



# Changing thinking in health and social care

## COMMUNITY CATALYSTS LAUNCHES A NEW PROGRAMME OF WORKSHOPS

Community Catalysts is excited to launch a new programme of workshops and personal development activities. Aimed at health and care practitioners, people who use health or care services and their supporters the programme has a strong focus on people's strengths, building on things that work well rather than focussing on challenges.

Workshops are positive and practical, helping people find another way to think about and approach health and care - one that puts people before systems.

**communitycatalysts®**  
unlocking potential effecting change

### One day workshops include:

More than just users of services

Understanding community options

Forging community links

Living your 'good life'

Tackling system barriers

### Personal development programmes include:

Connected, contributing citizens (individual programme)

Connected, contributing citizens (buddy programme)

Get in touch to learn more or to discuss how the workshops could be tailored for creative people in your area

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