

HEALTH TALK

Supporting your wellbeing,
inside and out

Join us and learn from our experts:



Tania Marques

Long-Term Conditions (LTC)
Deputy Clinical Lead



Niamh Fairweather

Long-Term Conditions (LTC)
Assistant Psychologist

How Talking Therapies can support those with long-term physical health conditions and their emotional well-being.



They say:

'With this talk, we aim to raise awareness of the relationship between physical and emotional well-being. We recognise that living with LTCs can affect various aspects of our lives, including our quality of life, relationships, work, hobbies and finances. Additionally, feeling low, anxious, or stressed about living with an LTC can make it even harder to manage our health effectively.



Accessing support through Hertfordshire and Mid Essex Talking Therapies can help you manage your LTC, engage with what matters the most to you and live a full, meaningful life.'



WEDNESDAY
8th JULY
7.15PM



UNITED
REFORMED CHURCH
Darkes Lane



ALL WELCOME
Come along and join
us for this important
health conversation.



To book your place please contact
friendsofparkfieldppg@gmail.com



Health Talk 8th July 2026 Long-term conditions and emotional well-being



A well-attended session with around 50 attendees. We were unable to record the talk this time, but the slides are attached below.



