

Review of Self Care Week 2012

December 2012



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Statistical Summary of SCW

- ✦ Prior to and during SCW there were **203,735 DH publications** ordered
- ✦ There were **453 visits** to the SCW page on the **DH website**
- ✦ From September to November, there were **3,656 hits** on the SCW page on **NHS Choices**
- ✦ The SCW message went out on **NHS Choices twitter** reaching **62,000** people
- ✦ The link to Norman Lamb MP's speech launching SCW reached **36,000** on **twitter**
- ✦ Over **900** people **viewed the Minister of State's speech** on Self Care week from the DH website
- ✦ Over **500** people accessed the **SCW facebook page** hosted by NHS Choices
- ✦ From September through to November, the **Self Care Forum website** was visited **3,290** times
- ✦ Over **50 local councils, health organisations, patient agencies, CCGs and charities** took part in the campaign which was launched by the Care and Support Minister, Norman Lamb MP at the 14th Annual Self Care Conference
- ✦ SCW **broadcasting** reached over **2,200 GP** surgeries and health centre and **1,600** schools, colleges and children's centres through Life Channel.
- ✦ More than **30** pieces of **media coverage** was generated with print and on-line publications as well as local radio.



Background to Self Care Week

- ✦ The first national SCW ran in 2009 and was organised by the Department of Health(DH) who recognised the need for patients and the public to take greater care in looking after their own health and their family's health.
- ✦ Many NHS agencies and patient groups promoted SCW locally, making the campaign a great success from the offset.
- ✦ SCW became a yearly event, with enthusiasm and participation in the campaign growing each year.
- ✦ In 2011, Care Services Minister, Paul Burstow MP, asked the Self Care Forum to work jointly with the DH in promoting the campaign
- ✦ The DH and the Self Care Forum joined forces again to organise SCW2012.



The Self Care Forum

- ✚ The Self Care Forum was established in May 2011 with the objective of forwarding the reach of self care and having it embedded into every day life.
- ✚ The Board is made up of individuals who are keen to improve health literacy amongst our population having people empowered into making informed decisions about their health and their family's health.
- ✚ Members of the Board are individuals from various health related backgrounds and include GPs, nurses, pharmacists, academics, patient group representatives, DH, media medics and the consumer healthcare industry.



NHS Self Care Week
12-18 November 2012



Self Care for Life – Growing older healthily

The Aim of SCW 2012

- ✚ The overall aim of SCW is to inspire NHS organisations, patient groups and other health interested agencies to support and encourage patients and the public to take greater care of their own health and their family's health, to ensure they live a healthy and happy life.
- ✚ For 2012, our aim was to encourage health agencies to use this year's theme ***“Self Care for Life - growing older healthily”*** to target their own audiences, to support them to practice self care for life and improve their health knowledge as they grow older!



Theme for Self Care Week 2012

Theme: “Self care for life – growing older healthily”

- ✚ Encapsulates the continuum of life from pre-birth to older years; encouraging healthy living at every stage of life’s journey
- ✚ NHS agencies and patient organisations were invited to use this year’s theme to adapt to suit their audiences - targeting the age group that will most benefit from local campaigns
- ✚ We helped to support participating agencies by providing national tools, resources and messages under an overarching, national Self Care Week banner.



Materials and Resources

The following resources and information was made available:

- ✚ Communications guide with ideas for campaigns and key messages
- ✚ Web buttons/banners and generic website text
- ✚ Posters, leaflets including links to DH material
- ✚ Ideas on running a cold & flu campaign
- ✚ Newsletters with updates on SCW
- ✚ Master presentation slides
- ✚ Sample article and press release
- ✚ Resources from other campaigns such as Choose Well Winter Campaign and Ask your Pharmacist Week
- ✚ Links to helpful information



