

# Maximising Wellbeing at Home

Background Information



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# About Healthwatch Lewisham and Maximising Wellbeing at Home

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## Healthwatch Lewisham is your local health and social care champion.

We make sure NHS leaders and decision-makers hear your voice and use your feedback to improve care. We can also help you to find reliable and trustworthy information and advice.

We do it by asking people for their feedback and helping people with real experience be involved in decision making and planning.

## Maximising Wellbeing at Home is a program to support people in their own homes.

All kinds of people fall under this program. It could be people with mental or physical problems, dementia, learning disabilities, or simply people that would benefit from support and guidance.

Wellbeing Workers, Unpaid Carers, providers, and the council will all try to work together in a team with the person receiving support to improve their wellbeing and independence.

These teams want to provide relationship-centred support, focus on what matters to the person and their wellbeing and enable people to be part of their community.

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# How can you help us?

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## User Forums

We want to hold an **in-person** User Forum, where people who have received, this service can talk to each other.

It is a chance to give your feedback and to hear what other people's experiences have been like.

If you are not able to make it in person, we would love to hear from you **over the phone**.

## What do we want to know?

### How were the people?

Were they open and honest?

Were they fair and respectful?

### Does Maximising Wellbeing at Home work?

Has it made an impact on your independence and wellbeing?



## How can you help?

You can help by joining the forum and telling us what you think on a regular basis.

We are going to use this information to make the service better and to do this the best we can, we need the help of the people involved.





# How to get in touch

If you are interested in sharing your experience, there are a few of ways you can reach us.

🌐 [www.healthwatchlewisham.co.uk](http://www.healthwatchlewisham.co.uk)

☎ 020 3886 0196

✉ [info@healthwatch.co.uk](mailto:info@healthwatch.co.uk)

✉ Healthwatch Lewisham  
Waldram Place  
Forest Hill  
SE23 2LB

We hope to hear from you soon!

