

Change Makers information sheet

Thank you for your interest in the Change Maker network and in becoming a Change Maker. Below, you will find out more information about Change Makers, the role and expectations. At the end, you can find out how to become a Change Maker.

What is the Change Maker network?

The aim of Change Makers is to be effective advocates for improved health (and other) services, while still allowing flexibility for Change Makers to choose activities that they would like to undertake.

Change Makers effect change through sharing their lived experiences and the expertise that comes with that. The overall aim is to support Cardiomyopathy UK in achieving the goals set out in the [Change Agenda](#).

What do Change Makers do?

There are many ways you get involved in being a Change Maker. It's important that you can fit the role around you, the time you have available and your life. Below is a list of the types of engagement and some examples of activities that you might do. You can choose more than one engagement type.

Engagement type	Activities (not exhaustive)
Local influencing	<ul style="list-style-type: none"> • Liaise with Integrated Care Boards, Health Trusts, etc. • Get involved in local health hub events. • Awareness raising stalls in clinics. • Meet with your MP.
National influencing	<ul style="list-style-type: none"> • Input your experiences into CMUK responses to government and other agency proposals. • Review policy recommendations. • Be the lived experience voice to national bodies, where requested, e.g. NHS England, NICE, etc.
Campaign supporters	<ul style="list-style-type: none"> • Write to your MP using a template letter. • Share your story for a case study. • Post on social media/share posts from CMUK including a little personal story and why important to you.

What skills and experience do I need to be a Change Maker?

We welcome Change Makers from a variety of backgrounds. We don't expect you to have any experience of advocacy or influencing work. You will have a diagnosis of cardiomyopathy or be a family member of a person with cardiomyopathy.

You should feel confident in sharing your experiences of cardiomyopathy, either in person or in writing. You will also share our commitment to improve services and support to people with cardiomyopathy and have a positive outlook to make changes for the better.

It is not essential that you have all these skills, but we are looking for people with a mix of the following:

- Be comfortable and willing to share your experience and opinions as someone affected by cardiomyopathy in a constructive and diplomatic manner.
- Be a good listener, demonstrate empathy, and understand the perspectives of other people with cardiomyopathy.
- Have good communication skills and the ability to share your thoughts, and the experiences of others, constructively.
- Take a solutions-based approach to problems and barriers we face in changing cardiomyopathy healthcare service delivery.
- Objectively represent the needs of a broad range of people affected by cardiomyopathy.

What is the time commitment of being a Change Maker?

We want the Change Maker roles to be as flexible as possible to fit around your other commitments. We also understand that sometimes your health might make it harder for you to take part in activities and you might need to do less during periods of your life. That's why we want you to choose the type of engagement you want to suit you, with the option to change the engagement type, take a break from the network, or stop altogether.

What does Cardiomyopathy UK offer Change Makers?

Depending on the type(s) of engagement that you choose, we can offer you:

- An induction programme.
- Training on topics, such as advocacy work, using your own story to influence decision-makers, the NHS structures.
- New Change Makers can buddy with more experienced Change Makers.
- Briefings on Cardiomyopathy UK campaign topics to help you in meetings with decision-makers.
- Template letters for you to send to decision-makers.
- Regular opportunities to meet with other Change Makers online.
- Access to our volunteer platform.
- Travel and other reasonable expenses, in line with the charity's expenses policy.

How do I sign up to be a Change maker?

Please get in touch with us at policy@cardiomyopathy.org and we will send you more information and an application form, or download the application form on our website:

www.cardiomyopathy.org/change-makers