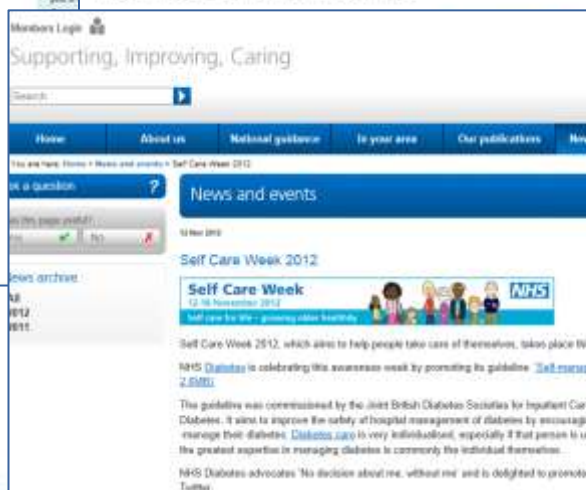
Self Care for Life – Growing older healthily

Publications available to the public

- ✦ Supporting your independence and well being with Telehealth and Telecare
- ✦ Advice for living well with a long term condition
- ✦ Care Planning Patient Leaflet
- ✦ Pain and Self Care Toolkit
- ✦ Self Care for minor ailments manual
- ✦ Guide to Pharmacy services
- ✦ Get well soon without antibiotics
- ✦ Questions to ask: Getting the most out of your appointments
- ✦ Does your son/daughter have a long term condition? Getting them vaccinated will protect your child from flu
- ✦ 5 A day: What's it all about
- ✦ Information Prescription: Bookmark for healthcare
- ✦ Appointments: Ask the right questions



DH and NHS Choices web pages



NHS Self Care Week
12-18 November 2012

Self Care for Life – Growing older healthily



Material circulation and web traffic analysis

- ✦ A total 203,735 publications were ordered in the run up to the week and during the week itself (representing a 41% increase over the number ordered last year)
- ✦ The NHS Choices SCW message on twitter reached over 62,000 people
- ✦ The link to the Minister of State's speech launching SCW reached over 36,000 people on twitter
- ✦ Over 500 people accessed the SCW facebook page hosted by NHS Choices
- ✦ There were 453 visits to the SCW page on the DH website
- ✦ Over 900 people viewed the Minister of States speech on Self Care week from the DH website



Analysis of Web Traffic for NHS Choices

- ✚ The Self Care Week page (accessible via www.nhs.uk/selfcare) was published on 19 September 2012.
- ✚ It was promoted on the NHS Choices home page all week from 12-18 November
- ✚ The Self Care Week page was the most visited page in the Your health, your way subsite during Self Care Week
- ✚ Visits to the Self Care Week page spiked in the week beginning 04 October and again during Self Care Week.
- ✚ Most visits to the Self Care Week page during Self Care Week were on Monday 12 November.

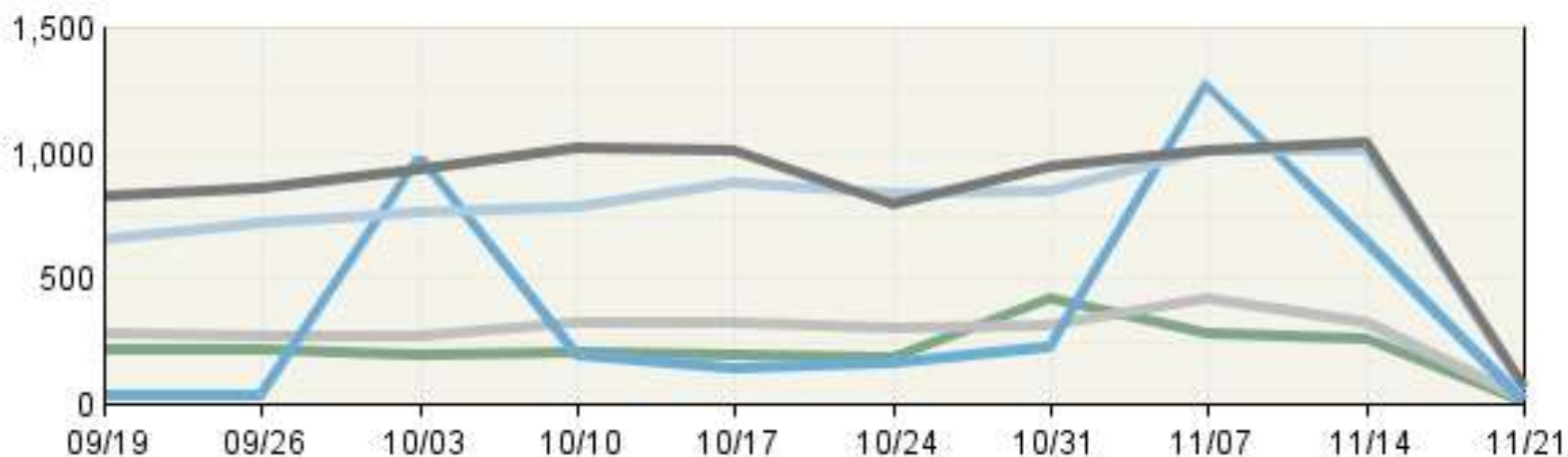
	Visits during Self Care Week	Total Visits 19 Sept to 21 November
Self Care Week page 2012 www.nhs.uk/selfcare	1,577	3,656
Your Health Your Way (all pages)	6,935	43,773

