

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=PLQGYqB77iQkYico8aKB0sTpHFJ3gA2keE
	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://l1ttf.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/

