

LLTTF Supporter Newsletter September 2026 - Class Training Workshop 9th September

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UPCOMING WORKSHOP - 9th September 2026

Supporter Workshop: Deliver the Living Life to the Full Classes Wednesday 9th September (9.30am–4.00pm)

If you support people in health, education, social care, the voluntary sector or private practice, this one-day online workshop will equip you with the skills and confidence to deliver the Living Life to the Full (LLTTF) classes in your own setting. Taking place on Wednesday 9th September (9.30am–4.00pm) via Zoom, the training explores the evidence-based Five Areas approach, how to use the LLTTF classes (3 types- adult, older adult and young people), plus how to engage participants in a fun, interactive way. Developed by Professor Chris Williams, the course is suitable for anyone looking to deliver high-quality evidence-based wellbeing and resilience programmes in their organisation. [Find out more and book your place here.](#)

Updated LLTTF Classes Teaching Resources



Adult 3rd Edition and Young People Class Teaching Resources

We have made the following changes helpful feedback from licence holders:

We have reviewed, refreshed, and updated the “look” of the content
We have introduced colour photographs to replace many cartoons to reflect similar changes that have been made in the LLTTF series booklets.

Particular attention has been paid to balance of illustrations to ensure it reflects the wider community.

To ease the transition the focus has been changing the look and attractiveness of the content rather than the content itself. There are no changes to the content of the slides, trainer notes and

session handouts.

Current licence holders will have access to the 3rd edition along with existing access to the 2nd Edition classes. In about 6 months' time we will be removing the 2nd edition, giving users time to complete and current course delivery.

New Audio version of the Overcoming Depression and Low mood book now available at Spotify

A new audiobook version of Overcoming Depression and Low Mood in Older Adults (Taylor & Francis) is now available on Spotify (Search for Overcoming depression and low mood). This represents a significant enhancement in accessibility, particularly for older adults who may prefer listening to reading, experience visual difficulties, have physical health problems that make reading more difficult, or find audio learning more engaging and convenient. The availability of the programme in audiobook format substantially increases access to evidence-based CBT self-help resources, enabling people to engage with the material while travelling, resting, exercising, or undertaking everyday activities. Offering the intervention in multiple formats helps reduce barriers to participation and supports greater inclusivity across diverse user groups. This development forms part of a wider programme of accessibility improvements, further extending access to low-intensity psychological self-help resources and ensuring that people can choose the format that best meets their needs and preferences.



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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.

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