Self Care Week
12-18 November 2012



NHS Choices SCW online visits summary

Visits **Your health, your way - most visited pages, 19 Sept to 21 Nov 2012**



	What is a care plan? http://www.nhs.uk/planners/yourhealth/pages/careplan.aspx	8,484 visits
	Your health, your way home page http://www.nhs.uk/planners/yourhealth/pages/yourhealth.aspx	7,554 visits
	Self Care Week 2012 http://www.nhs.uk/Planners/Yourhealth/Pages/self-care-week-2012.aspx	3,656 visits
	What is self care? http://www.nhs.uk/Planners/Yourhealth/Pages/Whatisselfcare.aspx	2,822 visits
	Telecare and telehealth technology http://www.nhs.uk/Planners/Yourhealth/Pages/Telecare.aspx	2,171 visits



Self Care Forum Web Activity

- ✚ Web traffic from September – November reached over 3290 hits
- ✚ The busiest month was October with 1540 hits



The screenshot shows the Self Care Forum website with the 'Self Care Week' section highlighted. The page features a banner for 'Self Care Week 12-18 November 2012' with the NHS logo. Below the banner, there is a paragraph announcing the dates and a call to action to join the activities. A 'Recent Posts' sidebar on the right lists articles such as 'European Antibiotics Awareness Day' and 'Over 2 million unnecessary A&E visits "wasted"'. At the bottom, there is a link to download posters and banners.



The screenshot shows the Self Care Forum website with the 'Self Care Conference' section highlighted. The page features a banner for 'Self Care Conference 2012' with the NHS logo. Below the banner, there is a paragraph announcing the conference dates and theme. A 'Recent Posts' sidebar on the right lists articles such as 'European Antibiotics Awareness Day' and 'Over 2 million unnecessary A&E visits "wasted"'. At the bottom, there is a video player showing a man speaking, with a 'Follow' button below it.



Other Self Care Campaigns

- ✚ Partnering agencies, **NHS North West** and the **National Pharmaceutical Association** held self care campaigns leading up to SCW with the intention of having a month long cycle of self care messages being promoted:
- ✚ 29 Oct - **Choose Well Winter Campaign** was launched to educate and inform people about the different NHS services available to them.
- ✚ 5 Nov – **AYPW** was launched to encourage use of the pharmacist. The 2012 campaign was aimed at men looking after their health.



National Self Care Week Activity

- ✚ Some activities happened nationally including communication of SCW through the SCF website and proactive email notifications and circulation of three bi-weekly newsletters.
- ✚ SWC was launched at the 14th Annual Self Care Conference by the Care and Support Minister, **Norman Lamb MP** on 8th November.
- ✚ To view his vidcast go to:
http://www.selfcareforum.org/?page_id=746
- ✚ The **NHS Choices** website highlighted SCW, promoting information for people to self care, and actively promoted SCW through Twitter and Facebook.



National Self Care Week Activity 2

- ✚ 15 Nov – **EPP 10th Year Anniversary Event**, Self Care Forum Board member Dr John Chisholm CBE presented details of the Forum's work



- ✚ **Life Channel** ran films during SCW, broadcasting self care news via monitors in over 2,200 GP surgeries and health centre waiting rooms and 1,600 schools, colleges and children's centres.



