

Self Care Forum Coronavirus Innovations Award

Self Care Week – Live Self Care for Life Self Care in the time of coronavirus

Invitation

Every year the Self Care Forum invites submission of examples of good practice and innovation which we celebrate during Self Care Week by awarding prizes and commendations. This year we are preparing a Self Care Week programme that also includes celebration of good practice Self Care for coronavirus initiatives that can be used now and in the future.

To support this year's Self Care Week programme, we would like to invite you to submit examples of good practice and innovations in self care that have been implemented during the pandemic and which have made a difference to individuals and the community.

This invitation is open to everyone, whether you are an individual, a community champion, an employer, GP practice, Local Authority, or services organisation (public, private, or charitable).

Closing date for admissions: **31st July 2020**. An application form is available [here](#).

Background

The COVID-19 pandemic has reached its first peak in the UK and has altered all our lives. We may be dealing with the effect of this pandemic for a long time to come, so it is imperative for individuals and society to be able to manage this new reality. The impact of the pandemic has influenced all our personal and professional behaviours. Self care is at the heart of our responses to it.

The **Self Care Forum Coronavirus Innovations Award** is an opportunity to share real examples of good practice during the pandemic. Never was it more crucial than in 2020, in these difficult circumstances, to share how people and organisations have developed positive ways of encouraging and developing self care and in promoting how to make these developments sustainable across different sectors and groups.

Self care is at the core of how individuals, communities and organisations have responded to the pandemic. The advice to save the NHS and save lives has been helpful. Never has it been clearer that even following simple self care advice such as washing your hands, staying at home, socially distancing can benefit individuals, families, friends, work colleagues, the wider community, and the environment. At the same time individuals have been reminded of the importance of achieving good basic physical and mental health.

Initiatives could cover the whole population, good practice at home or the workplace, or cover specific groups such as the elderly, BAME, homeless, vulnerable groups or children. Although young people and children thankfully do not appear to have suffered extensively from the disease itself, they may have been helped by initiatives that have addressed the loss of the school environment or mental health issues.

A prize of a **£500 bursary** will be awarded to the innovation that is deemed to have had the greatest benefit to the individuals or groups targeted. Runners up and highly commended initiatives will also be recognised and wider examples of beneficial innovations will be shared.

If you would like to submit an example of good practice in self care prompted by the pandemic that you would like to share with a wider population, please complete the attached form. The more information you can include the better. How you think what you did or are doing has benefited the people or person affected is particularly important.

Further Information

Judging will take place in August by a panel from various backgrounds led by Dr Peter Smith, OBE, President of the Self Care Forum.

This Award is in addition to the usual Self Care Week Awards for good practice during Self Care Week for which a separate application process will apply.

If you would like to contact someone at the Self Care Forum about this, please email:

Libby Whittaker: selfcare@selfcareforum.org

Some examples of possible initiatives

- Supporting “Stay at home” messages
- Helping people with coronavirus symptoms
- Self care in care homes
- Supporting people with self-treatable conditions
- Supporting people with long term conditions that need monitoring
- Protecting mental health during the pandemic
- Promoting self care to the shielded population
- Self care for the elderly
- Self care introduced by employers
- Local authority population or community initiatives
- Pharmacy initiatives
- GP initiatives

Examples of specific health-related conditions targeted might include

- Self-treatable conditions
- Obesity
- Diabetes
- General health
- Nutrition
- Exercise

This is not a definitive list. Any examples are welcome and from all sectors, organisations and individuals. If in doubt, tell us what you have done anyway. We’d love to hear from you.