

hello my name is...



Karen Owen

How Peer Support and Self-Management skills improve patient experience and enable people to become more engaged in their own health, whilst delivering System benefit through creating community assets and more effective public and patient involvement.



hello my name is...
😊

Helen Graham

HealthMaker Facilitator and Patient Partner



Peer Support

Friends
in need



Sport
in
Mind

Our
Space



Social
Prescribing

HealthMakers Pop In Café
 1st Thursday 10.30am - 11.30am
 3rd Monday 2pm - 3pm
 every month
 Bracknell Open Learning
 Centre

Condition
Specific
Peer Support
Groups

www.Berkshirehealthcare.nhs.uk/HealthMakers

www.berkshirehealthcare.nhs.uk/healthmakers

Working with



Berkshire Healthcare
NHS Foundation Trust



Challenging
Unhelpful
Beliefs



Recognising
and Managing
Setbacks



Problem
Solving



Goal Setting



Recognising,
Accepting
and Embracing
Change

Becoming a
Resourceful
Self-Manager



Goal Follow
Up



Self-Management Tool Box



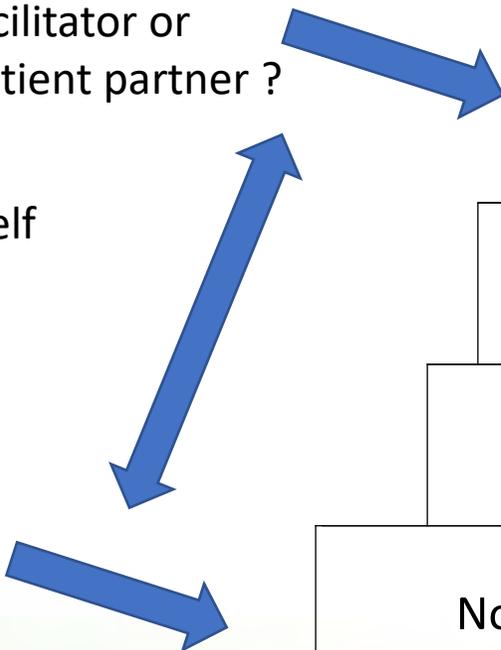
When to encourage or refer



Consider suitability as facilitator or patient partner ?

Refer to self management

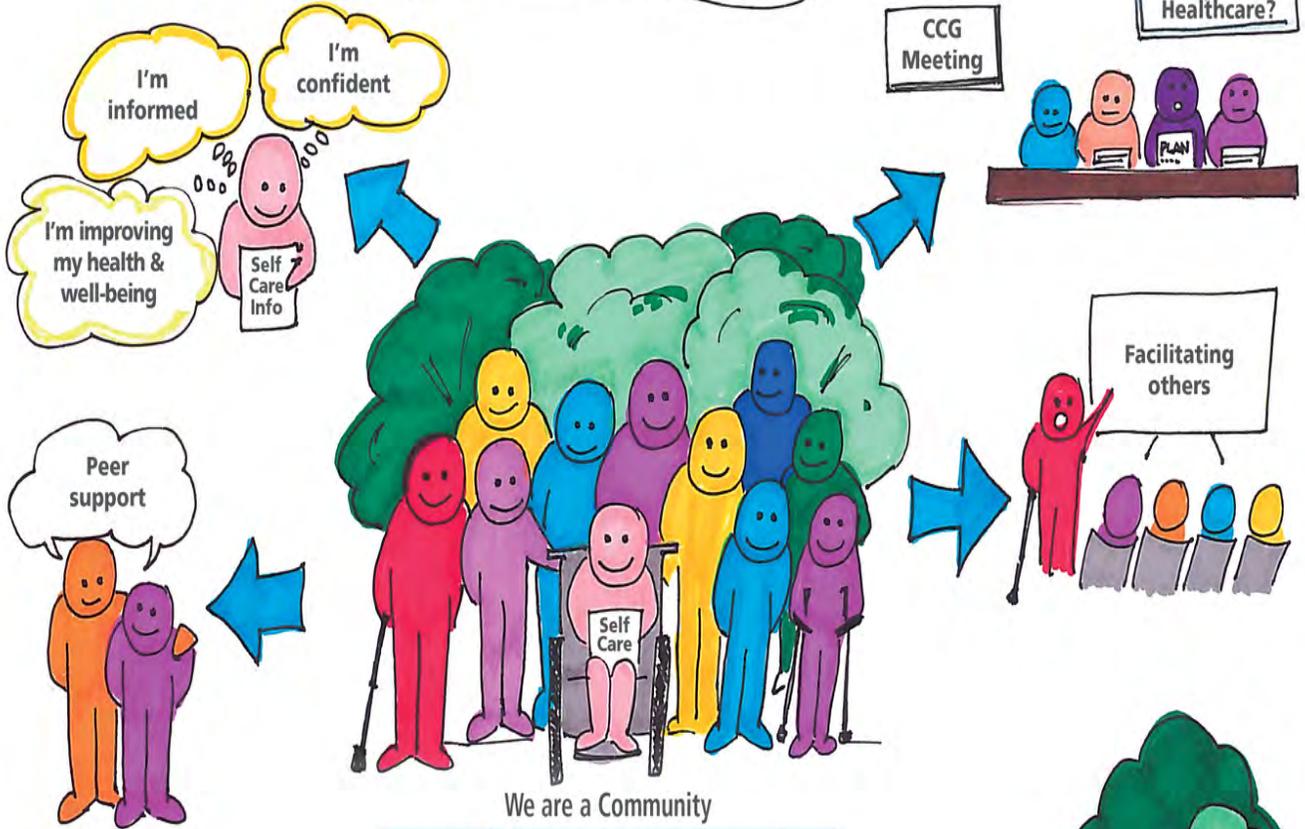
Encourage self management & refer to peer support



Problem Solving	Keeping Going	4
Confidence	On the way	3
Importance	Shaping the journey	2
No Role to Play	Starting out	1



The role of Healthmakers



We are a Community

Learn	Network	Self Management
Long Term Conditions	Community	Support
Self Care	Shared Decision	Share
Collaboration	Facilitation	Partnership





#HealthMakersUK



www.berkshirehealthcare.nhs.uk/healthmakers



Working with



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How can our Thames Valley health & care systems work together to maximise the benefits of peer support and self-management?



Questions?