Local Self Care Week Activity

✚ 12 – 18 Nov - **NHS Dudley** held a series of events

including stall holders providing NHS health checks,



giving expert advice on health and wellbeing with demonstrations on soup making and laughter yoga! Local pharmacies and GP surgeries also promoted self care amongst patients and customers.

✚ 12 – 18 Nov, **NHS Rotherham**

constructed Community Corner in Rotherham's Hospital where they held a series of events during the week issuing advice on oral health, stop smoking, mental health etc.



Local Self Care Week Activity 2

- ✚ 12 – 18 Nov, **NHS Kirklees** held self care events in surgeries, sports centres, markets and the bus station. An excellent website is available for local people. www.selfcare/kirklees.nhs.uk
- ✚ 12 – 18 Nov, **Migraine Action Association** held events to nurses in London and Leicester.
- ✚ 12 – 18 Nov, **Skills for Care** – launched an online training pack around telehealth.



Local Self Care Week Activity 3

- ✚ 12 – 18 Nov, **Moving Therapy** was presented by Margaret Coles (retired NHS community therapist) in Cambridgeshire libraries
- ✚ 12 – 18 Nov **NHS North West** showed a SCW power point presentation on monitors in their receptions and staff rooms.
- ✚ 12 – 18 Nov **Sedem Pharmacies** in Liverpool made a special effort to speak to customers about self care advice and distributed leaflets in their 9 stores.
- ✚ **NPA** and **NHS Choices** supported SCW on their websites



Local Self Care Week Activity 4

- ✚ 14 Nov - **NHS Kent and Medway** held a “drop-in” event with health experts giving advice to shoppers
- ✚ 16 Nov, **NHS Pennine** held a drop-in centre at Voluntary Action Oldham giving advice to people on how to look after themselves.
- ✚ **NHS Warrington Public Health** developed a calendar for older people to promote the 11 top tips of healthy ageing, for more information visit: www.warrington-pct.nhs.uk



Local Self Care Week Activity 5

- ✚ 8 – 12 Nov **Blackburn with Darwen Borough Council** and **NHS Blackburn with Darwen** posted information on the internet and intranet pages of the Borough Council and the Care Trust Plus, along with email information to the local community and voluntary groups. They also raised awareness through Radio Lancashire.



- ✚ 13 Nov **Haughton Thornley Medical Practices** held an event to highlight awareness of self care for a series of health conditions. The event was planned, organised and delivered collaboratively with patients and the practice working together for a common good as part of Self Care Week.



Local Self Care Week Activity 6

- ✚ 31 Oct – 14 Nov **Dr Ian Banks**, Self Care Forum Board member and men's health champion did a series of talks on self care and self care for men at four conferences including the joint Royal Pharmaceutical Society/Royal Society of Public Health, Stormont APG and Derry Men's Health conference.
- ✚ 12 – 18 Nov **NHS Norwich** held two self care events, one at Mile Cross Library and one at Plumstead Road Library. They also held an event for staff.



Local Self Care Week Activity 7

- ✚ 12 – 18 Nov **Sheffield Kidney Institute** held events in the renal outpatients department offering advice and information on their health conditions.



- ✚ 12 – 18 Nov **Mid-Downs Hospital Radio** highlighted SCW by playing self care audio (taken from videos produced by NHS North West SHA).

- ✚ **Bayer** supported SCW by adding the logo to their brand websites.



Local Self Care Week Activity 8

- ✦ 12-14 Nov, at the **International Telecare Services Association Annual Conference** Norman Lamb MP highlighted the key role telecare and telehealth can play in transforming health and social care services. For more information, please visit www.telecare.org.uk
- ✦ 14 Nov, **Age UK** Conference - Living Well with a Long Term Condition - stimulated debate and shared good practice in helping people to live life well with a long term condition. For more information, please visit www.ageuk.co.uk
- ✦ 15 Nov, Liz Kendall MP, shadow health minister, visited **Bromley-by-Bow Health Centre** to hear about the innovative work being done at the Centre for the local population around self care.

