

Review of Self Care Week 2014



What is Self Care Week?

- ✦ **Self Care Week** (SCW) is an annual national awareness campaign to promote the benefits of people looking after their own health, and their family's health.
- ✦ The overall aim is to increase people's health literacy, to help them understand how to **self care for life**, take care of their own minor ailments, manage more serious conditions and choose health options that will impact positively on their physical health, mental wellbeing and self esteem.



Who started it?

- ✦ In **2009** the **Department of Health** (DH) began **SCW** to help those working in the NHS to support their patients to look after themselves.
- ✦ In **2011** the **Self Care Forum** was invited to take over the running of the campaign by the former Care Services Minister, **Paul Burstow MP**, successive Ministers have been very supportive of SCW.



The Theme for 2014

Self care for life – be healthy this winter

A different theme is chosen each year and **winter health** was the theme for 2014. It centred around people taking better care of themselves during winter, when seasonal illnesses are more prolific and people's health suffers as a consequence.



Review Headlines

- ✦ Self Care Week achieved **national prominence** when Earl Howe, the Health Minister launched the campaign at the Self Care Conference on 10 November.
- ✦ **MPs and MSPs** were notified of Self Care Week when it was raised in the UK Parliament and the Scottish Parliament (potentially reaching **770 parliamentarians**).
- ✦ The Self Care Week page on the Self Care Forum website was visited more than **9,000** times, **three times more** than in 2013.
- ✦ Social media was extremely popular and **NHS Choices** tweeted to **157,000 followers**.



Review Headlines cont....

- ✦ The fact sheets were the **most popular download** with **4,854** – more than double compared to 2013.
- ✦ The **winter theme** was particularly favoured by NHS Trusts, CCGs and local surgeries who used it as a way to signpost patients and local residents to the most appropriate action.
- ✦ **Public Health England** and **NHS England** were highly **engaged** in reaching the NHS and local authorities.
- ✦ All **four UK countries** now engaged in promoting self care with 2014 seeing greater involvement by **devolved nations**.
- ✦ A **Portuguese** nursing school even took part.



Learnings for 2015

- ✦ We need to start **promoting** Self Care Week 2015 as early as possible (March 2015).
- ✦ **Increased engagement** from partner organisations is needed to help cascade messages and promote the campaign.
- ✦ A more proactive media campaign with **local and regional newspapers** as well as **consumer press** would help widen campaign messages.
- ✦ A **pre and post campaign** questionnaire can be helpful in producing campaign ideas and informing the 2015 evaluation.



National

Self Care for Life – Take Control



Health Minister Launches Self Care Week

SWC was launched at the **16th Annual Self Care Conference** by the Health Minister, **Earl Howe** on 10 November.



He said: Going further on self care is absolutely vital for the sustainability of the NHS and is better for patients. If people are more involved in their health and care they are in a much stronger position to manage their own healthcare and we know that this results in improved patient outcomes, fewer unnecessary consultations, better patient experience and, of course, better use of resources.



