

Review of Self Care Week 2016



Understanding Self Care for Life

Review Headlines

NHS England's Chief Nursing Officer Julia Cummings blogged about **Self Care Week**

More than **200** organisations took part in **Self Care Week** which was promoted through conferences, blogs, e-newsletters, websites, print and social media (there were **160** in 2015)

Health Minister, **David Mowat MP** announced **Self Care Week** in a press release

Public Health England and **NHS England** highlighted **Self Care Week** as part of their **Antibiotic Awareness** and **Stay Well this Winter** campaigns

A twitterchat launched **Self Care Week** on 14 Nov

Public Health England's Deputy Chief Nurse, Joanne Bosanquet was guest tweeter on the twitterchat launch

#selfcareweek trended on twitter on 14 Nov

The majority of local **Self Care Week** activity focused on **self treatment of minor ailments**

The importance of **Self Care Week** was raised in Parliament during a **Westminster Hall debate** led by **Sir Kevin Barron MP**

Review Headlines cont...

National, local and trade press circulation totalled almost **6 million**

For **Self Care Week** the Self Care Forum's website had more than **43,000** unique page views, almost **30,000** more than in 2015

During a **Self Care Week** Westminster Hall Debate, Health Minister, David Mowat MP said “**the moment for self care has arrived!**”

There were **13 Self Care Week** blogs with more than **2922** unique page views

Self Care Week was highlighted at 7 national and international conferences reaching **2,430** delegates

Twitter activity in November attracted **380** extra followers and had **72.2k** impressions (**compared to 70.8k in 2015**)

Self Care Forum fact sheets were the most popular resource for **Self Care Week** with **8,600** downloads **2,000 more** than 2015

Doctor bodies promoted **Self Care Week** reaching **401,770** people via conferences, blogs, e-newsletters, websites, print and social media

The Department of Health's reach for **Self Care Week** activity was **237,000** people

National Awareness Campaign

- ✦ **Self Care Week** is the annual national awareness campaign which began in 2009.
- ✦ Managed by the Department of Health until 2011, it is now organised by the Self Care Forum.
- ✦ **Self Care Week** is well established with participation growing each year.

Understanding Self Care for Life

The 2016 theme of **Understanding Self Care for Life** allowed promotion of a range of self care messages including:

- ✚ self treatment for self-limiting conditions,
- ✚ self management for long term conditions,
- ✚ signposting to more appropriate health services,
- ✚ winter health,
- ✚ antibiotic prescribing,
- ✚ physical health and mental wellbeing,
- ✚ health literacy.

Self Care Forum Traffic

The **Self Care Forum's** website is the portal for resources to support people-facing organisations such as CCGs, surgeries, councils, charities with self care activity such as **Self Care Week**.

The Self Care Forum website was visited over **43,000** times from Sept – Nov 2016, almost **40,000** more than in 2015. The Self Care Forum Fact Sheets were the most popular resource, with **8,600** downloads, **two thousand** more than the previous year.



Understanding Self Care for Life

Activity by
Department of Health, NHS England
and
Public Health England

Understanding Self Care for Life

The moment for Self Care has arrived!

During a **Self Care Week** Westminster Hall debate, **health minister, David Mowat** told parliament “the moment for self care has arrived”. He also provided a quote for a **Self Care Week** press release.



“A wealth of advice is available through both NHS choices and from pharmacists to treat a wide range of minor ailments like colds and back pain.” (Self Care Forum press release)

Prof Jane Cummings blog

NHS England's Chief Nursing Officer, Prof Jane Cummings highlighted the importance of **Self Care Week** in a blog:



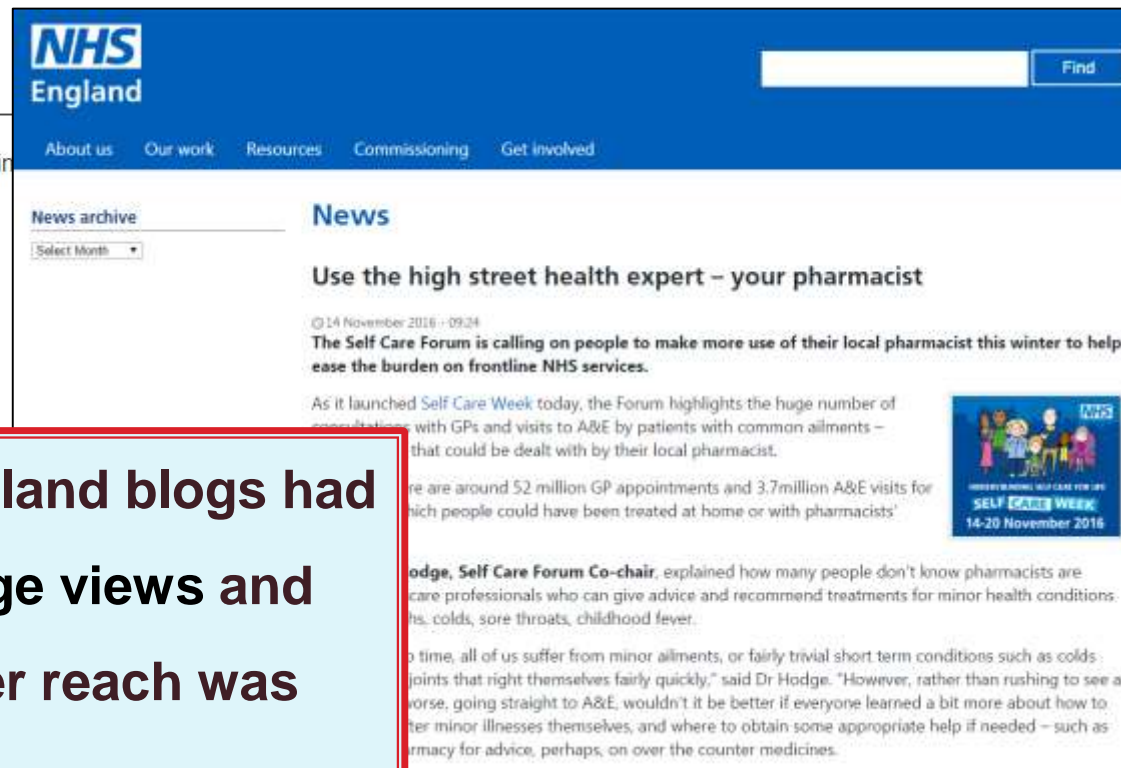
“Self care is not self-management; it is much broader and includes everything from daily choices such as dressing in warm clothes and eating healthily, to self-treating minor ailments and injuries, self-management of long term conditions and preventing serious conditions by looking after your general physical health and mental wellbeing.”