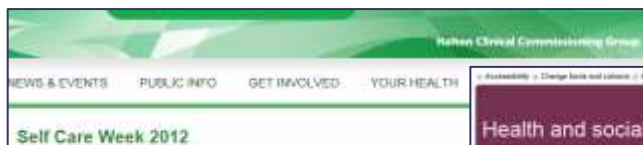


Websites - local campaigns



Self Care for Life – Growing older healthily

Websites - Local Campaigns 2



Self Care Week 2012



We are supporting Self Care Week 12th to 18th November. Self Care Week aims to communities, families are supporting people to learn look after their own health. Self care is about keeping how you take medicines, seek help when you need them, condition it's about condition and how to live them.

Self care for life – growing older healthily



Live life to the full: Self-care Week 2012

09 November 2012

Looking after ourselves and people in Bracknell

Self-care is defined without relying on a

Bracknell Forest Council

that introducing or

have a massive impact

Why not pop over to

Health and social care

MANCHESTER CITY COUNCIL

Home > Health and social care > Health and medical advice > Health advice > Self Care Week in Manchester

Self Care Week in Manchester

Self Care Week - 12-18 November 2012

Manchester City Council is supporting Self Care Week 2012, 12 to 18 November.



Sefton LINK

our care - our health - our say

All this information is available in alternative formats such as large font, audio and different languages. Call 0151 920 0700 ext 303 for details.

Home News Events About Membership Our work with... Join Sefton LINK Healthwatch Clinical Commissioning Groups Community Champions Enter Consultations Local Trusts Local Services Downloads & Documents Web Links

Liverpool Community Health Trust support Self Care Week

12-18 November 2012

Take care of yourself during Self Care Week, says West Sussex County Council

Date: 12 November 2012
Press release number: PR5177

With the winter months now upon us, West Sussex County Council is urging people to take better care of themselves during Self Care Week.

The national annual awareness week runs from 12 November 2012 to 18 November 2012 and focuses on growing support for self-care across communities, families and generations.



NHS Self Care Week
12-18 November 2012



Self Care for Life – Growing older healthily

Websites - charities

South Staffordshire age UK

Age UK South Staffordshire | For the local community

Self Care Week 2012 - Growing Older Healthily!
14 November 2012

It is Self Care Week this week! - this year's theme is Self Care for Life - Growing Older Healthily! Take a look at the information below, and don't forget that Age UK South Staffordshire has a range of services and support to help older people remain in their own homes, as healthy as possible, with appropriate advice and guidance.

For information about the services from Age UK South Staffordshire visit www.ageuk.org.uk

Self Care Week 2012 takes place 12-18th November - This year's theme is Self Care for Life - Growing Older Healthily!

mhnp The Helpline Association

Self Care Week 2012
Friday, 26 October 2012

12-18 November 2012

Here are ideas on how you can get involved in Self Care Week 2012 to think about how they can take care of their own health ailments or manage long term conditions.

BMH UK
BLACK MENTAL HEALTH UK

BMH UK campaigns
Support our campaigns for justice.
Click here to find out how to get involved.

News archive
2012 (188) · 2011 (178) · 2010 (147) · 2009 (168) · 2008 (289) · 2007 (13) · 2006 (10)

Self Care Week 2012 focuses on growing older healthily

By Staff writer:
In a bid to increase the numbers of people who are able to look after themselves where they can, and reduce the numbers of unnecessary visits to the GP and Accident and Emergency services, this week has been earmarked as Self Care Week 2012, with a special focus on growing older healthily.

This article is only accessible to members. Please sign up to one of the BMH UK subscriptions to access full content.

Hallon & St Helens
voluntary and community action

Look after yourself during Self Care Week

Self Care Week is all about encouraging people to take more responsibility for their own and their family's health, especially those who live with chronic and long term health conditions.

2012's theme is 'Self Care for Life - growing older healthily'. It's aim is to improve people's health knowledge throughout life to ensure healthy and happy living at every age.