NHS England Promotes Self Care Week

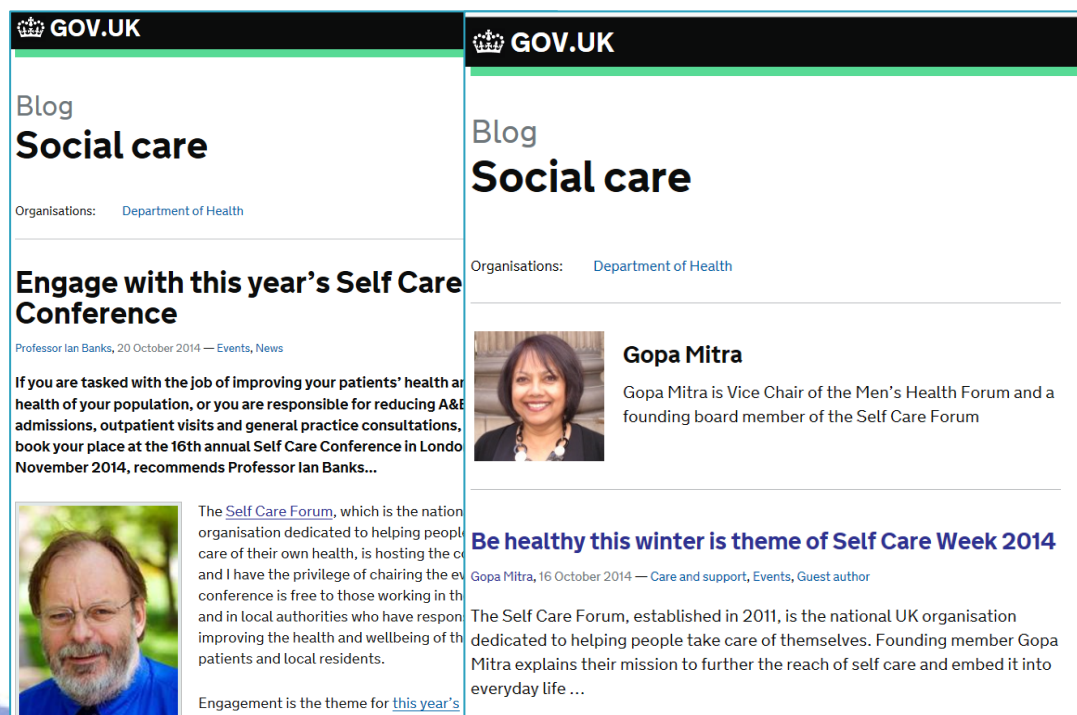
NHS England helped in **raising awareness** through their various channels:

- NHS England website
- CSU Update Bulletin (reach of 300+ NHS Comms Leads)
- NHS Newsletter (reach of 43,000)
- NHS England CCG and CNO Bulletins (reach of 2,500)
- NHS England Staff Bulletin (6,000 staff members)
- Twitter via NHS England and regional accounts (public facing with 62,000 followers).



PH England Promotes Self Care Week

Public Health England highlighted Self Care Week and the Self Care Conference in blogs on its website:



The Social Care blog has more than **13,000 subscribers** made up of a broad mix of people in public health, local government and commissioning.



Parliamentary Mentions

Self Care Week was raised in the **UK Parliament** and the **Scottish Parliament** through a parliamentary question, early day motion and a Scottish Parliament motion.



The Scottish Parliament
Pàrlamaid na h-Alba

***S4M-11430 Rhoda Grant: Self Care Week**—That the Parliament recognises that 17 to 23 November 2014 is Self Care Week, an annual event that focuses on providing support for self care across communities and families; notes that this year's theme is Self Care for Life – Be Healthy this Winter owing to the rising demand on health services during the winter months as a result of weather-related illnesses; understands that adults usually have two to four colds a year while children are likely to have three to eight and that it is imperative to take necessary self care during the coming winter months; encourages members and staff to consult NHS Scotland's Self Care website, which sets out guiding principles to help people take care of themselves, and commends the Self Care Forum for its work in providing people with good information on both what self care is and what its benefits are.

Supported by: Patricia Ferguson*, David Stewart*, Hanzala Malik*, Elaine Murray*, Jackie Baillie*, John Pentland*, John Finnie*, Anne McTaggart*, Margaret McCulloch*, Richard Lyle*, Graeme Dey*, David Torrance*, Nanette Milne*, Mary Scanlon*, Colin Beattie*

Self Care for Life – Take Control

Q Asked by **Nick de Bois** (Enfield North)

Asked on: 11 November 2014

Department of Health Primary Health Care

214198

To ask the Secretary of State for Health, what steps his Department is taking to support and promote Self Care Week which runs from 17 to 23 November 2014; and what promotional materials he is disseminating in the NHS to support this campaign.

