



Self Care Week 2012

Newsletter – 2nd Edition



25 October 2012



Self Care Week
12-18 November 2012

Self Care for Life – Growing older healthily



What's in this edition of the SCW newsletter?

- ✚ Welcome to the second edition of the Self Care Week newsletter

- ✚ Included in this edition are:
 - ✚ Details of this year's SCW theme, as a reminder
 - ✚ SCW on twitter and facebook
 - ✚ Launches and activities taking place around SCW
 - ✚ An update on PPCs
 - ✚ Further resources being added to help you with your SCW campaign
 - ✚ News about QISMET
 - ✚ Ideas for your SCW campaign
 - ✚ Who's getting involved in SCW?
 - ✚ What are you up to? – let us know



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 can use this year’s theme to adapt to suit their audiences - target the age group that will most benefit from local campaigns
- ✚ Resources and communications information with ideas on how to promote SCW are available by clicking on the link or copy and paste into your browser to view http://www.selfcareforum.org/?page_id=539



Are you a tweeter?

Twitter and Facebook



In addition to a newsletter and a dedicated page for SCW, our colleagues at NHS Choices are planning to raise awareness of the week via Twitter and Facebook and if you are a tweeter, please get involved by following NHS Choices and mentioning SCW in your tweets. www.nhs.uk/selfcare

Life Channel



Also, look out for the films being run on the Life Channel during SCW. The Life Channel is a television network that broadcasts content to TV screens in over 2,200 GP surgeries and Health Centre waiting rooms, and 1,600 schools, colleges and children's centres"



What's going on?

8 – 18 November

NHS Choices highlights SCW through Tweets and FB

29th October
Choose Well Winter Campaign – signposting people to the best place for help and information

5th November
Start of 'Ask Your Pharmacist' Week – aimed at men, their health and use of NHS services

12th November
Self Care Week starts

12th -18th November
Skills for Care – launch of online training pack around telehealth

18th November
Antibiotic Awareness Day

1st November
Self Care Web-ex with Jean Arrowsmith from Coventry City Council

4th November
NHS Choices publishes article in "Your Health" circulation of 140,000

8th November
Norman Lamb MP, Care and Support Services Minister, launches SCW at the Annual Self Care Conference, hosted by the Self Care Forum

14th November
LTC Lead, Stephen Johnson, presents at the Age UK LTC Event



Tell Patients about PPCs

- ✚ Some people with long-term conditions will need regular prescription medicines. Self care week is an opportunity to raise awareness of how people can save money with a prescription pre-payment certificate (PPCs). PPCs can save people money if more than one prescription item is needed each month.
- ✚ The Department of Health has launched a new poster and leaflet with more information and will be available to order shortly through the NHS Forms ordering service at www.nhsforms.co.uk.
- ✚ To see a preview of the new materials visit:
www.nhs.uk/ppc
- ✚ There are other ways for people to get help with health costs, such as dental charges. To find out more visit: www.nhs.uk/healthcosts.



Further Resources for Self Care Week 2012

Free resources and information are available to download from the DH and Self Care Forum websites during SCW, and two **new** items are available to help support patients to self care, these are:

-  **A new, free e-learning module on the management of Hypoglycaemia launched by NHS Diabetes.** The module is designed for healthcare professionals, but can also be used for people living with diabetes and their families. Details can be found on the Diabetes NHS website,
http://www.diabetes.nhs.uk/safety/safe_management_of_hypoglycaemia_elearning_module/
-  **An interactive self care learning resource helps social care staff promote independence - first module will launch during Self Care Week.** Skills for Care has developed a programme to help staff put into practice the self care principles to support the people to be more independent. For more information please visit
www.skillsforcare.org.uk/selfcare
-  For a wide range of resources for Self Care Week go to the Self Care Forum website:
www.selfcareforum.org/?page_id=1472



What is QISMET?

- ✚ Self Care Week is an opportunity to remind providers of self care services, as well as commissioners, of the importance of meeting quality standards for self management and training. The Quality Institute for Self Management Education and Training (QISMET) is the only UK organisation set up to oversee the quality and certification of self management for people living with long term conditions.
- ✚ QISMET has produced a care quality standard for self management and provides a number of routes to certification depending on the size and type of organisation or even if you are an independent trainer. If you are a provider of services you can benefit from being part of the new QISMET provider networks, be recognised on the QISMET website as a quality provider of self management services and easily demonstrate to commissioners and the public your commitment to quality. For further information please contact jim.phillips@qismet.org.uk or sally.Cavanagh@qismet.org.uk or visit www.qismet.org.uk



Join in - a few ideas

Limited resource

Post details on internal and public-facing websites

Link to other organisations' self care initiatives

Ensure Chief Executive is aware of activity

Mention Self Care Week 2012 in presentations and speeches

Moderate resource

Publish articles in public and staff facing newsletters and websites

Tailor, print off and display posters in patient/staff areas

Run awareness sessions for patients to talk to nurses about managing their condition; involve PPGs

Create resources for local journalists

Extensive resource

Team up with local voluntary sector specialists on awareness raising activity

Launch a self care initiative such as a cough/cold and flu campaign aimed at the general public and those vulnerable to these viruses and invite local media along



Who is Getting Involved in SCW?

Here are some of the organisations that we know of who are committed to participating in the campaign:



Local GP Surgeries
Local authorities



Self Care for Life – Growing older healthily



What are you doing?

We very much hope you will support SCW 2012 and we would be interested to know what you are doing so that we can share this with others involved. Your details will be included in the final edition of the SCW newsletter that is circulated to like minded people with an interest in forwarding the reach of self care

Please send details to libby.whittaker@selfcareforum.org

If you would like any further information about Self Care Week 2012, please also contact Libby Whittaker