The Health Improvement Team (part of Bridgewater Community Healthcare NHS Trust) has a number of services available throughout Halton and St Helens to support self care. These services include:

Mental Health and Wellbeing
They have recently launched www.hallonandsthelens.co.uk. This is a website dedicated to providing information and resources to support people living with mental health issues. Linking in with Self Care week's aim to encourage people to take charge of their own healthcare, www.hallonandsthelens.co.uk will offer:

- Useful contacts
- A self help guide for depression, anxiety and stress disorders

Find out about membership

Sign up for our e-newsletters

Warwickshire Community And Voluntary Action

National Self Care Week: 12th - 18th November 2012

Posted November 0th, 2012 by Anonymous

This campaign aims to raise awareness of the support available to help people, especially those with long-term conditions, to grow older healthily. This year's theme focuses on supporting people to take control of their own health and wellbeing, and play a more active role in decisions about their care. For further details visit http://www.dh.gov.uk/health/2012/10/self-care-week-2012?utm_source=List+252+1+1+November&utm_campaign=inx252&utm_medium=email

Expert Patients Programme
Empowering Individual Citizens

Self Care Week 2012
12th - 18th November 2012

Self Care for Life - growing older healthily

This year's Self Care Week runs from 12th to 18th November. This year's theme is Self Care for Life - growing older healthily. The aim of self care week is to encourage people to take more responsibility for their own and their family's health, especially those who live with chronic and long term health conditions.

The week is run by the Self Care Forum and the Department of Health, and as the leading provider of self-management programmes in England.

As this year is the 10th anniversary of the Super Patients Programme, SPP-CC are marking the occasion by holding a celebratory event with Self Care Week.

sca

Self Care Week 2012

We at SCA Group are supporting Self Care Week 2012, 12 to 18 November. Self Care Week 2012 is aimed at enabling self care across communities, families and generations, by supporting people to learn more about how they can look after their own health better. Self care is about keeping fit and healthy, as well as how you take medicines, treat your ailments, and seek help when you need it, and if you have a long term condition it is about understanding that condition and how to live with it on a day to day basis.

We at SCA Group will be supporting Self Care Week 2012 by www.sca.co.uk awareness of what we do to support people to live healthily at every age.

Find out more about self care by visiting www.sca.co.uk and watch out for local and national Self Care Week events.

NHS Self Care Week
12-18 November 2012

Self Care for Life – Growing older healthily



Websites - others



STUDY **CAMPUS LIFE** **RESEARCH & INNOVATION** **ACADEMIC SCHOOLS**

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A-Z HEALTH INDEX

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OPENING TIMES
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A-Z HEALTH INDEX
FREQUENTLY ASKED QUESTIONS

Self Care

King's College NHS Health Centre is supporting **Self Care** to 18th November 2012. Self Care aims to embed Self Care communities, families and generations, by supporting people how they can look after their own health better. Self Care is healthy, as well as how you take medicines, treat minor ailments, and seek help when you need it, and if you have a long term condition about understanding that condition and how to live with it on a day to day basis.

King's College NHS Health Centre will be supporting **Self Care Week 2012** by raising awareness of what we do to support people to live healthily at every age. Find out more about **Self Care Week** by clicking on the link below and watch

NHS choices Your health, your choices

Health A-Z Live Well Carers Direct Health news Health services near you

Your health, your way
Your NHS guide to long-term conditions and self care

Your healthcare Courses and support Healthy living Help at home Money and legal

Self Care Week

Self Care Week 2012 takes place from November 12-18. It aims to help people take care of themselves, and lets them know what's available to help them look after their health. The campaign is being run by the Self Care Forum in partnership with the Department of Health.

What's the theme for this year?
This year's theme is 'Self Care for Life - growing older healthy' and the aim is to improve people's health knowledge throughout life to ensure healthy and happy living at every age.

How can I find out what's happening?
You can find out more about **Self Care Week** events through your primary care trust (PCT). You can search for your local PCT here.

What is self care?
Self care means keeping fit and healthy, as well as looking after your health when you need it.

Information for professionals
The Self Care Forum has lots of ideas and free resources to help NHS organisations make the most of **Self Care Week**.

ROYAL PHARMACEUTICAL SOCIETY

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Self Care Week

What is self care?
Self care is about taking control of your own health and well-being. It helps you avoid becoming ill and enables you to treat common minor illnesses such as colds and flu as well as take your medicines correctly.