NHS England Support

NHS England published a news article on **Self Care Week** with quotes from the Self Care Forum and Lloydspharmacy. There were also regular tweets and snippets in NHS England's Self Care Bulletin, CCG Bulletin, CNO Bulletin and the NHS Comms Link.



**NHS England blogs had
1,820 page views and
the twitter reach was
152,000.**



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Public Health England

Public Health England's Joanne Bosanquet (deputy chief nurse) helped to launch **Self Care Week** via a twitterchat; **Self Care Week** was also highlighted as part of the World Antibiotics Awareness Week campaign.



twitter 
CHAT



#selfcareweek trended on twitter

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Department of Health

The Department of Health highlighted **Self Care Week** in **blogs**, through their **e-newsletter** and **social media** with one post attracting 9 comments (1 being the average).

There are **28,000** subscribers to the Social Care blog and **209,000** twitter followers.



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Parliamentary Activity

Sir Kevin Barron MP, co-chair of the All Party Parliamentary Group on Primary Care and Public Health led a **Self Care Week** Westminster Hall debate on 22nd November. Health Minister David Mowat and Shadow Health Spokesperson Sharon Hodgson MP also took part.



"Self care and preventive healthcare will be crucial to the future of the nation and its people."

Self Care Week was also highlighted in Sir Kevin's column for the local newspaper, the Worksop Guardian

WORKSOP
Guardian

The Worksop Guardian
circulation is **8,000** and
Kevin's twitter following **1,740**



Understanding Self Care for Life

Blogs by Self Care Forum Board Members

Blog

Social care

Organisations: Department of Health

Self care should be a lifestyle choice

Dr Selwyn Hodge, 5 October 2016 — Events, Viewpoint

Dr Selwyn Hodge, Co-Chair of the [Self Care Forum](#) believes that [Self Care Week, 14 – 20 November](#), presents a real opportunity for us all to work together for a healthier Britain.



I have recently met quite a few individuals who argue that the furtherance of self-care approaches to health improvement is akin to the NHS attempting to abrogate some of its responsibilities for people's well-being. I want to strongly refute this view.

Although higher levels of self-care among the population provide obvious ways of reducing the

Blog

Social care

Organisations: Department of Health

How can we all reap the benefits of self care?

Dr Pete Smith, 24 August 2016 — Care and support, Communities, Events, Public health

"We are at the tipping point of a cultural change towards self-care as a way of life and work", says Dr Pete Smith of the [Self Care Forum](#), "but for change to happen we must work collaboratively with each other and with people and patients."



To share ways in which you can encourage this cultural shift in your organisation, the Self Care Forum is inviting professionals working in health, local government and public health to attend this year's [Annual Self Care Conference](#) on 26 September in London.


Department of Health


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Blogs sent to **28,000** subscribers with links sent on twitter to **209,000** followers.



Royal Society for Public Health




Our work About us Qualifications Membership Events Our services Resources 





Guest blog: Self care - everyone's default setting?

Blog 07 September 2016

Professor Ian Banks, Chairman of the Self Care Conference, Self Care Forum Board member and President of the European Men's Health Forum, considers the importance of self care in the context of the current challenges for public health.



Homepage > About us > Latest news > Guest blog: Self care - everyone's default setting?

Professor Ian Banks, Chairman of the Self Care Conference, Self Care Forum Board member and President of the European Men's Health Forum, considers the importance of self care in the context of the current challenges for public health.

