



What is Talking Health?

Talking Health is a new **psychological support service** for **Berkshire West** working alongside Talking Therapies. It has been set up to support the emotional needs of patients with long term conditions. We will help people to optimise self- management of physical health and build confidence through Wellbeing Courses and work with your surgery to provide 1 to 1 support.

Target Market

Psychologically minded patients with **Type 2 Diabetes** or **COPD** who are willing to make behavioural changes.

This is the first year of a three year plan. The focus in the first year will be on Type II Diabetes and COPD. The following years will include additional long term conditions.

Patient Courses

Talking Health will be offering Type 2 Diabetes and COPD specific **wellbeing courses**. We are also developing online networks to provide 24/7 peer support.

Working with GPs

We are seeking to work with one or two surgeries in each CCG where we can:

- Work with and alongside practice nurses who see Type 2 Diabetes and/or COPD Patients
 - Provide **1-1 support** to Type 2 Diabetes and COPD patients who are high users of OOH services
 - Requires clinical space at host practice
- Please contact us to express your interest.

Taking Referrals from May 15th 2013
Service to start operation from June 1st 2013

Outcomes

- The aim of the service is:
- To help patients to achieve their personal goals relating to wellbeing and their long term condition
 - To reduce healthcare costs

Benefits for patients

- Able to set own goals
- Networking/peer support
- Manage their LTC more effectively
- Improved wellbeing
- Building confidence

Benefits for GPs

- Less frequent visits to GPs
- Cost effective service
- Quarterly reports

GP/Healthcare professional Referral Only

Type 2 Diabetes and COPD only
Self-referral to be introduced at a later date

For more information email us at: talkinghealth@nhs.net
Or visit: www.talkinghealth.berkshire.nhs.uk