

HealthMakers

Self-Management and Peer-Support Service

Do you want to improve your Health and Wellbeing?

HealthMakers can help you become more confident in managing your self-care, improve your resilience, and build your support networks.

We're open to anyone aged 17 or over and registered with a GP in East Berkshire.

We offer

- Twice weekly support, through our online Pop-In Café
- Online courses (individual or group) to gain knowledge and set goals to improve your self-care

Book your Welcome Call to find the right support for you.

Be sure to tell us your full name, contact details, postal address, and your GP details if you know them.

Call **0300 365 2000**

Email HealthMakers@berkshire.nhs.uk