Since its formation in 2011, the **Self Care Forum** continues to embed self care into everybody's work and family life. Being confident and enabled to make self care the default throughout life is essential when faced with symptoms of self-treatable conditions, embracing a healthy lifestyle and especially when managing long term conditions. This is still the direction of the Self Care Forum now it is a newly formed

114 page view, sent to **4,448**
members and tweeted to
5,678 followers

NHS Confederation / NHS Voices



The screenshot shows the NHS Confederation website. At the top is the NHS Confederation logo, a blue circle of dots. Below it are navigation links: SUPPORTING MEMBERS, NEWS, RESOURCES & EVENTS, NETWORKS, and COUNTRY EUROPE. The main heading of the article is "Supporting young people in making informed choices about their health | Dr Knut Schroeder". Below the heading is a date and time: "31 / 10 / 2016 11:03am". To the right of the text is a portrait of Dr Knut Schroeder. The text of the article begins with "At this year's annual Self Care Conference, young ambassadors from the young people's sexual health and wellbeing charity Brook called for more comprehensive health education in schools. Dr Knut Schroeder explains why." and continues with "An eloquent, honest and inspiring panel of young told a captive audience of over 100 delegates that the level of health education in schools is limited and does not prepare them for the challenges of adult life. They called for a re-evaluation of what is taught in schools and what is wrong."

Total reach including page views, twitter followers and e-newsletter subscribers: **47,167**

 **NHS Confederation**
@nhsconfed

Supporting young people in making informed choices about their health | Dr Knut Schroeder from @SelfCareForum
bit.ly/2fngHq9



Member Update
14 November 2016





Richmond Group of Charities

The
Richmond
Group
of **Charities**



News



[Return](#)

Categories ▾

Archive ▾

Self Care Week - Renata Drinkwater

13 September 2016, Blogs

Self Care Forum Board Member, Renata Drinkwater asks "what are you doing for Self Care Week?"

"We are seeing rising demand for services, underperformance against targets and record financial deficits in the NHS. Now is the time for the system to get serious about self care, and the Self Care Forum can help," says Renata.

Originally established in May 2011, the Self Care Forum (now an independent charitable body) is the national UK organisation which aims to further the reach of self care and embed it into everyday life, making it a lifelong habit and culture.

The Self Care Forum is not a directly patient or consumer facing entity, but crucially it provides resources for NHS

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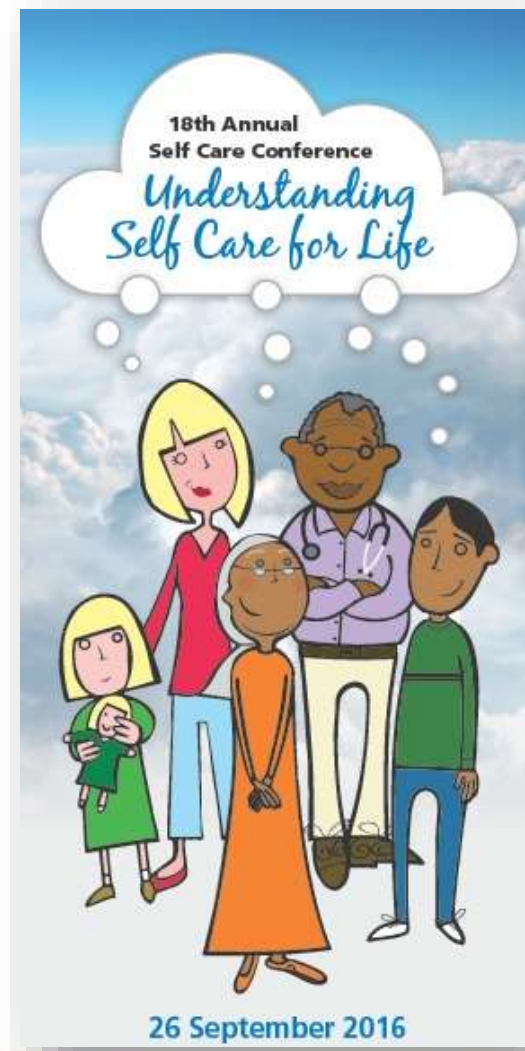
Activity at National and International Conferences