A Answered by: **George Freeman**

Answered on: 21 November 2014

The Department supports Self-Care week and my noble Friend, the Parliamentary Under-Secretary of State (Earl Howe), gave the opening presentation at the 16th Self-Care Forum. In his speech, Earl Howe promoted the use of the self-care leaflets, posters and social media messages disseminated by the Self-Care Forum. He also highlighted that self-care information and guidance (including fact sheets for 13 common ailments) is available on NHS Choices, Patient UK and a number of other websites.



www.parliament.uk

SELF CARE WEEK 2014

Session: 2014-15

Date tabled: 19.11.2014

Primary sponsor: Barron, Kevin

Sponsors: Heald, Oliver | Burstow, Paul | McDonnell, Alasdair | Clwyd, Ann | Syms, Robert

That this House notes that 17 to 23 November 2014 is national Self Care Week, an annual event that focuses on providing internal support for self care across communities and families; further notes that this year's theme is Self Care for Life - Be healthy this winter, owing to the rising demand on health services during the winter months as a result of weather-related illnesses; recognises that the NHS reports that adults usually have two to four colds a year while children are likely to have three to eight, and that it is imperative to take necessary self care during the coming months; encourages hon. Members and staff to consult the NHS Choices website which has guiding principles to help people take care of themselves; and commends the awareness work of the Self Care Forum in providing people with good information on what self care is and its benefits.

Total number of signatures: 29

Show: ☒ Supported by ☐ Withdrawn signatures



Showing 29 out of 29

| Name | Party | Constituency | Date Signed |
|------------------|--------------------|---------------|-------------|
| Anderson, David | Labour Party | Blaydon | 25.11.2014 |
| Barron, Kevin | Labour Party | Rother Valley | 19.11.2014 |
| Blackman, Bob | Conservative Party | Harrow East | 20.11.2014 |
| Bottomley, Peter | Conservative Party | Worthing West | 19.11.2014 |

Self Care Forum Drives Traffic to Self Care

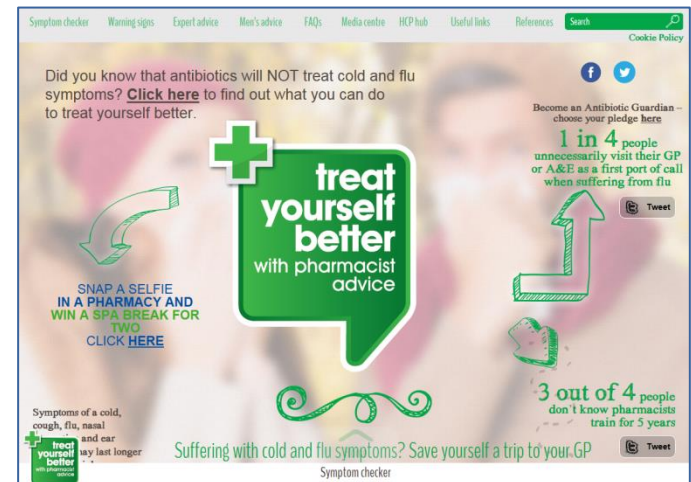
The **Self Care Forum** website is the year-round portal for resources aimed at CCGs, surgeries, councils and other health organisations promoting self care to their audiences.

The Self Care Week page was visited over **9,000** times from Sept – Nov which is three times more than in 2013. The Self Care Forum Fact Sheets were the most popular resource, with **4,854** downloads, more than double the amount in 2013.



