

HealthMakers

We offer both peer support and structured self-management courses to help you learn essential skills to better manage your wellbeing.

We encourage you to set goals, extend your social support network, and challenge unhelpful thoughts to support you and increase motivation.

Our HealthMaker services

We facilitate 3 types of online support.

- 1. Pop-in Cafés**, our peer-support meetings, run two times per week
- 2. Introduction to Self-Management Skills course**, our instructor-led 3-session group course
- 3. Self-Management Course (SilverCloud)**, our modular computer program you work through by yourself, with guidance from an allocated support worker



How to access support:

To access HealthMakers, you need to be over 18, be registered with a GP in East Berkshire, which includes Ascot, Bracknell, Maidenhead, Sandhurst, Slough, and Windsor.

Email us to find out more: healthmakers@berkshire.nhs.uk

Become a HealthMaker Volunteer

Use your experience to help others to manage their health and wellbeing through volunteering. To register your interest, please email us on healthmaker@berkshire.nhs.uk

1. Pop-in cafés

Our café sessions are similar to Zoom or Team calls. They're a safe and friendly place for you to share your experiences and build confidence in self-management skills.

Each session is 1 hour long, but you can join and leave as you wish.

You will be welcomed by our volunteer host, who will ask the group for topics to discuss.

Sessions are generally free flowing and very social, as attendees share their experiences on how to support each other.

How the sessions may help you

- Confidential space to talk
- Opportunity to build a support networks
- Freedom to attend as often as you like

Please be aware that this is not a therapeutic event, and a clinician will not be on the call.



What our attendees say about our cafés

“Until attending I wasn't sure if it would be useful or not. I found the topics and people useful.”

“Everyone talks so openly and there is no judgement. Sometimes I can't talk like this outside of the group. It is good as everyone talks. You know you have a problem, but they have a different problem, so you don't feel so alone. With different sessions I see different things and get support.”

“[The benefits are] To share thoughts and learn coping mechanisms from other people who have similar experiences or health conditions, motivate each other through shared experiences, build new social relationships, and gives space to talk about your burdens.”

“I was nervous about joining a group I didn't know. I was nervous not knowing what they were going to talk about, or will they ask me questions. After I joined, everyone was talking and I sat back a bit at first but then found everyone was so open that I wanted to talk and join in. I was so surprised that everyone was talking and no one was pushing or judging.”

“You get lots of ideas. One host told me about how to improve my sleep. It was better learning about that in the group than before with my therapist, as I didn't understand it properly then.”

2. Introduction to Self-Management Course

Our Introduction to Self-Management (ISM) course is also accessed via a video call and covers essential skills and knowledge to help you manage your own health and wellbeing.

The course is facilitated by a senior support worker and a trained volunteer.

There are 3 sessions, each lasting about 90 minutes.

Each session will cover a topic in the workbook, which we provide you and will work through together.

Course topics include goal setting, goal follow up, building resilience and support networks.

How the sessions may help you

Being in a supported group environment can help you feel motivated to achieve the goals you set to improve your own wellbeing needs.

What our attendees say about our courses

“The group was friendly and the content helpful.”

“Goal setting was very helpful and has inspired me to start exercising regularly which will hopefully help lower my cholesterol and increased fitness will enable me to do more activities. This is something I have been meaning to do for a long time. Holding myself accountable to others was very helpful in achieving this.”

“Breaking down resilience into different areas helped me understand how to build on it.”

3. Self-Management Course (SilverCloud)

Our SilverCloud course expands on our group ISM course, by providing more detail around self-management skills.

SilverCloud is our online computer-based training system.

Our course is split into four modules, that you can work through at your own pace. You will have around 8 weeks to complete the course.

This course provides a more detailed understanding of the self-management skills than the ISM group course teaches.

It includes understanding what self-management is, how to challenge unhelpful thoughts, improving communication, and becoming a resourceful self-manager.

How the sessions may help you

This course is perfect if you prefer to work alone, or you can't attend the group course times.

You will be able to save your own notes within your program and message the support worker with any queries during your progress.

Getting set up

I'm unfamiliar with online group courses – what if I need help setting everything up?

Contact us and we can arrange a tech support call with you.

Email healthmakers@berkshire.nhs.uk

Call 0300 365 2000 (option 2)

Do I need to have my camera on for the online Pop-in Cafés and Courses?

We encourage you to have your camera on, so everyone can be seen, the same as it would be if you were meeting in-person. This ensures the groups remain a safe, interactive space for everyone.

If you are nervous, it is fine to attend your first pop-in café as an observer and advise the host of your preference at the start of the session. We hope that after attending one session you will see how supportive and welcoming everyone is and feel more confident to join in.

Take a look at our testimonials to see how others who were initially nervous felt about the courses.



Book your place

You don't need to be referred by a GP to access HealthMakers. When you register, we will book you in for a welcome call, send you more details about the course you would like to do, and guidance on accessing support online.

We're available for contact Monday to Friday, 8am to 4pm.

Email HealthMakers@berkshire.nhs.uk

Request a callback call [0300 365 2000](tel:03003652000) (option 2) and we will get in touch.