Annual Self Care Conference 2016



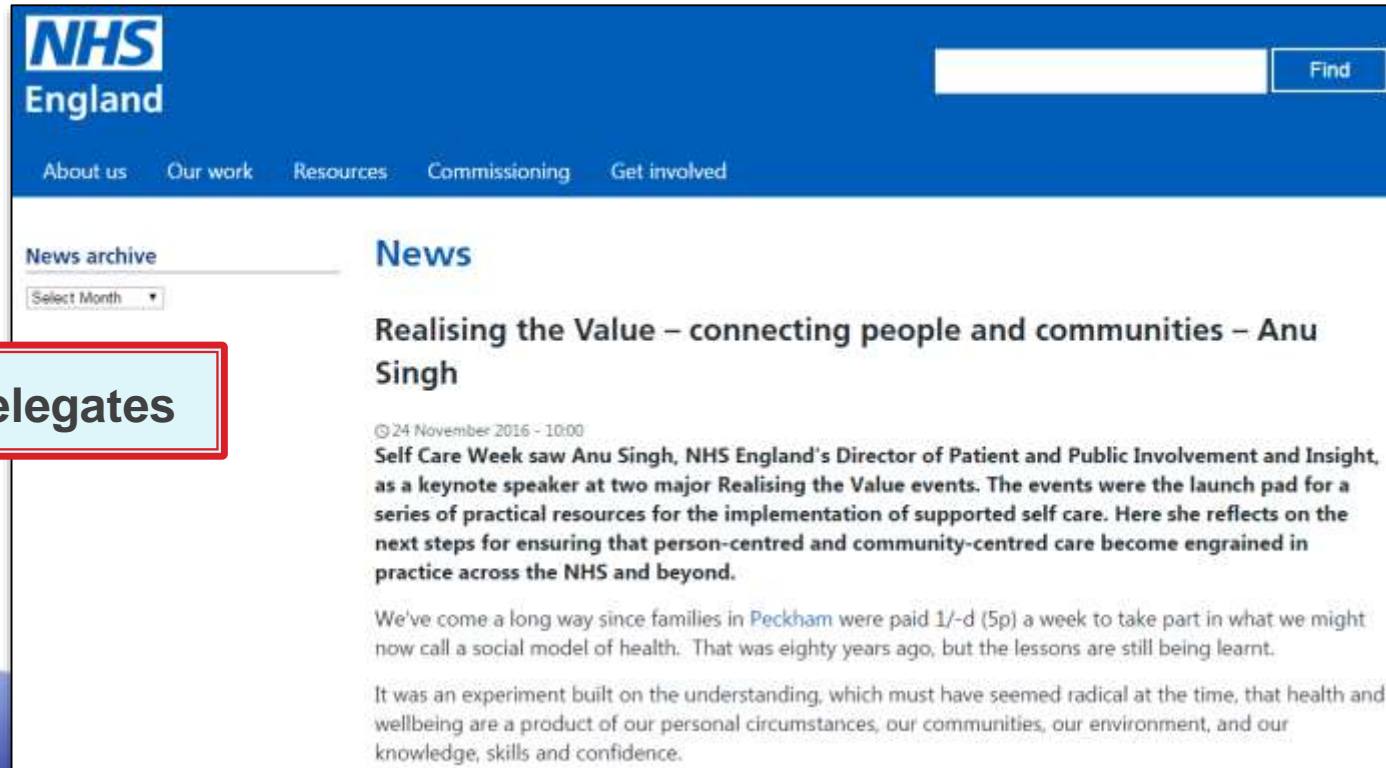
140 delegates

Speaking at the Conference, Self Care Forum Board co-chair Dr Pete Smith said “Self-care is nothing less than the actions needed to lead a happier, healthier, more fulfilling life.”



Understanding Self Care for Life

Realising the Value conferences organised by the Health Foundation in London and Manchester 15 & 16 Nov



The screenshot shows the NHS England website. At the top is the NHS England logo and a search bar. Below the logo are navigation links: About us, Our work, Resources, Commissioning, and Get involved. On the left, there is a 'News archive' section with a 'Select Month' dropdown menu. The main content area is titled 'News' and features an article titled 'Realising the Value – connecting people and communities – Anu Singh'. The article is dated 24 November 2016 - 10:00. The text of the article describes the launch of the 'Realising the Value' events, which are part of a series of practical resources for the implementation of supported self care. The article also mentions that the events were the launch pad for a series of practical resources for the implementation of supported self care. The article concludes with a reflection on the importance of person-centred and community-centred care.

NHS England

About us Our work Resources Commissioning Get involved

News archive

Select Month

News

Realising the Value – connecting people and communities – Anu Singh

© 24 November 2016 - 10:00

Self Care Week saw Anu Singh, NHS England's Director of Patient and Public Involvement and Insight, as a keynote speaker at two major Realising the Value events. The events were the launch pad for a series of practical resources for the implementation of supported self care. Here she reflects on the next steps for ensuring that person-centred and community-centred care become engrained in practice across the NHS and beyond.

We've come a long way since families in Peckham were paid 1/-d (5p) a week to take part in what we might now call a social model of health. That was eighty years ago, but the lessons are still being learnt.

It was an experiment built on the understanding, which must have seemed radical at the time, that health and wellbeing are a product of our personal circumstances, our communities, our environment, and our knowledge, skills and confidence.

400 delegates

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RCGP's Annual Primary Care Conference 2016



1,600 delegates



Seminar led by Prof Nigel Mathers, Self Care Forum Board member (RCGP's Honorary Secretary)

Self Care Forum material was available during conference breaks

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Open Forum Event's Transforming Urgent Care Conference 2016



200 delegates

Presentation by Self Care
Forum Board member Prof
Ian Banks



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Conferences in Brussels 15 & 16 Nov

20 delegates from health,
parliament and industry.