Related Campaigns

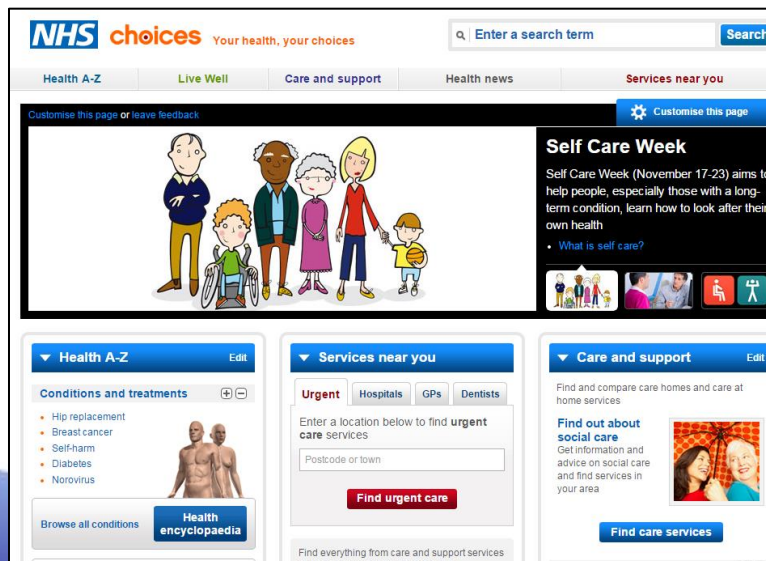
Self Care Week is one of a number of campaigns that strengthen the message of people looking after their own health including **“Treat Yourself Better”** by PAGB and Pharmacy Voice, PHE’s **Antibiotics Awareness** and **Feeling under the weather** campaigns and the NPA’s **pharmacy first** campaign.



NHS Choices Tweets Self Care Week

✚ A **Self Care Week** page, aimed at patients and the public, was uploaded on the **NHS Choices** website on August 2014, and promoted on its homepage from 17 – 23 November.

✚ **NHS Choices** also tweeted



Their SCW tweets reached **157,000** accounts

The “what is self care?” page had **5,024**

visits between Sept - Nov

The “self care week” page had **2,828** visits

between Sept – Nov



Membership Bodies promote self care

- ✦ The Chair of the **Royal College of General Practitioners** informed members through her weekly blog.
- ✦ Via their e-newsletter, the **British Medical Association's PLG** told members that self care has to be a general election issue.
- ✦ The **Royal College of Nursing** announced details through internal newsletters, the website and held a SCW event in their library.
- ✦ **Selfmanagement.uk** sent out a news release, published various blogs and used twitter to promote key messages.
- ✦ **National Voices** promoted messages through social media.





Pharmacists Get Involved in Self Care

- ✦ **Pharmacists** are key to supporting people to self care especially when it comes to advice for minor ailments and pharmacy bodies are always enthusiastic about getting involved.
- ✦ **Pharmacy Voice** joined forces with **PAGB** again to run **Treat Yourself Better** providing self care pathways to their members.
- ✦ The National Pharmacist Association organised **Ask Your Pharmacist Week (AYPW)**, with the message “pharmacy first”.
- ✦ **PSNC** highlighted SCW through its website.



Regional



Ambulance Service promotes Self Care

- ✚ **South West Ambulance** used SCW to highlight the need for people to understand how to “self care for life”.
- ✚ **Bracknell-Forrest Council** garnered support from 30 organisations including their CCG, public health and adult social care to hold more than 60 events highlighting the benefits of self care to their population and workforce.
- ✚ **NHS South West Commissioning Support Unit** issued a press release and hosted a twitter chat with the theme “your top Self Care tips for staying healthy this winter”.
- ✚ 550 community pharmacists in **West Yorkshire** promoted the campaign.



Local



More than 100 Self Care Week Campaigns

- ✚ Most of the promotion of SCW happened at a **local level** with the majority of activity through **Clinical Commissioning Groups** although a number of **surgeries** and **local councils** engaged also.
- ✚ **Wales** and **England** were always active in the campaign but 2014 saw more involvement from **Scotland** and **Northern Ireland**.
- ✚ SCW went international with a **Portuguese** nursing school taking part, there was also activities in the Isle of Man and Isle of Wight.
- ✚ The **winter message** was embraced fully as a theme for the campaign by all participants.





How did localities promote SCW?

News articles, blogs, newsletters
and websites

**Presentations for
workshops and
discussions**

**Twitter Chat on “your top
10 self care tips on staying
healthy this winter”**

**Self Care Training
Programmes**

Twitter chats and Facebook

**Homecare is best programme
with surgeries, pharmacies and
the local hospital involved in its
promotion**

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

**SCW special edition
newsletters**

**Antibiotics awareness
talks**

**Ask 3 questions self care
Campaign**



Self Care Week
18-24 November 2013



National and Local Websites Support Self Care Week



Your health & local services

- Health Services
- Healthy Living
- Help and Support

Self Care

Self Care Week 17 to 24 November 2014

Self care week 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](#)

Self Care Week

17-23 November 2014

Self care for life – be healthy this winter

www.selfcareforum.org

acast this Self Care Week

SMOKEFREE
IN DUDLEY

Home News Why Quit?

