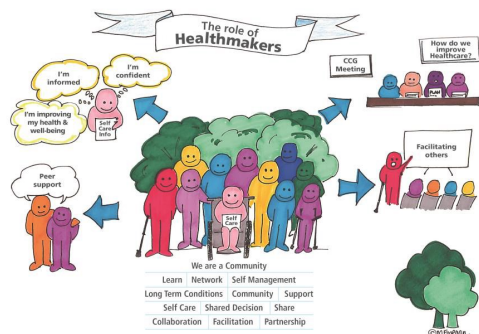


Newsletter: Winter '17



HealthMakers

Dates for your Diary

HealthMakers Self Management Course start dates:

15/01/18 - Bracknell

15/01/18 - Maidenhead

15/01/18 - Slough

21/02/18 - Sandhurst

21/02/18 - Langley

21/02/18 - Maidenhead

Other events:

31/01/18 - Community Partnership Forum

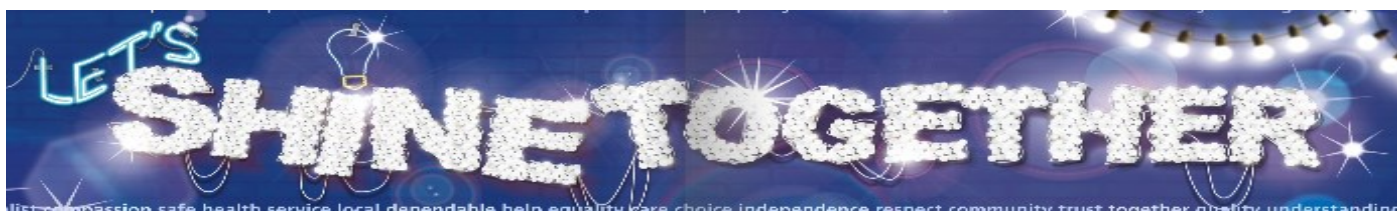
28/03/18 - Community Partnership Forum

March 2018 - HealthMakers Facilitator Training Course

We'd like you to join us . . .

. . . in welcoming and congratulating our new Facilitators, who have trained and already co-hosted a HealthMakers course since they qualified in September this year. They are a vital asset in being able to provide HealthMakers courses across the whole of east Berkshire, and we're looking forward to keeping them busy in 2018!

Mostly though, a giant thank you to all our Volunteers, Facilitators and Patient Partners for giving up their time to help drive HealthMakers through the community. We couldn't do it without you!



We were proud to be invited to showcase our self-management programme at the Berkshire Healthcare NHS Foundation Trust's 3rd annual Brighter Together event "Let's Shine", which was all about wellbeing, innovation and improvement. Our very own Karen Maskell and Lisa Goldsack led an on-stage demonstration of one of the six HealthMakers course modules. This raised awareness within the Trust and we received some excellent feedback.

Have you met SHaRON?

We'd like to introduce you to our newest addition, SHaRON, which stands for "Support, Hope and Recovery Online Network". It is a dedicated, safe and secure social network, similar to Facebook that is only available to users of the HealthMakers services.

It is available 24 hours a day, 7 days a week and is moderated by a team of clinicians. All HealthMakers participants will be invited to join over the coming months, so keep an eye out for your invitation email.

It is important to note that SHaRON is not a crisis service. If you need urgent help and support, contact numbers are listed on the Talking Therapies website:

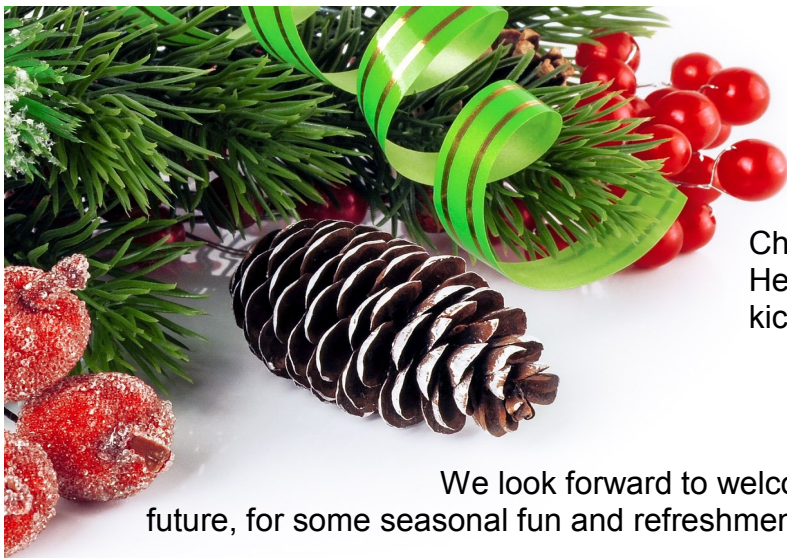
www.talkingtherapies.berkshire.nhs.uk



Working with



Berkshire Healthcare
NHS Foundation Trust



Christmas Get Together

On Tuesday 19th December we will be hosting our Annual Christmas Event celebrating everything HealthMakers has achieved in 2017 and kicking off what's in store for 2018.

**Tuesday 19th December, 2pm-4pm,
Bracknell Open Learning Centre**

We look forward to welcoming all HealthMakers, past, present and future, for some seasonal fun and refreshments. If you'd like to join us, drop us a line at HealthMakers@berkshire.nhs.uk

How you can help?

- Like and share our Facebook page: www.facebook.com/HealthMakersUK
- Follow us on Twitter @HealthMakersUK
- Volunteer!
- Deliver leaflets within your community



Do you have an idea about developing HealthMakers, where we could promote or know of an event we should be at?

Email us at HealthMakers@berkshire.nhs.uk

Surgery Patient Partner Groups

We'd like to thank Datchet Health Centre for including us in their latest Patient Partnership Group (PPG) newsletter and look forward to working closely with Michael Shefras, the recently appointed Chair of the WAM PPG network.

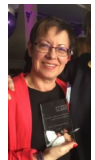
We need YOUR help to reach out to other PPG's. Please ask your surgery for contact details and email them to us at: HealthMakers@berkshire.nhs.uk

Team News

We have been reviewing the roles within the Team and have established a need for a Volunteer Co-ordinator position. More details to follow in the new year.....

And the award goes to . . .

Karen Maskell for being awarded the Thames Valley and Wessex Leadership Academy Patient Leader Award for 2016/2017.



Congratulations from all of us!



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

www.Berkshirehealthcare.nhs.uk/HealthMakers

Fancy a Cuppa?

In November, we were delighted to be invited to take part in Bracknell Forest Council's week of Self-Care. We hosted a one-off session in the Shopmobility office in Bracknell Town Centre .

The Pop In Café welcomes all HealthMakers who wish to continue their peer support, or simply find out more before joining a course. Why not pop along to Bracknell Open Learning Centre, on the 1st Thursday & 3rd Monday of every month.



www.Facebook.com/HealthMakersUK
[#HealthMakers](https://twitter.com/HealthMakers)

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