Self-care and the State of Men's Health in Europe

SANOFI CONSUMER HEALTH CARE   **eu40**[®]  **Op**
Opinium



PGEU GPUE

*Pharmaceutical Group of European Union
Groupement Pharmaceutique de l'Union Européenne*

70 delegates including
**Members of the
European Parliament
(MEPs)**

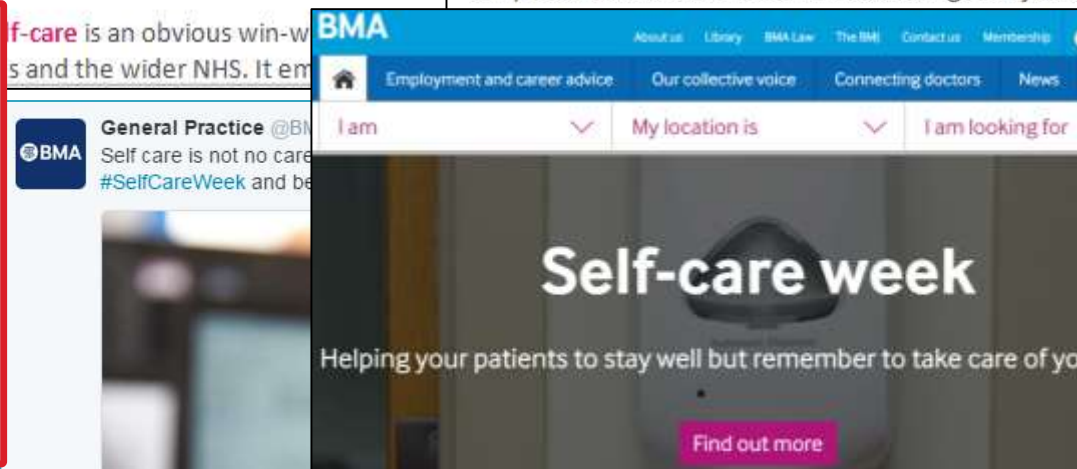
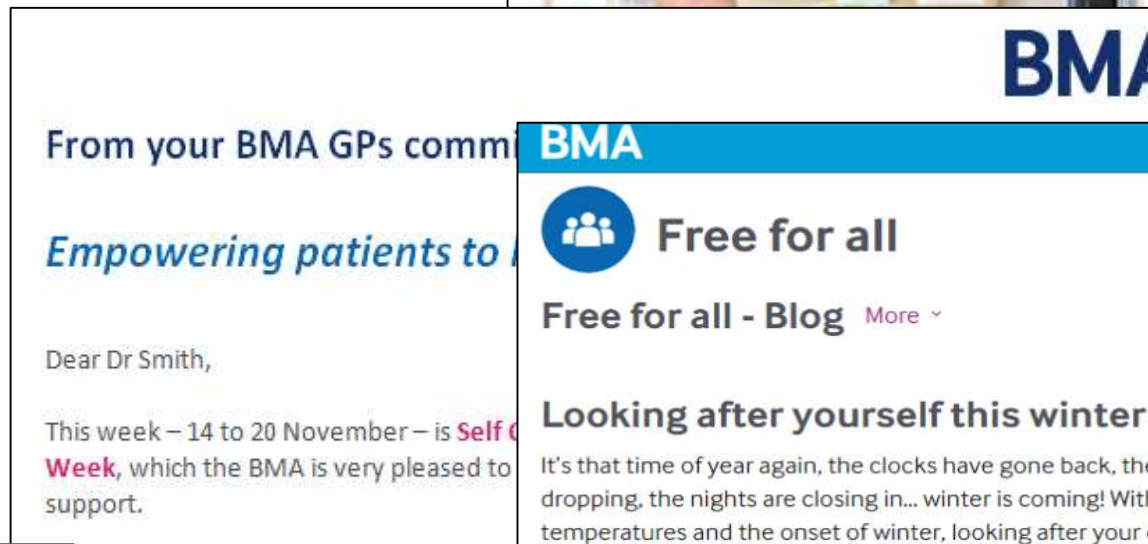
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Promotion by National Bodies

British Medical Association

- Highlighted on website slider during **Self Care Week**
- Produced two blogs
- Featured **Self Care Week** on BMA News
- Tweeted
- Info sent to BMA membership
- Included on GPC Newsletter.

Blogs had **921** page views,
Newsletter sent to **30,000** GPs
and email sent to **169,000**
BMA members, twitter followers
2,387



Royal College of General Practitioners



Home » News » Thousands of GP appointments 'lost' due to children with conjunctivitis being turned away from nursery, says RCGP

Thousands of GP appointments 'lost' due to children with conjunctivitis being turned away from nursery, says RCGP

Publication date: 13 November 2016

An estimated 160,000 GP appointments could be freed up if schools stopped sending home children with infective conjunctivitis, according to the Royal College of General Practitioners.

The RCGP says that cases of conjunctivitis are unintentionally 'clogging up' the GP appointments system because schools are refusing to admit children with the condition unless they have a prescription for antibiotics - leaving many other patients struggling to see their family doctor or practice nurse.

To mark the beginning of national Self Care Week, the College is writing to schools inspectorate OFSTED calling for nursery, pre-schools and childcare providers to re-think their policy.

The RCGP has also produced a leaflet of 'top tips' to help teachers, childcare professionals and parents make the right decisions about the care of young children with the eye infection.

Infective conjunctivitis - sometimes known as 'pink eye' - is a common condition usually caused by viruses, an allergy and in the majority of cases, bacteria. It can be treated with over-the-counter lubricant eye drops or antibiotics.

