



Living Life to the Full Supporter Newsletter January 2025

Welcome to this edition of the LLTTF^(R) supporter newsletter. It's full of news and resources to help you get the most from www.lltff.com and our various course and book resources.

In this edition:

New development - Living Life to the Full with Prostate Cancer

Research Focus - 1. Reclaim Your Life Large Group Setting . 2.Living Life to the Full worksheets in the University of Bristol Interact programme.

Featured resources - How to Start Living Life to the Full

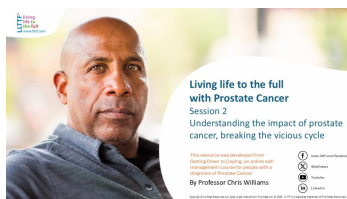
Worksheet of the month - Boost Your Motivation 1

Other Information and news - Call to research - we are looking for collaborators

Upcoming Training - New dates released.

Special Offer - Ukrainian course resources

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New Development Living Life to the Full with Prostate Cancer

We are currently developing a course with licenced materials from the University of Surrey 'Getting Down to Coping' online course for people living with Prostate Cancer. Based on years of research findings by Professor Sara Faithful and colleague Dr Jane Cockle-Hearne, content is based on findings and interviews with sufferers, their families and friends . The LLTTF with Prostate Cancer is aimed at anyone

who wants to learn more or has received a diagnosis of Prostate Cancer. We hope the content will also be useful to family members, friends or health care support staff who want to understand more about the impact of Prostate Cancer on a person's wellbeing and how to support someone with the diagnosis, getting through cancer treatment and beyond.

Coming mid-2025

Research Focus

Reclaim Your Life Large Group Classes feedback from the Clinical Health Psychology Team - NHS Lanarkshire Scotland.

The 'Reclaim Your Life' Large Group/lecture course ran weekly. The classes were drop in, with no referral required. Adverts were sent out through social media and the Lanarkshire Mind Matters web page. The average age of attendees was 46yrs, with just over 80% female, 73% of attendees considered themselves to have a disability. The drop-out rate between the first and final session of the course was 17.4%.

The mean rating for the course content and handouts was 4.5 out of 5 where 5 was rated "Great".

The health dimension that showed the biggest improvement from baseline was 'Usual Activities'. Other areas of improvement were levels of 'Pain/Discomfort' and 'Anxiety/Depression' between baseline and course end.

People who attended said:

"Genuinely exceeded my expectations such a helpful course"

"Brilliant opportunity thank you. So useful, genuinely curious if I'd feel this positive in the depths of winter. Spring/summer seems like a great time to attend these classes thank you."

"I found the classes great they have given me an insight on how I can live and enjoy life despite my illness and disability. I plan to use the information gained and look forward to a possible brighter future."

"Feeling much better, more focused, less of a 'patient' thanks to this course. Obviously medication plays a part but I'm so glad I've been made aware of the sick role."

"I found the course very helpful on my wellbeing journey. It taught me to think differently, see things from a different perspective and learn. New tools to navigate my health problems and impact on my life."

[Review the course and related materials](#)

Research Focus - Updates and publication link

Living Life to the Full has been working with the University of Bristol on the Interact project. This has created an online portal for high intensity practitioners to support participants using live chat and access to online CBT tools. This includes LLTTF worksheet resources. Support is offered by BABCP trained practitioners using live instant messaging to provide integrated online CBT.

Read a newly published paper of Patient and Therapists views of the approach.

<https://onlinelibrary.wiley.com/doi/10.1111/hex.70002>

Featured Resource

As practitioners/supporters we aim to help

people get motivated to change their lives. People often 'wait' to feel motivated, but what they perhaps don't always recognise is motivation can come through 'motion'. When we change what we *do* we can change how we *feel*.

The **How to Start Living Life to the Full** book provides lots of hints and tips on getting ready for change, from how to get the most out of the support offered, making a space to learn, through to turning up to support sessions with a prepared agenda.

You can purchase the 5th edition book here [Book alone](#): (printed)

Video-Book bundle (4th edition) [View here](#)



Special Offer

Ukrainian LLTTF books, class resources and training Bundle

A great opportunity to purchase a licence to provide access to 75 members of the Ukrainian community to read our set of LLTTF books in Ukrainian:

- Here's how to get started
- 10 things you can do to feel happier straight away
- 1, 2, 3, breathe (anger and irritability)
- Building inner confidence
- Doing things that make you feel better
- How to fix almost everything
- Looking at things differently
- The things you do that help... and the things you do that don't
- Understanding your feelings

The Cost provides access for 75 people for 12 months to read the books online.

Plus includes Training course place for supporting practitioners

This will be for 3 practitioner/supporter places at one of our general LLTTF adult class training workshop and will not be specific to Ukrainian version (although we can take questions on the UKR version) delivered live online (delivered in English language.)

Total cost £750 plus vat

Optional additional content

We have a separate LLTTF class based resources translated into Ukrainian (6 sessions including attendee handouts - Trainer notes are in English).



Worksheet of the Month

Boost Your Motivation (2 pages)

Purpose

This worksheet is a resource to help your patient/client look in detail at the Advantages and Disadvantages of things staying as they are - or changing for the better.

How it works

Your patient should make a note of what they want to change. Then they write in each of the boxes the advantages and disadvantages of things staying the same (side 1) or changing (side 2).

Common difficulties

The focus here is in building motivation to change, They should choose something that **can** be changed - e.g. by Problem solving, or an activity that be started or increased (e.g. going for a morning walk). Some people need additional prompts to encourage them to think broadly about how change can helpfully impact their thinking, emotions, body, or how activity may be helpful for them. Difficulties might include forgetting (e.g. set a reminder), choosing something too ambitious, or talking themselves out of it nearer the time.

Opportunities to use this resource

This reinforces the need to move from motivation to action by completing a Planner Sheet to plan what happens next in an effective way. The resource can be printed out and used with the people you support. Over time, they use the worksheet on their own between appointments and discuss their findings with their supporter to plan effective change.

[DOWNLOAD THE WORKSHEET HERE](#)

living life to the full
www.lltf.com

Boost your motivation 1

From the Living Life to the Full content resources
www.lltf.com/resources

What are the pluses and minuses of things staying as they are?

	Advantages	Disadvantages
For you		
For others		

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Other Information and News



Working in a University Setting?

We have recently created a new online course for Undergraduate and Postgraduate students. This is based on the successful and evidence-based Bounceback course used nationally in Canada, but modified to focus on UK-based students.

We are looking for up to three UK based Universities who wish to trial the resources at no cost to students or the University in the final Semester of the Year.

Training for individual Staff Members or Teams



19th February 4:30 pm - 5:00 pm Virtual Tour Around Our Resources for Practitioners

Whether you are a practitioner/supporter working in education, charities, the NHS, or the private sector, this free virtual tour will 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.

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

More Training Opportunities from Living Life to the Full

25 February 9:30 am - 4:00 pm

Running the LLTTF Young People Classes 1 day Workshop for Supporters

If you work in education, our young people course can be used with ages 13-18, in a one to one or group setting.



Living Life to the Full | www.llttf.com

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