

The Living Well Course report

Why did we create the Living Well course?

- To take a proactive, evidence-based holistic approach to help those at highest risk of long term conditions.
- To provide proof of concept, collect outcome data, develop and roll out widely

Course design

- Duration: 4 weekly, group based, face to face, 90-120 minutes per session
- Topics: determinants of wellbeing, lifestyle medicine, behaviour change, purpose, connections, sleep, movement, nutrition, stress & relaxation
- Components: presentation, discussions, Q&A, movement session

Recruitment

- Searches provided to and run by practices for patients with *obesity* plus one or more of: *prediabetes*, *hypertension*, *hyperlipidaemia* or *depression*.
- Practices invited patients (SMS/phone/email) and followed up to get sign up
- Pre-course materials (including questionnaires and FAQ's) provided

What we learnt from running the course

- Sign up was **25%** of invited, **66%** of whom attended. High completion rate (**90-95%**). This means you need to invite about 4 times as many people as you can cater for on the course to fill it.
- Group interactions build connections, enhance engagement and anchor learning & behaviour change
- Importance of accessible, differentiated movement sessions.
- Course attendees found it transformational and wanted more

Feedback from course participants

- Content **4.6/5**, enjoyment **5/5**. Appreciated holistic approach & evidence
- Group discussions and friendships helpful re motivation & goal setting
- Enjoyed movement sessions, requested a wider range of options
- View the [short video of interviews with course participants here](#).

Wellbeing and activation survey feedback from course participants

- **56%** report an increase in wellbeing scores from pre to post-course
- **42%** changed from disagreeing to agreeing with statement “I am actively involved in my own health”
- **48%** increase in confidence in making health changes
- **80%** reported a better understanding of sleep, **87%** of eating well and **70%** of the importance of support network
- **40%** reported an increase in sense of purpose in life.

Outcomes at 12 months post-Living Well Course

(from patients for whom we have both pre and post course data)

HbA1c: 71% improved, with **67% of pre-diabetic patients (8/12) reversing their pre-diabetes** (compared to 20-25% in the NHS Diabetes Prevention Programme)

Lipids: 60% reduced their total cholesterol

Weight: 83% reduced their weight, **39% reduced by >5%** (compared to 20-30% in conventional adult weight management services in the UK)

Blood pressure 70% reduced their BP, 35% by >10 mmHg (systolic)

The Living Well Course training programme

Inspired by the success of our Living Well courses, and at the request of our local NHS and public health organisations, we developed a programme to equip health professionals to deliver their own Living Well courses to their patients. We trained GP's and hospital doctors, nurses, health care assistants, managers, health coaches, pharmacists and social prescribers...to name a few!

Feedback from health professionals attending the Living Well course training



4.79 Average Rating

“The content was rich and informative. The discussions about the groups sessions

were very helpful and inspiring”

“Enlightening, informative and kept me engaged throughout”

“Brilliant. I can’t think of anything that would have made it better!”

“The presenters were great. GP’s thinking beyond the prescription pad”.

“The presenters were enthusiastic, knowledgeable and answered questions thoroughly”

“A great opportunity to network and learn how to put it into practice and what others are doing.”

“We were encouraged to set up our own courses and given practical tips for success”

“The food was amazing - the best I’ve ever had on a course and lived by the meaning of the day”

Next steps for the Living Well Course training programme

Now that we’ve proved that the Living Well Course works for individuals to help them improve their health and wellbeing, and can be provided by health professionals, we have been commissioned to deliver the latest version of the Living Well Course to hundreds of professionals from the voluntary, charity, faith and social enterprise sector across the whole of Hertfordshire and West Essex in 2025. We are working in partnership with Uttlesford Community Action Network and Assura PLC to do this.

The latest version of the course has been designed to help as many people to access the training as possible. We now have an online component, with the first 4 modules delivered as live webinars (which are also recorded so that course attendees can review the material or catch up on sessions they missed). We know how much you value face to face interaction, so we are still providing the final part of the training as an in-person session to bring together all the learning and to help people discuss and develop their own ideas for group sessions and to practice this in a safe and supportive environment. You will also have the chance to ask any questions and to learn about the ongoing mentoring and support we will provide.

[Watch this video by our team about the course and training opportunities](#)

Don’t miss out!

We are anticipating very high demand for the programme and already have a waiting list of people who want to join the course when the booking process goes live. Email us info@livingwellcourse.uk to enquire re availability.

Am I eligible for Living Well course training?

If you work for a voluntary, charity, faith or social enterprise sector in Herts or West Essex and are both committed to running a group using the training provided and have the support of your organisation...*then this is for you!*

All applications will be vetted to ensure course attendees meet these criteria.

This iteration of the course is not for those working in the private sector as it is funded through Assura PLC's partnership with the NHS and UCAN, and designed to help the VCFSE sector deliver to the groups they serve in the community.

We are also developing versions of the Living Well course for different target groups and settings including those with disabilities, for schools, for companies who want to look after the health of their employees and for the private health and wellbeing sector. Updates will be provided on our website and social media.