RCGP Royal College of General Practitioners

www.rcgp.org.uk



LOOK OUT

If you think your child has infective conjunctivitis (sometimes known as 'pink eye')

THE  TIMES

PULSE

RCGP Royal College of General Practitioners

2016 ANNUAL PRIMARY CARE CONFERENCE

6-8 OCTOBER HARROGATE INTERNATIONAL CENTRE

EMERGING PRIMARY CARE

RCGP **Self Care Week** press release and poster appeared in national and trade press, twitter activity reached **141,559** RCGP Chair's blog went to **52,000** members and RCGP conference had **1,600** delegates

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NAPC and Londonwide LMCs

Self Care Week 2016:
understanding self care
for life



Self Care Week runs from 14-20 November and is an excellent opportunity for general practice. Organised by the Self Care Forum, the awareness week has been running since 2009 and is a prominent

vehicle to help increase people's ability to look after their own health.



Londonwide LMCs

@LondonwideLMCs

14-20 Nov is self-care week

@SelfCareForum has information & resources that gives people the confidence to self-care. ow.ly/tgLc305piwe

Nov 01

**LMC newsletter
sent to 1300 GP
practices – twitter
followers 1,470**

**Subscribers to
NAPC newsletter
total 1,533**



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Pharmacy Bodies

**E-newsletter,
website and
twitter reach is
6,283**



ROYAL PHARMAC

**Twitter reached
16,200**



RPS @rpharms · 16 Nov 2016

Target your winter ailments with advice from your pharmacist #selfcareforlife @SelfCareForum

[View this newsletter online](#)

PharmacyVoice

Speaking up for community pharmacy

Pharmacists urged to promote Self Care Week

Posted 11th November 2016 by Pharmacy Voice office



Pharmacy Voice @PharmacyVoice · 11 Nov 2016

Get ready for #SelfCareWeek! 14-20 November @SelfCareForum



Pharmaceutical
Services
Negotiating
Committee

**E-newsletters,
website, and
twitter reach is
14,591**

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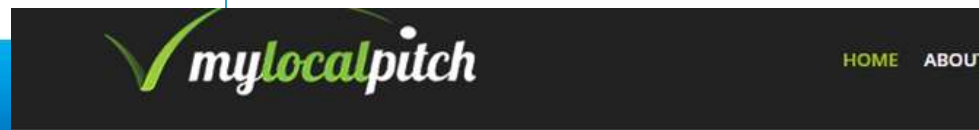
Local Government Association

The LGA launched their Guide on Self Care which encouraged local authorities to participate in **Self Care Week**. Self Care Forum Board members Dr Pete Smith and Prof Ian Banks were quoted.

“We have robbed people of their ability to self care” **says Prof Ian Banks.**

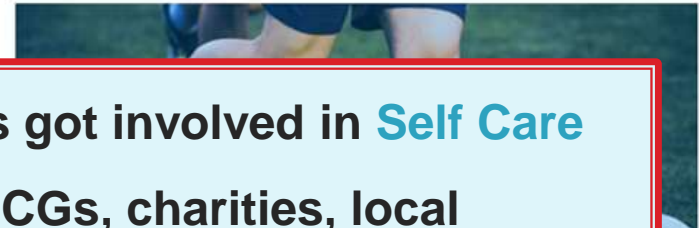


Local Activity

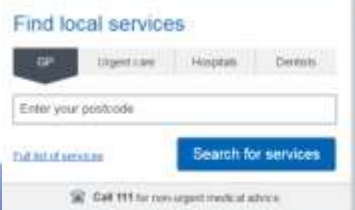
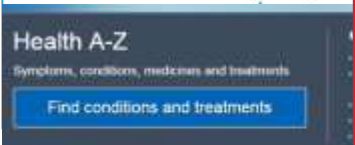
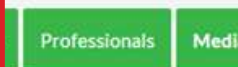


Self Care Week: Getting Active - By Emilie Adib

This week is Self Care Week, an initiative promoted by the Self Care Forum and the NHS with the aim of encouraging people to take control of their health and wellbeing. There are many ways you could go about doing this. You could finally see the doctor you've been putting off, quit smoking or just start eating better.



More than **200** organisations got involved in **Self Care Week** including surgeries, CCGs, charities, local authorities, pharmacies, CSUs, ambulance services, NHS England, NHS Foundation Trusts, Healthwatch, carers, student unions, universities and MPs .