News

Self Care Week

November 17, 2014

Self Care Week 17th – 23rd November 2014

Self Care Week is fast approaching, so we are writing are raising the profile of self care in Dudley and what y self care week.

See Dudley's self care webpage here:

[Self Care Forum](#) [NHS](#)

Balmoral Surgery

Tel: 028 9066 7595



- Home
- Opening Hours
- Appointments
- Prescriptions
- Clinics & Services
- Policies
- Practice Staff

Self Care Week 17th - 23rd November

When will I feel better?



treat yourself better
with pharmacist

Is your medicine cabinet fit for the winter?



What common winter illnesses, such as colds, sore throats, coughs, flu, are in your medicine cabinet? Do you have everything you need to look after yourself?

Learn I get information?

More than 100 organisations highlighted Self Care Week on their website, these included surgeries, CCGs, charities, local authorities and pharmacists

Self Care For Life

This Winter

17th – 21st November 2014



Be Self Care Aware

Click here for more information

Ask your pharmacist this Self Care Week

Do you try to take care of yourself with the advice of your local pharmacist if you feel unwell?

That's the question being asked by local health organisations as they launch Self Care Week 2014 – the awareness campaign encourages us all to do more to take care of ourselves using the local pharmacy as our first point of call for winter advice.

Self Care Week

17-23 November 2014

Self care for life – be healthy this winter

www.selfcareforum.org

SELF CARE WEEK

Ask your pharmacist this Self Care Week



[Read more...](#)

Social Media Support for Self Care Week



Self Care Forum retweeted

Caring Together @Caring_Together · Nov 17

Many common ailments don't require antibiotics #selfcare
@selfcareforum @NHSChoices bit.ly/1xlei8w



Retweeted 14 times



NHS Choices @NHSChoices · 26m

Sore throats often pass in three to seven days. There are some home treatments to relieve your symptoms bddy.me/1uCBEGj #SCW2014

15 2

Dr Knut Schroeder and 31 others follow



John Chisholm @DrJohnChisholm · Nov 22

RT @MensHealthForum How can we support men to self-manage? Our event with @PaulGaldas @NIHRSelfMan bit.ly/1vzwLWQ #scw2014

3



Dr Amir

Do a #H

@IngridE

#selfcare

Almost **80** organisations, many of them CCGs, tweeted SCW messages which reached over **80,000** accounts in total there were more than **108,000** impressions, (notable tweets included Dr Martin McShane from NHS England and NHS Choices).

Expert Self

David Ski

RT @Self

#Selfcare



Diane Ashiru, PhD @DrDianeAshiru · 5 hrs

#AntibioticGuardian: What is your medicines cabinet? Quick tips frm @SelfCareForum @selfcarerules. #scw2014 #selfcare

by keeping a well-stocked medicine cabinet at home.

All it takes is just 5 minutes to make sure your medicine cabinet is ready to help you manage common illnesses. GPs recommend your medicine cabinet should contain the following:

- ✓ A self care guide
- ✓ Painkillers, such as paracetamol or ibuprofen
- ✓ Antihistamines for allergies
- ✓ Antiseptic cream for bites and stings



What works instead?

Rest, drink plenty of fluids, take pain relievers, such as paracetamol or ibuprofen, and talk to your pharmacist for advice on getting the relief you need.

How long can I expect to suffer?

- Middle ear infection – 4 days
- Sore throat – 1 week
- Cold – 1.5 weeks
- Sinusitis – 2.5 weeks



News Coverage



Time to take care

DOCTOR CALLING: A weekly column by Dr Miles Langdon of South Lincolnshire Clinical Commissioning Group, addressing topical health issues

Telegraph & Argus

Take care and beat winter ills'

1:54am Monday 24th November 2014

TAKE good care of yourself this winter and follow medical advice to beat seasonal ills.

