



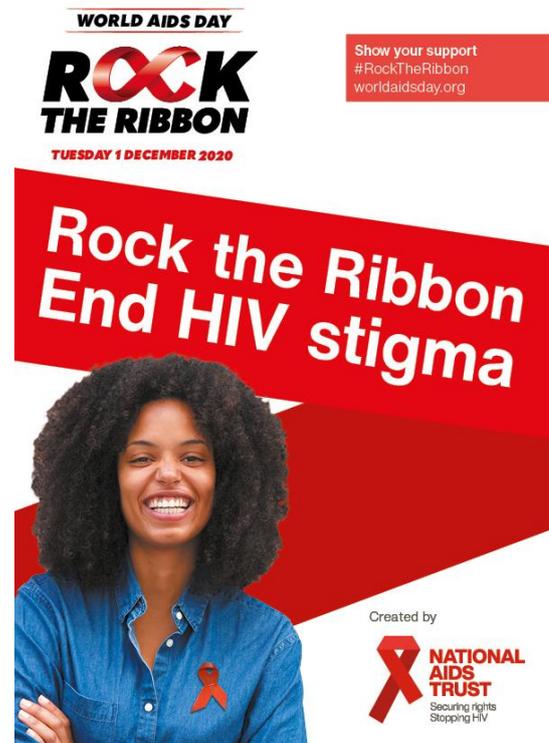
Wellbeing Information & Tips

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Living with long term health conditions

Our physical and mental health are inextricably linked, so it may come as no surprise that people living with a long term health condition are also likely to experience mental health conditions, such as depression and anxiety. More than 4 million people in England with a long term physical health condition also experience mental health issues.

Similarly to mental health conditions, many long term health conditions can also carry a stigma with them, which can make it even harder to access the right support and treatment. Tuesday 1st December marked World AIDS Day, a date recognised around the world to show support for those living with HIV and remember those who have died from AIDS related illnesses. Sussex Beacon is a Brighton based specialist care and support service for people living with HIV. You can find out more about their work and services [here](#). The [Terrence Higgins Trust](#) provides a range of support and services for people in Brighton and Hove and West Sussex. Both of these organisations are part of a local partnership that host an annual World AIDS Day Vigil and Reading of Names. You can visit the partnership Facebook page [@worldAIDSdayBHSussex Beacon](#).



Living with a mental health issue and/or a long term health condition can be draining and the last thing we might feel like doing is anything physical. However, any amount of physical activity can make us feel better by increasing our energy levels and boosting our confidence. National Mind is proud to be part of the [We are Undefeatable campaign](#) teaming up with a number of other charities to develop 2 new resources to help us do more physical activity: Find out more [here](#) about these new resources:

- The Five in Five customisable mini workout to help you get moving
- My Daily Undefeatable, a Facebook 'messenger bot' that will help you keep motivated

Ref: [National Mind](#)

Here are a few ideas of other things you can try to support your wellbeing if you have a long term health condition:

- If you are looking for support or information about living with a disability, long term health condition or impairment, visit the [Possability People](#) website to find out more about how they can help. They support people in Brighton and Hove and in East and West Sussex.
- [Sing for Better Health](#), currently running weekly groups online, uses a combination of specific relaxation/ posture/ breathing exercises and singing to support health for older people in general, or those any age with long-term health conditions (e.g. Parkinson's, Alzheimer's, Stroke, Heart conditions, breathing difficulties).
- Laughing is good for us and it can help us connect with other people. To mark the 25th anniversary of the Disability Discrimination Act coming into force, the BBC has brought together a line-up of comedians with a disability. Follow [this link](#) to listen
- Ageing Well in Brighton have been producing weekly activity packs which can be [accessed by anyone here](#).
- [Community Connectors in Hastings](#) can help you access activities to support you with your mental and physical health.
- Keep Learning is one of the Five Ways to Wellbeing. [Future Learn](#) is offering a range of free online courses to help you look after your mental health. And if history is your thing, check out the [UK Disability History Month](#) resources for lots of information about disability through the ages.
- If you are living with HIV, Lunch Positive is a weekly lunch club for community, food, friendship and peer support based in Kemp Town in Brighton. You can find out more about the group [here](#)
- And here are some useful tips for men or those who identify as male who are living with a long term condition from the [Men's Health Forum](#) – although they are also relevant for all genders.

And finally.....

Check out this [online craft fair](#) which would normally be taking place at Community Base in Brighton – proceeds from some of the sellers will be donated to organisations supporting people with long term conditions.

Our next edition will be our Winter Wellbeing resource - so keep an eye out!