Be a Self Care Superhero - Self Care Week 2016



Examples of 2016 local activities

News articles, blogs, newsletters,
surveys and website highlights

**Presentations for
workshops and
discussions**

**Pharmacy shop-floor
research**

**Self Care Training
Programmes**

**Twitter chats, tweets and
Facebook activity**

**Fussy eaters programme with
parents**

Stands promoted self care in
children's centres, hospitals,
health clinics, pharmacies,
libraries and leisure centres,
surgeries and bus stations

**SCW special edition
newsletters**

**Local population wide
Leaflet drops**

**Mental and Physical Health
Workout Programmes**

**Cultural Days in the
Workplace**

Websites and Social Media

 **Department of Health**
@DHgovuk
MT: Read the new blog from @SelfCareForum
Selwyn Hodge promoting #selfcare
lifestyle choice bit.ly/2dsFrdb
03:13 PM - 05 Oct 16

 Retweeted by

 **NHS England** @NHSEngland · Nov 17
Self care is not no care – @NHSChoices
can help you #selfcareforlife during

 NHS England Retweeted
 **Orwell Housing** @OrwellHousing · Nov 17
#NHS Self Care Week - Know how to treat common winter illnesses &
be prepared for them #Selfhelp #beprepared @NHSEngland
@SelfCareForum

 **NHS England**
Blog by @NHSEngland
the importance of
www.nhs.uk/ow.ly/NtLY3

Twitter activity in November generated **72.6k** impressions
with notable tweets from CQC, BMA, NHS Confederation,
Health Foundation, NHS England's Wendy Nicholson and
Sir Kevin Barron MP. A twitterchat with Public Health
England's Joanne Bosanquet launched **Self Care Week**.

 **BMA**
General Practice
Self care is not
#SelfCareWeek

SELF CARE
4-20 November 2016 www.nhs.uk/selfcare

1 16 6



 **RPS** @rpharms · 16 Nov 2016
Target your winter ailments with advice from your
@SelfCareForum



Notable Tweets

**Mental Health
Foundation reached
103,000 followers**

**Blurt twitter and
facebook activity
reached 22,788 people**

**Healthwatch
England
reached 13,800
followers**

**NHS Choices website
had 3,818 views in
November, their
newsletter had 410
clicks, and twitter
reached 25,590 people**

Understanding Self Care for Life

SELF-CARE WEEK, DAY 2: SUPPORT

Welcome to the second in our series examining a different aspect of self-care. The first series first ran in spring 2015 and would love it if you'd join us again.



Comment

Successfully enabling Self Care

AGILISYS / COMMENT / SUCCESSFULLY ENABLING SELF CARE

News

Comment

Case Studies

Events

Video Blogs

the likelihood
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age have

There is growing awareness about **Self Care Week** outside the health arena with 2016 highlights from the likes of the National Union of Students, London School of Economics, a celebrity blogger, IT specialists and a blogger for adoptive parents.

By Vidya Ramesh

Thursday 17 November 2016 • [Student journalists](#)

This week is National Self-Care Week in the UK and with many students here still lame by Donald Trump, Vidya Ramesh explores the importance of looking after ourselves in the political shockwaves from across the pond.

What's On Site In Democracy & Campaigns Advice LSEU Sign Eat, Drink, Shop Bookable Spaces Self Help

Sign In Search



Self Care Aware

Wednesday 16 November 2016

10am - 4pm
Outside San Severo Hall

Self care week kicks off in Week 8!

Selena Gomez, Ed Sheeran, Justin Bieber & National Self Care Awareness Week!



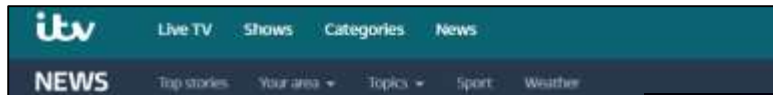
Monday marked the beginning of **National Self-Care Week** in the United Kingdom, an annual awareness campaign to promote self care and self love.

Self care is the art of taking steps to

BACK TO

Media

News Coverage: National



11 November 2016 at 6:20am
'Self-care week' encourages themselves



£1.5 million on prescribing patients painkillers. Credit:

Health chiefs in Cambridgeshire have said they spend £1.5 million on prescribing patients painkillers they could have bought on the high street.

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Press 25 Nov 2016 09:14:01
NHS England
in Printable version

NHS England Realising the Value – connecting people and communities – Anu Singh

Self Care Week saw Anu Singh, NHS England's Director of Patient and Public Involvement and Insight, as a keynote speaker at two major Realising the Value events.

The events were the launch pad for a series of practical resources for the implementation of supported self care. Here she reflects on the next steps for ensuring that person-centred and community-centred care become engrained in practice across the NHS and beyond.

We've come a long way since families at [New Wake](#) were paid 11d (5p) a week to take part in what we might now call a social model of health. That was eighty years ago, but the lessons are still being learnt.

It was an experiment built on the understanding, which most have assumed radical at the time, that health and wellbeing are a product of our personal circumstances, our communities, our environment, and our knowledge, skills and confidence.

And now that early vision is coming to the fore of the NHS.

We are coming to realise that over-medicalisation is not just wasteful, it is often harmful. We are beginning to understand that people living with long term conditions are themselves the experts in living with their conditions – and that they can teach others to do so. And we are starting to recognise that although chronic outcomes are important, for most people living with long term conditions, it is their sense of wellbeing that is most important to them.

In short, we are waking up to the fact that the roots of health and wellbeing lie not in our hospitals but in our communities. And although medicine and hospitals make an important contribution to our health and wellbeing, so does a sense of being connected into a thriving community. It is not just our sense of wellbeing that empowers us as a result: it also empowers us as well.

Thanks to the work of the [Realising the Value](#) programme, we now have the evidence and the practical examples that show us how to link all of these ways of working into a system of care. Not only do we have the evidence that these approaches add value to people's lives, we know that they help create our value and they provide value for the taxpayer.

