

HealthMakers

Across East Berkshire, self-management courses are provided free on the NHS by HealthMakers for people with long-term health conditions.

The six week courses offer a chance to explore a variety of proven skills and techniques that can help improve your ability to live better with your condition and improve your quality of life.

They provide an opportunity to discuss the issues with your peers who can support you in your learning and who understand the challenges you face. All courses take place in a safe environment with fully trained facilitators.

By taking part on a course, you will understand the benefits of good self-management and how this can again improve your quality of life. The courses help you to work in partnership with healthcare professionals.

What will you gain?

- Knowledge, skills and tools to help manage your condition
- Listening skills and ability to learn from others
- Opportunity to inspire and be inspired
- Change to help others in a similar situation and shape future experiences
- Ability to manage medication and ongoing treatment

All courses are aimed at adults (18+) living in East Berkshire* who are living with a long term condition.

*Covering Ascot, Bracknell, Maidenhead, Sandhurst, Slough, Windsor and surrounding areas.

For details of upcoming course dates, visit www.berkshirehealthcare.nhs.uk/HealthMakers where you can register a place on your chosen course.

For more information, email HealthMakers@berkshire.nhs.uk, or telephone 01344 415947

HealthMakers also hold regular free 'Pop In Cafes' across East Berkshire to provide peer support. Details can be found to the right of this page.