



Self Help Connect UK

Creating, supporting and promoting a thriving self help community in Nottinghamshire and the UK



Working with health professionals

- ✓ Raise awareness about self help
- ✓ Selling the benefits to patients/service users/clients
- ✓ Working in partnership to support service design
- ✓ Training / co-delivery with members of groups
- ✓ Moving a self help group from professional to peer led



Developing self help in the UK

- ✓ What we provide locally we can be commissioned to provide nationally
- ✓ Mapping / gather and collect information



Effective roles played by professionals

Low level support



Display posters

Tell patient/service user/clients group exists

Discuss pros and cons



High level support



Invite group to meet clients/service users

Support to attend first meeting

Contact the group – introductions

Speakers

Meeting space



Esteem research

- resource-builder
- capacity-builder
- Facilitator
- bridge-builder
- co-educator

<http://www.selfhelp.org.uk/esteem/>



Putting people in touch

Groups are autonomous in the UK - independent

- × Referral
- × Recommendation
- ✓ Signpost – empowering people long term

selfhelp
connect uk





<https://www.facebook.com/SelfHelpNottingham>



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