Learning to take care of your health puts you in control of your health and improves your quality of life.

When can I find out more?
Your local pharmacist can be the starting point for your self care. They can give you advice about your health and well-being, and help you treat common problems such as coughs, colds, indigestion and minor skin problems. Your pharmacist's advice is even more important if you have a long term condition such as asthma or diabetes.

You don't need an appointment to see a pharmacist and you can talk confidentially to a pharmacist.

Self Care Week 12-18 November 2012

More information on self care can be found on the **NHS website**.
More information about **Self Care Week** can be found on the **Self Care Forum website**.
Download the **Self Care Week poster**.

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Self Care Week 12 - 18 November 2012
0011102612

Self Care Week is an annual national awareness week that focuses on embedding support for self care across organisations, families and generations.

Self Care Week 12-18 November 2012

This year's theme is 'Self Care for Life - growing older healthy' which focuses on the European Active and Healthy Ageing initiative on improving the health knowledge of patients and the public as they get older.

For **Self Care Week 2012**, the Department of Health is extending this approach through all the life stages from pre-birth to older years to promote healthy and happy living at every age.

Self Care Week is being run in partnership with the Self Care Forum, which is the leading UK organisation committed to embedding self care into everyday life and whose members include GPs, nurses, pharmacists and 19-50 managers, as well as the Department of Health.

A communications pack and other resources, including a new patient leaflet on how to help and how you can support people to manage their condition better, can be downloaded from the **Self Care Week 2012** website.

BIVDA
Diagnosis: making a difference

Diagnosis Blog

Telehealth and self care could revolutionise management of long-term conditions

13/11/2012 11:11

Long-term conditions are a major public health problem. They are responsible for around 70% of all deaths in the UK. Long-term conditions are also the leading cause of disability and are a major cause of health inequalities. They are also a major cause of health inequalities. They are also a major cause of health inequalities.

Self care is about taking control of your own health and well-being. It helps you avoid becoming ill and enables you to treat common minor illnesses such as colds and flu as well as take your medicines correctly.

Learning to take care of your health puts you in control of your health and improves your quality of life.

Self Care Week 12-18 November 2012

More information on self care can be found on the **NHS website**.
More information about **Self Care Week** can be found on the **Self Care Forum website**.
Download the **Self Care Week poster**.

Rennie

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Self Care Week

More information on self care can be found on the **NHS website**.
More information about **Self Care Week** can be found on the **Self Care Forum website**.
Download the **Self Care Week poster**.

Self Care for Life – Growing older healthy

NHS Self Care Week
12-18 November 2012



Media Campaign for SCW

- ✚ A campaign to promote self care for common illnesses and long term conditions by asking people to take the “medicine cabinet challenge” was launched during SCW.
- ✚ The **Medicine Cabinet Challenge** asked consumers to sort out their own medicine cabinet.
- ✚ Its aim was to encourage audiences to get their medicine cabinet in order before the start of the **coughs and colds season**.
- ✚ And drive the message home about the importance of self care for those with **long-term conditions** and who are taking long-term medication.

Media Highlights



NHS Self Care Week
12-18 November 2012



Self Care for Life – Growing older healthily

Media Highlights - 2

P online gateway to the world of pharmacy and medicines

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Self care fact sheets aim to reduce GP consultations

Wed, 14/11/2012 - 13:14
By News team

A series of fact sheets about minor ailments is being developed by the Self Care Forum with the aim of empowering patients to care for their own self-limiting illnesses, such as back pain.

Speaking at the forum's annual Self Care conference last week (8 November), Knut Schroeder, GP and forum member, said that the fact sheets will tell patients what they can expect to happen during the illness such as symptom duration, how they can care for themselves and the red flags that indicate a visit to the doctor may be necessary. It is hoped this will reduce the rates of GP re-consultations.

Dr Schroeder told P1 Online: "The fact sheets" will become available freely on the Self Care Forum website for anyone who wants them, including of course pharmacists. Once we have fine-tuned the GP version, the plan is to engage with other professionals so that the sheets address their needs, or a amended version."