Given this evidence, NHS England is committed to providing leadership for the NHS to engineer 'Realising the Value' principles and practice into the way it works. Over the next three years, we will work with other NHS trusts to provide support for local health and care systems to come together with the communities they serve and the voluntary sector. We will support them to create living social networks where people living with long term conditions feel confident to manage their own health and wellbeing and live independently.

But your SELF first? Self- than luxury days at the
But boosting resilience with
For YOU

2016 | UPDATED: 01:03, 23 October 2016

190 shared

word - and an effective buffer against the stresses of covers the benefits of self-care

ing your life a more manageable, joyful and generally just for you but also those around you - would you take it?

the wellness world's new buzzword, 'self-care', I scoffed. an and pampering oneself: visits to the dentist and



MailOnline

on Sunday



Total Circulation
2,114,835

Understanding Self Care for Life

News Coverage: Regional

Self Care Forum board member, Helen Donovan of the RCN was interviewed by Mike Zeller on BBC Radio Cumbria for **Self Care Week**. They also tweeted.

“Self care is not no care, it’s about increasing people’s health literacy and so their ability to understand how to better look after their own physical health and mental wellbeing.”



43,000 twitter followers and
114,000 listeners per week

News Coverage: Local and Trade



OTC**Toolbox**



Trade Press Circulation **86,593**
Twitter followers **15,052**



Local Press Circulation **3,764,829**



Self Care Week Awards

For their excellent work in 2015, the first **Self Care Week** awards went to:

Yorkshire: City of Bradford Metropolitan District Council, Bradford City CCG, Bradford Districts CCG, Airedale, Wharfedale and Craven CCG

Bracknell: Bracknell and Ascot CCG, Bracknell Forest Council and,

Skipton: Dyneley House Surgery (Highly Commended).

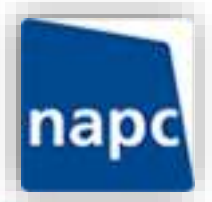


Understanding Self Care for Life

Self Care Week Partners

Understanding Self Care for Life

Listening books *blog*



Oriel Surgery



The Hollies Medical Centre

New Milton Health Centre


Northumberland
Clinical Commissioning Group

 blurt

Priors Field Surgery

 **TamalpaUK**

North End Medical Centre

 gophysio

TheyWorkForYou

 **Pilning Surgery**
Pilning Surgery, Northwick Road, Pilning, Bristol, BS35 4JF

The New Queen Street Surgery

 **onmedica**
Taking medical information further

Suffolk Libraries

 **PIONEER**
MEDICAL GROUP

Understanding Self Care for Life



Self Care Forum
Helping people take care of themselves



MERRYWOOD PRACTICE

Merepark Medical Centre

Kirklees Together

Minster Medical Practice

**Kings
Corner
Surgery**

Patient
Participation
Group

Norfolk's
living well



Londonwide LMCs
The professional voice of London general practice

Kensington Partnership

NHS
Merton
Clinical Commissioning Group

Mendip Vale Medical Practice



Our Place Wye
"Wye caring for Wye"

The
Richmond
Group
of **Charities**

Holsworthy Doctors

Milton Surgery

Woodbrooke Medical Practice

Understanding Self Care for Life



**Guidelines
in practice**

Supporting implementation of best practice



Hampshire & Isle of Wight LPC

SUPPORTING LOCAL COMMUNITY PHARMACY

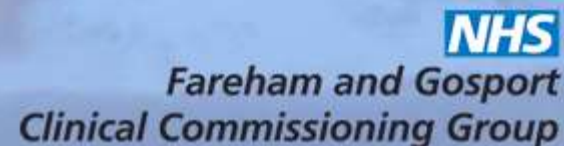
The Tudor Surgery



North Lincolnshire Council



The Bovey Tracey & Chudleigh Practice

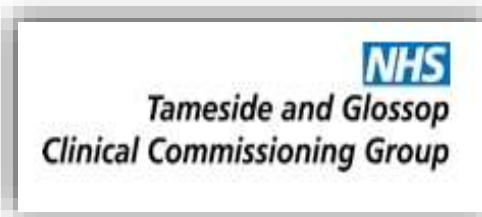


Understanding Self Care for Life

Attleborough Surgeries



Penn Manor Medical Centre




**Airedale, Wharfedale and Craven
Clinical Commissioning Group**


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healthwatch
Croydon


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Living together, working together

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South Warwickshire

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Clinical Commissioning Group



South Western Ambulance Service



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SELF CARE FACTORY

Penn Manor Medical Centre

Understanding Self Care for Life



Oaks Place Surgery

**Northamptonshire
and Milton Keynes
LPC**

Thank You to our Sponsor

The Self Care Forum would like to thank the International Self-Care Foundation for its generous support including a cash-prize for winners of the Self Care Week Awards 2015.



Thank You

The Self Care Forum would like to thank you for participating in **Self Care Week** 2016 and hopes you will continue throughout the year to empower people to self care. Please keep in touch via email selfcare@selfcareforum.org or twitter @SelfCareForum #selfcareforlife.