



Health Creators Workshop

Guidance Hub
389 Waterloo Road
Manchester, M8 9AB

**Summary Report:
20 January 2024**





Introduction

The Health Creators' Workshop is a partnership initiative between Guidance Hub, Manchester Settlement and The Creative Alliance, The workshop took place on a blustery Saturday afternoon, January 20, 2024, at the Guidance Hub on Waterloo Street, Manchester. The **primary goal of the workshop was to acquaint participants with the crucial role of health creators and how they can actively contribute to addressing health issues within their local communities.**

Despite the challenging weather conditions, nearly 50 participants attended the workshop from a diverse background. Maqbul Rose thanked the Guidance Hub team in organising the workshop and looked forward to working with them on this project and future initiatives. She then went on to elaborate on the role and responsibilities of health creators.



Presentation by Maqbul Rose

Maqbul Rose, the Health and Wellbeing Manager at Manchester Settlement, commenced the workshop by providing an overview of her role and outlining the funding structure for the health creator's project, along with a detailed project plan. Before delving into her presentation, she facilitated a round table discussion to discern participants' perspectives on what constitutes an ideal volunteer. Responses encompassed qualities such as patience, effective communication skills, networking proficiency, and active listening.

The Role of Health Creators

Maqbul Rose introduced the concept of health creation, emphasizing the following key principles:

- **Health Creation Process:** It is a journey through which individuals and communities cultivate a sense of purpose, hope, mastery, and control over their lives and immediate environment. The positive outcome of this process is an enhancement of overall health and wellbeing.



- **Components of Health Creation:** Maqbul highlighted the three essential components of health creation, namely: a) **Community Strengthening** b) **Community-Led Development** c) **Place-Based Working**

The Health Creation Framework

Maqbul went through the health creation framework. She stated that Professionals can create the conditions for Health Creation by working as equal partners with local people and focusing on what matters to them and their communities. She highlighted that in order people to be well they need to focus on three “C”s

People need



...to be well



The six features of health creating practices:

1. Listening and responding
2. Truth-telling
3. Strengths-focus
4. Self-organising
5. Power-shifting
6. Reciprocity

Maqbul outlined how to spot the features of health creating practices. These included:

1. Listening and responding

- Effective, genuine listening to the reality of people's and communities' lives
- Acting differently upon what is heard
- Helps to build trust that enables truth-telling if people feel safe to open up
- Being listened to can be therapeutic in itself

2. Truth telling

- Builds the basis for trust and respect
- Identifying and acknowledging what holds people back from creating health can start to get to the root causes of problems and solutions

3. Strengths-focus

- Paying attention to what people can do for themselves or others
- Making people aware of their strengths and finding opportunities for them to employ them unlocks their potential and builds confidence for creating health.



4. Self-organising

- Meaningful connections with others making it possible for people to find solutions and take actions together
- Finding purpose in our lives drives wellness and reduces reliance on services

5. Power-shifting and sharing

- From practitioners to people and communities
- Identifying and acknowledging what holds people back from creating health can start to get to the root causes of problems and solutions

6. Reciprocity

- People can both get what they need and have the opportunity to give back in ways that suit them
- Builds respectful relationships, where communities and services are mutually responsive and play complementary roles
- Lack of reciprocity can lead to resentment



Participants feedback

The Health Creators' Workshop was evaluated through interactive sessions and feedback from participants. The evaluation aimed to gauge the effectiveness of the workshop in conveying information, engaging participants, and inspiring interest in the role of health creators.

1. Informative and Inspiring for Younger Volunteers:

***"I found the workshop very informative and really helpful too because in the future this could be good for the younger people to be involved in volunteering."
(Feedback from a young male participant)***

2. Revelation of the 3 Cs: Connection, Confidence, and Control:

"I found the concept of the 3 Cs (Connection, Confidence, and Control) of health creators very helpful. I never really considered these when I have been volunteering for many years." (Feedback from a female participant)



3. Praise for Presentation and Timing:

*"It was an excellent presentation; the timing was right, not too long and not too short. The interactive exercises were good. Well done to all the facilitators."
(Feedback from a male participant)*

4. Aspirations to Become a Trainer:

*"I would love to be a trainer on this session so that I can train and introduce the concept of health creators to my group that I work with."
(Feedback from a female participant)*



Key Findings

1. The workshop was well-received, with participants expressing appreciation for its informativeness and relevance, especially for younger volunteers.
2. The introduction of the 3 Cs (Connection, Confidence, and Control) was highlighted as a valuable and thought-provoking aspect of the workshop.
3. Positive remarks were made about the presentation style, timing, and the effectiveness of interactive exercises.

Recommendations

1. **Future Workshops:** Consider replicating similar workshops to reach a broader audience, especially among the younger and older demographic.
2. **Trainer Development:** Explore opportunities to train individuals who express interest in becoming trainers for health creator sessions, as this can contribute to the expansion of the program.



Conclusion

The Health Creators' Workshop successfully achieved its objective of introducing the role of health creators and encouraging community involvement in addressing health issues. Participants left the workshop with a deeper understanding of health creation principles and a sense of empowerment to contribute positively to their local communities.

This report serves as a documentation of the proceedings and outcomes of the workshop, capturing the collaborative spirit and shared commitment of the participants towards community health and wellbeing.

The Health Creators' Workshop received positive feedback from participants, indicating a successful engagement with the audience. The comments and suggestions provided will be instrumental in refining future workshops and ensuring continued effectiveness in promoting the concept of health creators within grass root communities.