The initiative comes as a survey of 97 GPs in the South East found that 10% of the 105 GPs in the survey.

Self Care Week aims to help people take care of themselves

Investing in Pharmacy confidence for the future

Pharmacist Support

Browse titles now

Pharmacist Press

P1 Online

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15.11.2012 05:46 PM

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15 Nov 2012

North Lancashire CCG invites pharmacists onto self-care pilot

By James Waldron

Public health GP commissioners are inviting Lancashire pharmacists to take part in a pilot in which patients are encouraged to use self-care resources.

"Sometimes negativity is simply people getting things off their chest. More importantly, though, discontent can be a catalyst for change"

Jennifer Richardson

EXPRESS.co.uk

Home of the Daily and Sunday Express

Monday 10 December 2012

HOME | FEATURES | HEALTH | What's in the family medicine cabinet?

yourhealth

WHAT'S IN THE FAMILY MEDICINE CABINET?

Tuesday November 13, 2012

By Jane Symons

Have your say!

ACCORDING to a survey of 5,000 people, three out of five of us risk our health by hanging on to old medicines. The findings echo a recent poll of doctors who estimate that only one in 10 people has a well-stocked medicine cabinet.

Look at dose and date

Rag Patel, a practicing pharmacist and

PULSE

Public health announcement

Copperfield gets creative in an attempt to clarify the consultation process

At the heart of general practice since 1960

Tuesday 13 November 2012

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Britain's baby boom, self care for runny noses and putting mental health on a par with physical care

12 November 2012 | By Helen Mooney

the guardian

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NHS Self Care Week
12-18 November 2012

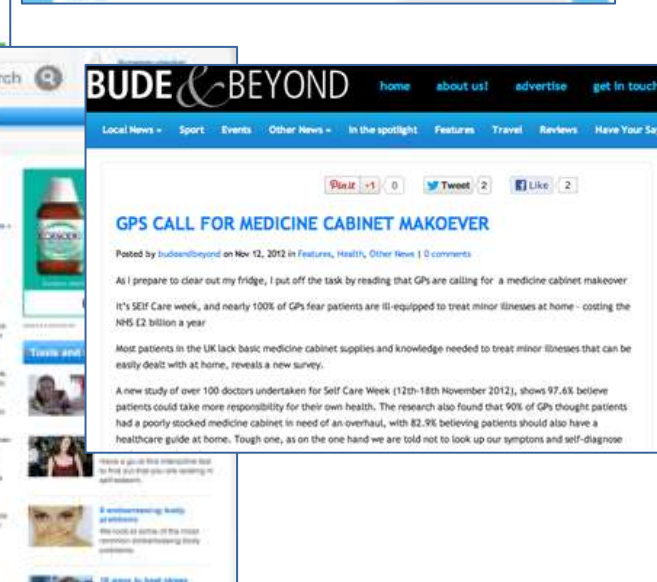


Self Care for Life – Growing older healthily

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Save doctors' time by taking care of yourself

Dr. Galloway adds, "People with long-term conditions, such as diabetes or asthma, can also self-care for minor complaints, but they need to know which treatments can be safely used to treat symptoms like headache or colds and flu, without affecting their health. It's also a good time to check



ESSEX: The public are being urged to overhaul their medicine cabinet to treat minor illnesses at home.

The study which was undertaken to coincide with this week's Self Care Week also found 90 per cent of GPs thought patients had a poorly stocked medicine cabinet.

But a quick medicine cabinet makeover, filling it with painkillers, cold and flu remedies and anti-diarrhoea medicine could reduce doctors' appointments.

■ For more information visit
www.selfcareforum.org



Self Care Week Partners



Self Care for Life – Growing older healthily

A Big Thank You

On behalf of the organisers of Self Care Week we would like to thank everyone who participated in SCW 2012. Without your help our aim to have everyone self care for a healthier, happier life would not be possible. Hopefully, we are one step closer to forwarding the reach of self care and having it embedded into every day life.

If you would like any further information about the Self Care Forum go to www.selfcareforum.org or contact Libby Whittaker, email: libby.whittaker@selfcareforum.org