Bradford Council, the local NHS and other health-wise organisations are supporting national Self Care Week which runs until this Sunday, 1st December, the start of the winter months, when illnesses increase.

Local activities are being held right across the district including Shipley, Keighley, Ilkley and Bradford to get the self care message across.

Arllyn Foster, chairman of the Self Care Steering Group, said: "Self Care is so important to us all, as prevention of ill health is much better than treatment during the Christmas period, so why not look now at what we can do to keep ourselves healthy."

And Cllr Amir Hussain, portfolio holder for health, added: "Eating well, keeping active and making time to spend with friends and family are the best ways of ensuring the right lifestyle options can improve your physical health, mental wellbeing and self-esteem."

We are now taking bookings for both group dinner reservations and private party hire in
The New Year

NEWS SPORT YOUR SAY CONTACT US WHAT'S ON JOBS PROPERTY ANNOUNCEMENTS CARS LOCAL INFO

Archive

Wimbledon Guardian »

Local Businesses Dating Buy & Sell Book an ad

ARCHIVE - FRIDAY, 21 NOVEMBER 2014

FIND BY DATE

Nov 2014
Su Mo Tu We Th Fr Sa

Take care of yourself and stay healthy this winter with advice from Herts Valleys Clinical Commissioning Group

By Beth Cherryman

The clinical commissioning group in charge of St Albans has released advice about how to take care of yourself and stay

The winter theme was extremely popular with local and regional newspapers online and in print

TUE
5 °C
Light Rain

News Sport What's On Jobs Property Cars Directory New Year
Cleethorpes Crime Education Business Health Grimsby Live Politics Blogs

Help yourself to get through winter ailments by choosing well

By Grimsby Telegraph | Posted: October 31, 2014



HEALTH

BE KIND TO YOURSELF ■ TRIM THAT TUM ■ ALCOHOL AWARENESS WEEK

WHAT IS WELL-BEING?

'When we talk about well-being, we're not just talking about happiness. That is part of it, but it's more about feeling good and functioning well. Increasingly, evidence shows that improved mental well-being has a massive effect on physical health. It doesn't just help to stop healthy people from becoming ill, but it also improves the outcome for those with long-term conditions, too. We used to only focus on cures for specific diseases, both mental and physical, but well-being means we take the individual into account as well as the illness.'

HOW IS WELL-BEING ACHIEVED?

'People in the UK today have become better off financially over the last 50 years, research shows that we're no more connected with our lot. This suggests that material possessions don't lead to any long-term improvement in how we feel. We've found out more about bringing about lasting improvements in well-being, and it's generally accepted that there are five steps you need to take to achieve this. These are: connect, be active, keep learning, give to others and take

WHAT DO YOU MEAN BY CONNECT?

'Be with others. Doing so provides perspective, opportunities for sharing, balance and a sense of purpose. It makes our lives richer. Doing things with others also helps people to achieve their goals – it's no surprise that initiatives such as Weight Watchers and AA are so successful. If you want to do something, finding other people to do it with means it's much more likely to happen. In peer groups, people support each other – and helping other people is helpful in itself.'

BE ACTIVE? HOW MUCH EXERCISE SHOULD WE BE DOING?

'The Government recommends adults do at least 2.5 hours of moderate aerobic activity, such as cycling or fast walking each week, as well as muscle strengthening exercises twice a week. Apart from reducing the risk of serious disease, there's increasing evidence, too, that being active reduces the impact of dementia. Being active isn't just about the physical – for instance, reading is also good. It's stimulating but, again, it's all about balance – and you still need to exercise.'

HEALTHY MIND, HEALTHY BODY

Exercise and eating well are important

WHAT ABOUT THE ENVIRONMENT?

'You need to take your surrounding environment into account. If you always travel upstairs, you'll see the way. If you walk outdoors, take notice of the sense of well-being or mood – and more. If you can learn to take care of yourself more, it's

YOU SAY LEARN



What a scorcher of a summer we have had!

