

Capturing The Impact Of The Living Life To The Full Wellbeing Programme Within A Church Community.

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With thanks to Chris Williams, Jörg Huber, Kate Bellamy,
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Introduction

Living Life to the Full (LLTTF) programme:

- **Developed by Professor Chris Williams at the University of Glasgow**
- **Life Skills course based on CBT techniques**
- **Aim to provide practical skills to support people in their everyday lives**
 - Understand why we feel the way we do
 - Problem solving skills
 - Noticing and changing unhelpful thoughts
 - Healthy living

LLTTF Booklets

9 CBT Booklets:

- Why do I feel so bad?
- I can't be bothered doing anything?
- Why does everything always go wrong?
- I'm not good enough
- How to Fix Almost Everything
- The things you do that mess you up
- Are you strong enough to keep your temper?
- 10 things you can do to feel happier straight away
- Write all over your bathroom mirror book.



Course examples



ALTERED THINKING

ALTERED FEELINGS

ALTERED BEHAVIOUR

ALTERED PHYSICAL SYMPTOMS

Too much to do

LOST MY JOB

FRIENDS HATE ME

SOMEONE CLOSE IS REALLY ILL

Got Dumped

Best friend ignored me

BEING ILL

LEAVE ME ALONE (MILL)

IM ALONE

Got kicked off the team

Got No Money

Got Criticised

FAILED TEST OR EXAM

BEING BULLIED

No-one to talk to

Now for the good news!

BAD THOUGHT SPOTTER

Bad thoughts are also known as unhelpful thinking styles.

Here are some more examples to help you spot when your thinking isn't helping.

If you tick one or more boxes on the right you've spotted a bad thought that you can fix with the ABTBP

UNHELPFUL THINKING STYLES	Tick
Are you your own worst critic? Do you always seem to be beating yourself up about something?	
Do you focus on the bad stuff? As if you were looking at the world through darkened glasses?	
Do you have a gloomy view of the future? Expecting everything to turn out badly.	
Are you jumping to the worst conclusions? It's called 'catastrophising'.	
Do you assume that others see you badly? When you haven't checked whether it's true, it's called 'Mind-reading'.	
Do you take responsibility for everything? Including things that aren't your fault.	
Are you always saying things like 'Should' 'Ought to' 'Got to'? Setting impossible standards for yourself?	

TURN THE PAGE TO BEAT THESE BAD THOUGHTS

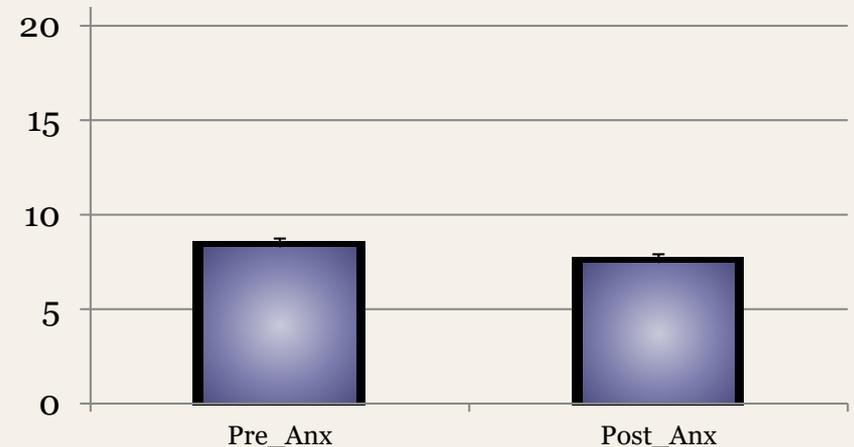
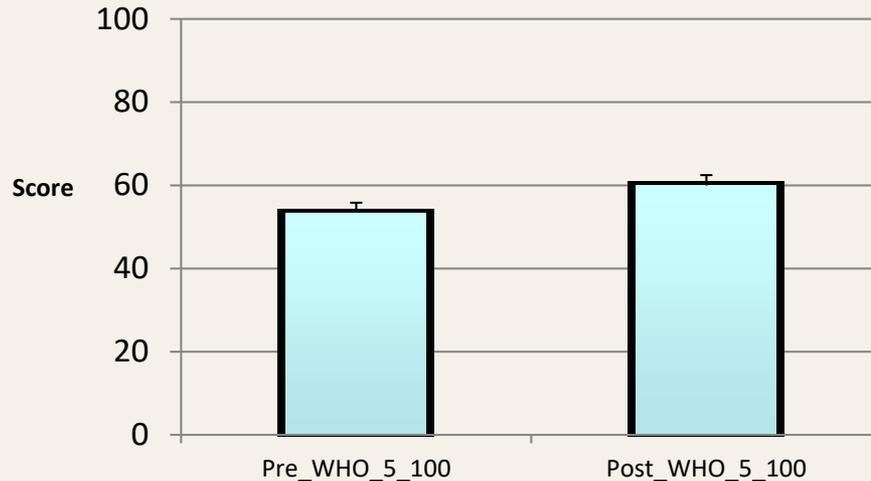


The Churches and Wellbeing Project

- 8 churches and Christian community centres
- 20 volunteers were trained to deliver LLTTF
- 10 cohorts attended the training
- The programme reached 92 individuals as participants of the course
- **Project aims:**
 - Increase understanding of emotional health
 - Decrease stigma associated with mental health problems
 - Promote self-help in overcoming distress amongst members of churches and those being involved with Christian community centres

Project Evaluation

An initial evaluation looked at the impact of attending and facilitating the LLTTF programme.



Methods

- **13 participants – 4 facilitators, 8 attendees who completed LLTF course, 1 non-completer**
- **Accessed through consent forms from initial phase, invited to participate by email or letter**
- **30 minute face-to-face interviews**
- **Interviews were audio recorded and transcribed verbatim**
- **Thematic analysis (Braun & Clarke, 2006)**
- **Ethical approval gained from University of Northampton's School of Health Research Ethics Committee**

Findings

- **The course is almost like an MOT – Practical, easy and useful**
- **The bits that stick in your mind – The techniques**
- **I can do this...- The effects of the course**
- **We walked that journey together – The group environment**
- **Refreshers are always useful – The potential benefit of follow-up sessions**
- **Recommendations, suitability and course changes**

Conclusions and Recommendations

Conclusions

- Sustained positive effects
- Varied impact of the course
- Improved relationships
- Easy to remember techniques

Recommendations

- Formal registration system to identify and access non-completers
- Pre-existing church communities – interest to explore outcomes of newly assembled groups
- Content to be adapted to different groups
- Pre-course screening evaluation tool for suitability
- Planned follow-up session for future course delivery

“This low-cost and low-intensity intervention can help to improve wellbeing, and reduce symptoms of anxiety and depression. It is therefore recommended to policy makers in the field of public health and to those with an interest in improving wellbeing in individuals and populations to consider this course as a highly suitable option which meets the need for a very practical psychoeducation intervention or training” (Huber & Bellamy, 2014).

References

Huber, J. and Bellamy, K. (2014) *Promoting Positive Self-help in Church Communities across Northampton*. Northampton: Institute of Health and Wellbeing.

Living Life to the Full: <http://www.lltff.com/index.php>