



Living Life to the Full Supporter Newsletter November 2025

In this edition:

- ✓ **Have You Considered the Power of Groups in Your Clinical Service?**
- ✓ **Are You a Researcher, Grant Holder, or Service Lead?**
- ✓ **Want to take your research funded course or NHS service content online?**
- ✓ **Transform Your Service with Living Life to the Full Resources**
- ✓ **Special Offer! Equip Your Service for Success – The Right Tools for the Job**
- ✓ **Supporting Students Through Stressful Times – New Bespoke Resources**

You are receiving this Newsletter because you have subscribed to the Living Life to the Full Life skills newsletter. You can unsubscribe at any time by clicking the Unsubscribe link at the bottom of the email.

Have You Considered the Power of Groups in Your Clinical Service?

Living Life to the Full makes it easy to deliver.

Why Groups?

- Cost-effective and scalable.
- Builds peer support and shared learning.
- Consistent, high quality slides and handouts.
- Research supported
- A central part of Talking Therapies delivery

Our Group Programmes

Developed using the **tried and tested Five Areas® CBT approach**, these courses use an **evidence-based** approach, supported by **published RCTs and health economic outcomes**, and widely used across the **UK, EU, and North America**.

Available topics include:

- **Enjoy Your Pregnancy**
- **Enjoy Your Baby**
- **Living Life to the Full for Young people (teenagers)**
- **Living Life to the Full for Adults**
- **Living Life to the Full for Older Adults**
- **Reclaim Your Life (from pain, disability, and long-term conditions) ...and more.**

How It Works

- **Purchase a one-year licence – run the course as many times as you wish.**
- Includes a **detailed staff handbook** so experienced mental health professionals can deliver sessions without extra training.
- **Optional training available – at your base or online.**

Bring the benefits of **structured, evidence-based CBT life skills** to your service in a way that's practical, affordable, and proven.

Pricing & Booking

- One-year licence from £360 + VAT
- Unlimited group delivery during the licence period
- Optional staff training available (quote on request)

Ready to bring the power of groups to your service?

Are You a Researcher, Grant Holder, or Service Lead? Want to take your research funded course or NHS service content online?

If you've authored a course, received a research grant, or published a course manual and need a secure, professional online solution, Living Life to the Full can help.

What We Offer

- Your course, your copyright: You retain full ownership of your own content.
- Dedicated hosting: We host your course on our secure servers at a unique URL, separate from our main Living Life to the Full courses e.g. [ww.yourcourse.com](#).
- Fast, cost-effective setup: Avoid the expense and delays of hiring programmers. Our robust system delivers a polished, interactive course quickly.

Features

- You provide PowerPoints with linked mp3 audio, worksheets and book content (pdf).
- We upload the files and provide you with a user portal to add interactivity to slides, books, and worksheets.
- Currently English language only – speak to us about non-English formats.
- Simple GDPR-compliant registration with robust security - NHS Toolkit registered.
- Edit and update your course anytime.

Pricing

- Courses typically start from £4,000 pa + VAT for 12 months - up to 100 modules, 100 books and 100 worksheets.
- Includes web hosting, training, and technical support.

Optional Integration:

If your course aligns with the look and feel of the Living Life to the Full approach, there's potential to host your free access course within our award-winning, accessible platform, giving you even greater reach and research impact.

Turn your research or resources into engaging online learning today. Contact us to get started!

www.lltff.com/contact

Transform Your Service with Living Life to the Full Resources

As the year-end approaches, we're seeing more and more requests for support to transform the effectiveness and impact of clinical and other services. Whether you work in community care, education, social care, a charity, or corporate wellbeing, Living Life to the Full offers resources that make a real difference.

Why Choose Living Life to the Full?

- Easy-to-read materials – designed for real-world use.
- Focus on core life skills – relevant to everyday challenges.
- Credible CBT model – based on the Five Areas[®] approach.
- Low-cost and scalable – ideal for services under budget pressure.
- Strong evidence base – including published RCT's and health economic outcomes (<https://www.lltff.com>).
- Multi-language options – accessible for diverse communities.

Where Can These Educational CBT Life Skills Resources Be Used?

- Adult inpatient and outpatient settings.
- Primary care mental health teams.
- Schools and youth services.

- Link workers, hub-based teams, CPN's, and community mental health.
- Charities and voluntary sector
- Employee Assistance Programmes (EAP's) and occupational settings.

Formats Available

- Books, online courses, and videos for many topics.
- Training courses for staff.
- Supporter guide and manuals for structured delivery.
- Ideal for brief interventions and group or individual work.

Ready to transform your service?

Training available locally or online.

Contact us to discuss more www.lltff.com/contact

Special Offer!

