesday 20th August 2025  
4.30-5.00pm (Supporters/Practitioners)  
(Free)

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[27 August @ 9:30 am - 4:00 pm](#)

Living Life to The Full (LLTTF) Class Online  
Training for Supporters/ Practitioners  
Wednesday 27th August 2025 (via Zoom  
9.30am-4.00pm)



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16 September @ 9:30 am - 4:00 pm

Using the LLTTF Worksheets Workshop  
(Supporters) Tuesday 16th September 2025  
9.30am-4pm (Zoom)  
How to work 1:1 with clients using the  
various LLTTF worksheets to plan change.



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24 September @ 4:30 pm - 5:00 pm

Focus on resources to help during  
pregnancy and the first year of life  
(Practitioner awareness) Wednesday 24th  
September 2025 4.30-5.00pm  
(Supporters/Practitioners) (Free)



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14 October @ 9:30 am - 4:00 pm

Delivering LLTTF Reclaim Your Life Classes  
Workshop (Supporters) Tuesday 14th  
October 2025 9.30-4PM (Zoom)

Teaching practitioners how to deliver the  
Reclaim your life course. This teaches  
clients how to better life with long-term  
physical health conditions such as heart  
conditions, lung disease, diabetes, and  
stroke.



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29 October @ 4:30 pm - 5:00 pm

Focus on resources to help people with  
SAD- Seasonal Affective Disorder



Wednesday 29th October 2025 4.30-5.00pm (Supporters/Practitioners/Members of the Public) (Free)



[20 November @ 9:30 am - 4:00 pm](#)  
[Delivering LLTTF Perinatal Classes](#)

Workshop (Supporters) Thursday 20th November 2025 9.30-4.30pm (Zoom)

This session contains two half day workshops than can be booked together or separately.

Morning: Enjoy your Pregnancy classes/resources.

Afternoon: Enjoy your baby classes/resources.



[26 November @ 4:30 pm - 5:00 pm](#)

Focus on resources to help young people and parents live life to the full Wednesday 26th November 2025 4.30-5.00pm (Teachers, practitioners and parents of a teenager) (Free)

**See all our training opportunities**

**Also available regular half hour overviews of our resource range and approach.**

Visit [www.lltff.com/training](http://www.lltff.com/training)

Are you a Team lead, practitioner/supporter working in education, charities, the NHS, or



the private sector? We offer a regular **free** virtual tour to guide you through the extensive Living Life to the Full (LLTTF) resources. This provides the perfect opportunity to discover how our resources can enhance your service. Don't miss this opportunity to discover tools designed to support staff and service users alike.

Visit our Training page and search for the **Free tour of the Living life to the full resources for Supporters.**

[Book a free tour around our resources](#)



Living Life to the Full | [www.lltff.com](http://www.lltff.com)

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