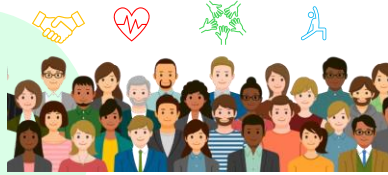


# The Community Foundation for Staffordshire

## Raparú Consult CIC achievements



### Digital upskilling to empower self-care



**HOW?**

### Raparú has:

- ✓ Inspired and promoted healthy living
- ✓ Empowered people with mental health problems to use digital aids for self-care and independence
- ✓ Provided, in parallel, digital upskilling of clinicians and members of the public, with a focus on adult patients of North Staffordshire Combined Healthcare (CHC) Trust
- ✓ Digitally upskilled the target patients by showcasing a range of technology modes and devices, which can be used to boost mental wellbeing through giving more control over their health



**Patients/Public**  
Patients and members of the public were provided with digital upskilling workshops enabling them to:

- choose trustworthy applications
- safely and beneficially use social media portals
- use free online learning resources
- access their medical records with the NHS app

by the Raparú team organising or attending 25 events between March to November 2024 in:

- Wellbeing groups/Community centres
- Churches (Places of welcome)
- Libraries
- Medical centres



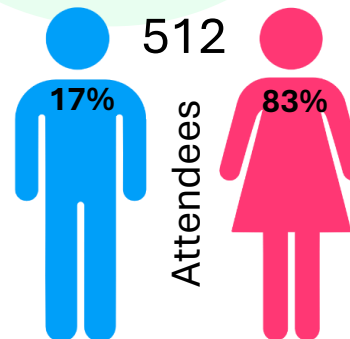
All ethnicities



Aged 18-91 years old



x 520 Be smart, stay well books given out, along with digital app cards (570), stress balls, bath sets/candles and other aids



**Raparú continually aims to minimise health inequalities by:**

- improving pathways to treatment of patients across Stoke-on-Trent
- increasing clinician's awareness of mental health illnesses and associated comorbidities
- boosting competence and confidence of patients to empower them to look after their physical and mental wellbeing.