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?

Staying Active?
Staying Social?
Staying in CONTROL!
“Nanny State!”  “Health Fascists!”
Two Pillars of Effective Self Care...

Habitual
All Year Round
Every Day

Holistic
Social
Emotional
Physical
“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

Adults – Social Media
- 235k people reached
- 6k website / profile visits
- Film on social isolation
<table>
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<tr>
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What has going from a week to a year brought us...?
Launch Events
Mental Well-Being
Healthy Ageing
Physical Activity
Eating & Drinking
Carer Well-Being
Learning & Volunteering
Children & Families
Workplace Health
Quit Smoking
Winter Well-Being
Habitual
Holistic
Woman – 40s
Anxiety & Depression
Self Harm – Cutting
Emergency Treatment

Self Care:
Running, Diet, MBT

Big BIG Improvement (trust me!)
Staying in CONTROL!