



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!”

“Health Fascists!”



Two Pillars of Effective Self Care...

All Year Round
Every Day

Habitual

Social
Emotional
Physical

Holistic



**Bracknell Forest
Year of Self Care**



JAN

**Launch
Events**

FEB

**Mental
Well-Being**

MAR

**Healthy
Ageing**

APR

**Physical
Activity**

MAY

**Eating &
Drinking**

JUN

**Carer
Well-Being**

JUL

**Learning &
Volunteering**

AUG

**Children
& Families**

SEP

**Workplace
Health**

OCT

**Quit
Smoking**

NOV

**Winter
Well-Being**



*Bracknell and Ascot
Clinical Commissioning Group*



APR

**Physical
Activity**

“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

FEB

**Mental
Well-Being**

Children & YP

- School sessions – sig. effect
- Co-Produced Animations

Adults – Social Media

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

Halsa Chiropractic & Physiotherapy



VRPT



JW Training



Bracknell Forest Council



Health Watch



Involve



Solutions 4 Health



Techno Gym



Bracknell & Wokingham College



Bracknell & Ascot CCG



Bracknell Forest Homes



Sport in Mind



Reckitt Benckiser



Kooth



Youthline



Smoke Free Life Berkshire



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





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Woman – 40s
Anxiety & Depression
Self Harm – Cutting
Emergency Treatment

~~**Drugs, Smoking & Alcohol**~~

Self Care:

Running, Diet, MBT

Big BIG Improvement (trust me!)



**Staying in
CONTROL!**