Equip Your Service for Success – The Right Tools for the Job

Whatever setting you work in—mental health, physical health care, education, social services, or the voluntary sector—if you're supporting others, having the right tools for the job isn't just helpful, it's essential.

Living Life to the Full offers one of the widest ranges of CBT-based wellbeing resources available today. These resources are designed to work with people in the way they prefer to learn:

- **Read a book**
- **Watch a video**
- **Attend a class**
- **Complete an online course**

Our tools cover topics such as **building confidence, managing stress, improving mood, and tackling everyday challenges**—all based on the trusted Five Areas[®] CBT approach. They can become a routine part of your service offer, helping you engage and support individuals effectively and consistently.

As the year-end approaches, take this opportunity to consider how these resources could benefit your practice—whether as an individual practitioner or as part of a team-based intervention.

Special Offer: We're currently offering **10% off until 10th December**.

Use code: **LLTTF10** (in capitals).

And why not take your skills further? [Attend a training event](#) to master the approach and make these tools work even harder for your service.

“Living Life to the Full has transformed how we support people in our community—accessible, practical, and evidence-based.”

— *Josephine Stewart, Primary Care Mental Health Service Lead, NHS Greater Glasgow and Clyde, Scotland*

Working with Students?

New Resource for Supporting Student Mental Health

Introducing the Updated “Overcoming Depression and Low Mood” – Student Edition

(Available in English, Catalan, and Spanish)

We're excited to share a completely revised version of our trusted adult resource, now adapted specifically for students. Here's what's new:

Student-Focused Content

Real student case examples and practical solutions for everyday challenges.

- Fresh Visual Design

Photographs throughout the book, replacing older line drawings and cartoons.

- Simplified Model for Change

Based on the easy-to-use Planner and Review Sheets, rather than the traditional seven-step plan.

- Interactive Online Format

Students can read and respond by ticking boxes, rating themselves on Likert scales, or entering free text. Hosted on a secure UK-based server, ready for university use.

All three language versions available online.

- Extra Support in Spanish and Catalan

Includes additional online course modules (slide/audio resources), and linked worksheets for self-directed learning.

Ask about our online book-club support structure to boost engagement and use.

Special Offer for Universities

Trial this new approach with **75% off costs** during the final part of the academic year - Valid until June 30th 2026.

Just £500 +VAT for unlimited staff and student registrations in your institution.

Compare it with your current systems and test the difference in terms of accessibility and practical impact.

Includes **award-winning** suicide prevention book - BMA Book of the year for popular medicine.

Interested?

Get in touch today: www.llttf.com/contact

FREE RESOURCE for you personally to use with students facing the exam season.

Download **Living Life the the Full** during the Exams with [revision hints and tips](#) from our companion **College Student** course

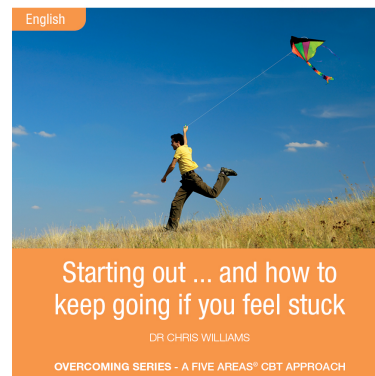


Overcoming

Anxiety and Depression

for University Students

A Five Areas® CBT approach



10% OFF

Until 10th December

Be sure to enter code
[**LLTTF10** (in capitals)] at checkout to
save!

BUY NOW

UPCOMING TRAINING



25 November @ 4:30 pm - 5:00 pm
Focus on resources to help young people and parents live life to the full Tuesday
25th November 2025 4.30-5.00pm
(Teachers, practitioners and parents of a teenager)



15 January 2026 @ 9:30 am - 4:00 pm
Delivering Living Life to the Full (LLTTF)
Class Training Resources (All Ages)
Workshop (Supporters) Thursday 15th
January 2026 9.30-4.00pm (via Zoom)



27 January 2026 @ 4:30 pm - 5:00 pm
A Free Tour of the Living Life to the Full
(LLTTF) Resources for Supporters Tuesday
27th January 2026 4.30-5pm (Supporters)



28 January 2026 @ 4:30 pm - 5:00 pm
Focus on Living life to the full resources (All
ages) (Practitioner awareness) Wednesday
28th January 2026 4.30-5.00pm
(Supporters/Practitioners)



Living Life to the Full | www.lltff.com

Five Areas Ltd | Five Areas Limited Suite 1.10, Titan Enterprise Business Centre | Clydebank,
G81 1BF GB

[Unsubscribe](#) | [Update Profile](#) | [Our Privacy Policy](#) | [Constant Contact Data Notice](#)