

Self Care for Life

Lisa McNally Bracknell Forest Council



What is the aim of self care?

Staying Active?

Staying Social?

Staying Independent?

What is the aim of self care?

Sta

Staying in CONTROL!

ocial?

"Nanny State!"







Two Pillars of Effective Self Care...

All Year Round Every Day

Social Emotional Physical

Habitual

Holistic



Calendar SUNDAY MCMBAY 1 2 7 8 9 13 14 15 10 13 14 15 10 14 20 21 22 23 24 25 21 28 28 28 28 28	JAN Launch Events	FEB Mental Well-Being	MAR Healthy Ageing
APR	MAY	JUN	JUL
Physical Activity	Eating & Drinking	Carer Well-Being	Learning & Volunteering
AUG	SEP	OCT	NOV
Children & Families	Workplace Health	Quit Smoking	Winter Well-Being



Bracknell and Ascot Clinical Commissioning Group





"Back to Fitness"



- 90 people involved to date
- at least half have carried on meeting
- In addition we have:
- 'Well Balanced' 16% ↓ in falls admissions
- Bracknell Parkrun over 300 per week
- 'Sportivate' programme for 16-15 year olds

Children & YP - School sessions – sig. effect - Co-Produced Animations **FEB**

Mental

Well-Being

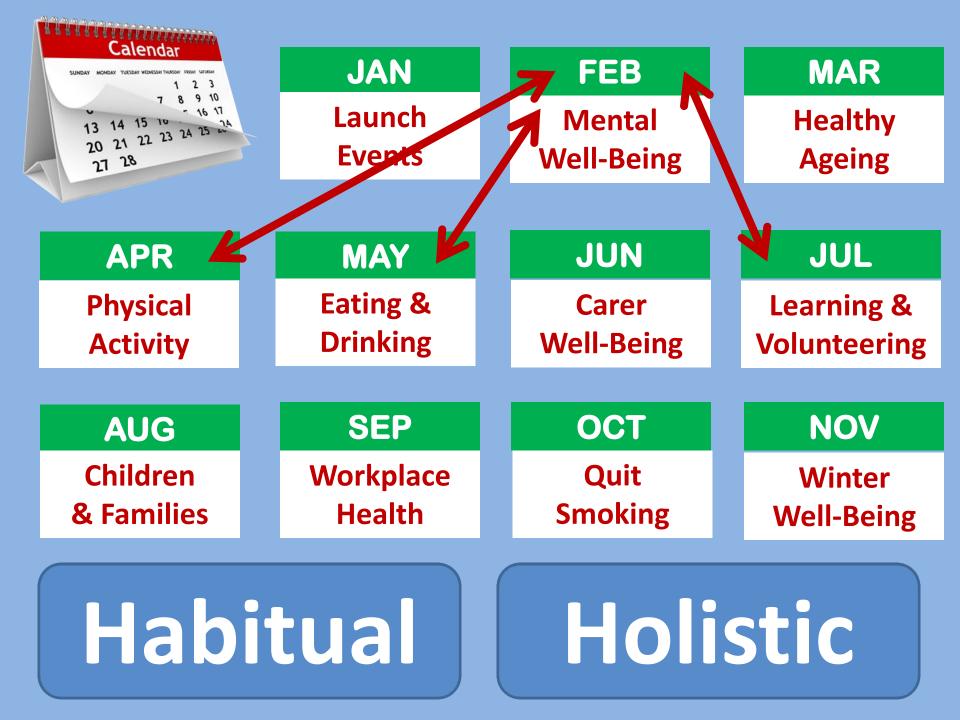
Adults – Social Media

- 235k people reached
- 6k website / profile visits
- Film on social isolation

Halsa Chiropractic & Physiotherapy	VRPT	JW Training	Bracknell Forest Council
HALLA CHIROPBACTIC & PHYSIOTHERAPY	VRPT	JWTRAINING	Bracknell Forest Council
Health Watch	Involve	Solutions 4 Health	Techno Gym
healthwatch Bracknell Forest		Solutions4Health	
Bracknell & Wokingham College	Bracknell & Ascot CCG	Bracknell Forest Homes	Sport in Mind
Bracknell & Wokingham College	Bracknell and Ascot Clinical Commissioning Group	Forest Homes	Sport
Reckitt Benckiser	Kooth	Youthline	Smoke Free Life Berkshire
Reckitt Benckiser	KOOTH.com	Youth/ine Young People's Courselling Service	smoke freelif e Berkshire

What has going from a **week** to a **year** brought us...?





Woman – 40s **Anxiety & Depression Self Harm – Cutting Emergency Treatment** Drugs, Smeking & Alcohol Self Care: **Running, Diet, MBT Big BIG Improvement (trust me!)**

