

HealthMakers

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 Karen Maskell- HealthMaker

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25th January 2017

Healthcare
 from the heart of
 your **community**

Working together with

Berkshire Healthcare



NHS Foundation Trust

HealthMakers

What is HealthMakers

HealthMakers has been designed to help create strong communities using their own experience to support health and wellbeing in East Berkshire

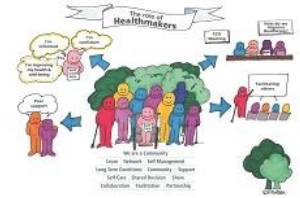


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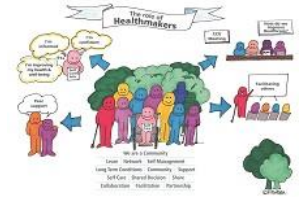
Self Management courses

- Improving confidence and quality of life
- Increasing engagement in your own health care
- Opportunity to get involved in the wider system

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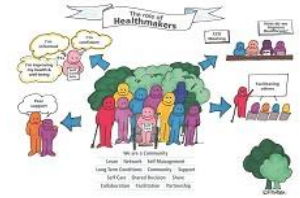


Facilitators

We provide training to enable facilitators to:

- Deliver self management courses
- Underpins and role models good self management
- Offer peer support
- Supporting events

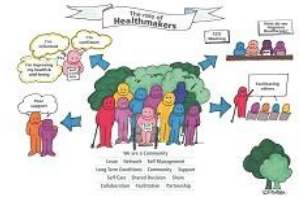




Peer support

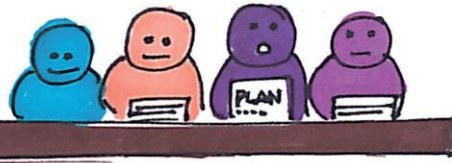
Create a safe environment where people can come together to improve their self management and support each other in that journey

- Builds healthy communities
- Provides a communication network



Patient Partners

How do we
Improve
Healthcare?



Leadership training to give an understanding of the Regional and Local health system

- Skills training and support to enable strategic input and give patient a voice
- Enables and promotes collaborative working – quality, effective and efficient services

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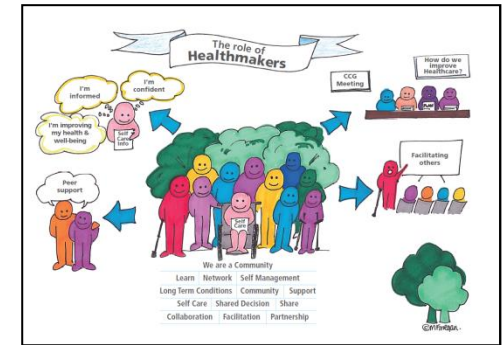
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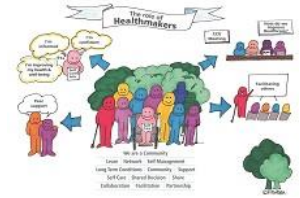


Future Plans

- Expanding to cover East Berkshire
- New courses available starting in September
- Training more facilitators
- Training more Patient Partners



HealthMakers



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