## Humber Coast and Vale Partnership Support for patients to stay healthy and live well with a long-term condition

## **FINAL VERSION 25.08.2020**

This **toolkit** provides a directory of useful links and resources to support patients with long-term conditions to stay healthy and live well.

- 1. Some links provide general information to support staying healthy and living well and others provide more specific information to help you to look after yourself with a long-term condition;
- 2. Links have been collated from a range of sources, and this resource has been discussed with local clinicians.

## Living Well – General Section Patient Education and Self-management resources

Condition / Subject	Title (Produced by)	Links
Exercise	10 minute workouts (NHS)	https://www.nhs.uk/live-well/exercise/10-minute-workouts/
	Active at home booklet (Public Health England)	https://campaignresources.phe.gov.uk/resources/campaigns/50-resource- ordering/resources/5118
	ESCAPE Pain physical activity links	https://escape-pain.org/support-tools/useful-links-physical-activity
	Exercise and physical activity advice (NHS)	https://www.nhs.uk/live-well/exercise/
	Every minute of exercise counts – free keep active for 10 minutes app	https://www.nhs.uk/oneyou/active10/home
	Fitness studio exercise videos (NHS)	https://www.nhs.uk/conditions/nhs-fitness-studio/
	Get fit for free exercise (NHS)	https://www.nhs.uk/live-well/exercise/free-fitness-ideas/
	Get running with couch to 5k (NHS)	https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/



	Home workout videos (NHS)	https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/
	Keeping well at home videos	https://www.youtube.com/playlist?list=PLQGYqB77iQkYico8aKB0sTpHFJ 3gA2keE
	Move More (NHS)	https://www.nhs.uk/oneyou/for-your-body/move-more/
	Sport England Getting Active	https://www.sportengland.org/jointhemovement
	Stretch and flex exercise plan (NHS)	https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/
	Walking for health (NHS)	https://www.nhs.uk/live-well/exercise/walking-for-health/
	We Are Undefeatable – For people with long term conditions to be more active	https://www.weareundefeatable.co.uk/
Healthy Eating	5 A Day Eat Well (NHS)	https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/
	Calorie checker – Healthy weight (NHS)	https://www.nhs.uk/live-well/healthy-weight/calorie-checker/
	Change4Life food facts (NHS)	https://www.nhs.uk/change4life/food-facts
	Cooking healthy and tasty meals – Easy meals app	One You Easy Meals app
	Easy ways to eat better (NHS)	https://www.nhs.uk/oneyou/for-your-body/eat-better/



	Eating a balanced diet (NHS)	https://www.nhs.uk/live-well/eat-well/
	Health eating leaflets and videos	https://www.easyhealth.org.uk/index.php/health-leaflets-and- videos/healthy-eating/
	Healthy food swaps (NHS)	https://www.nhs.uk/live-well/eat-well/healthy-food-swaps/
	Health Unlocked – Weight loss social network	https://healthunlocked.com/nhsweightloss
	Health Unlocked – Healthy eating social network	https://healthunlocked.com/healthyeating
	Start the NHS weight loss plan (NHS)	https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/
	Ways to lose weight making small changes (NHS)	https://www.nhs.uk/oneyou/for-your-body/lose-weight/
	What should my daily intake of calories be? (NHS)	https://www.nhs.uk/common-health-questions/food-and-diet/what-should-my-daily-intake-of-calories-be/
Living Well	Alcohol support tips on cutting down (NHS)	https://www.nhs.uk/live-well/alcohol-support/tips-on-cutting-down-alcohol/
	Alcohol – ways to drink less (NHS)	https://www.nhs.uk/oneyou/for-your-body/drink-less/
	App to support cutting down on your drinking – Drink free days	https://www.nhs.uk/oneyou/apps/



	Health at Home – how to access NHS services online	https://www.nhs.uk/health-at-home/
	Healthy living app (NHS)	https://www.nhs.uk/apps-library/category/healthy-living/
	Health Unlocked – social network for health	https://healthunlocked.com/nhs
	NHS stop smoking services to help you quit smoking	https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/
	Quit smoking advice (NHS)	https://www.nhs.uk/live-well/quit-smoking/
	Stop smoking local services near you	https://www.nhs.uk/smokefree/help-and-advice/local-support-services-helplines
	Stop smoking personal quit plan (NHS)	https://www.nhs.uk/smokefree
	Take steps NOW to stop smoking (NHS)	https://www.nhs.uk/live-well/quit-smoking/take-steps-now-to-stop-smoking/
Mental Health	5 Steps to mental wellbeing (NHS)	https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/
	Living life to the full – support resources for low mood and stress	https://llttf.com/
	Looking after your mental health advice and tips (NHS)	https://www.nhs.uk/oneyou/every-mind-matters/



Loneliness in older people ways for older people to connect with others (NHS)	https://www.nhs.uk/conditions/stress-anxiety-depression/loneliness-in- older-people/
Mental health support social network	https://healthunlocked.com/positivewellbeing
Mindfulness to help anxiety, stress and depression (NHS)	https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/
Positive wellbeing during isolation social network	https://healthunlocked.com/positivewellbeing
Support tips to help with loneliness (MIND)	https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-loneliness/