We have now all had our summer holidays; some of us have even climbed mountains, (see the article on the Snowden Push) and we are now looking forward to our autumn activities as well as planning for 2015. Where did 2014 go?

This edition sees a great spotlight feature on the SB755 our high specification nursing care bed, and also includes some tips from our resident Occupational Therapist – Ellie Burcher.

The popular Orca bath lifter has had a refresh.

news in brief



Aquatec Orca Refresh

– Find out more on page 7

.....
nity bed range

Older Peoples Day 1st
October 2014

Scan the QR code
to find out more
at olderpeoplesday.co.uk



Self Care Week –
17th - 23rd November 2014
This year the theme is 'Self
Care for Life – Be healthy
this winter'



See how you can get involved and promote
Self Care Week to your service users
www.selfcareforum.org

Self Care Week
17-23 November 2014

Self Care: Not Just a Slogan – Be Healthy This Winter www.selfcareforum.org

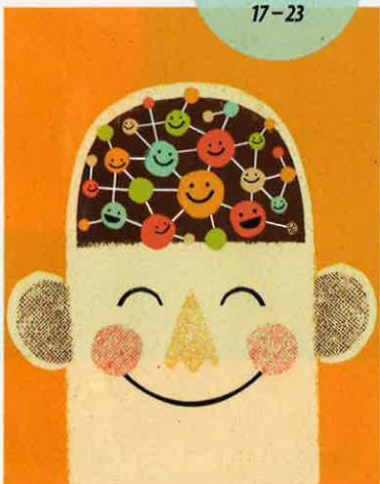
Sign up now!

Sign up to our Newsletter for the latest information on independent living products. Just email thinkindependence@invacare.com



Coverage of the campaign also cropped up in unusual places such as the CSMA (motoring and leisure magazine) and Invacare which provides mobility aids.

**SELF CARE WEEK,
NOVEMBER
17 – 23**



you're learning of
The point is to

AND WHAT ABOUT DONATING TO CHARITY?

'All giving is good. It's about someone's smile, it's outward facing purpose and body can think they do or that they have giving is a joyful of what we do as giving too much isn't going to be

IS ANY ASPECT OF IT IMPORTANT THAT YOU SHOULD BE DOING?

'It's all about balance. It might be really a could do with so might be to look your time and weaker areas – b

To find out more
uk and selfcare

Product Manager – Lifestyle
T: 01656 776278
E: thinkindependence@invacare.com

Invacare partners with the MND Association



The Motor Neurone Disease Association has opened a new wheelchair service that was officially launched last week in Leeds by HRH The Princess Royal. Invacare was proud to support the opening ceremony and to display the new MND power chair.

HRH The Princess Royal, who is Royal Patron to the MND Association, met with patients, guests and partners who developed the 'neuro chair' including Invacare's Managing Director, Mark Prosser who commented;

'We are delighted to support and work in conjunction with the MND Association in developing a range of power chairs. It's a great honour to support this event, especially with this new power chair that will have a tremendous and positive impact on people living with MND. The Princess Royal took great interest in the power chair and its ability to help individuals in their daily lives.'

Find out more on our Ocean shower chair which is also suitable for clients living with MND on page 4.

The Self Care Forum Organises

Self Care Week

Self Care for Life – Take Control

NHS Self Care Week
18-24 November 2013



About the Self Care Forum

- ✦ Established in **May 2011**, the Self Care Forum's objective is to further the reach of self care and embed it into every day life making it a life long habit.
- ✦ The Self Care Forum Board are individuals from **health related backgrounds** and include patient group representatives, GPs, nurses, pharmacists, academics, DH, NHS England, PH England, media medics and the consumer healthcare industry.





Self Care Week Partners



Rushcliffe
Clinical Commissioning Group



Patient Information Forum
Raising the standard of consumer health information
www.pifonline.org.uk



Oldham

Clinical Commissioning Group

healthwatch
Sheffield

Dudley
Metropolitan Borough Council

ibsnetwork
Formerly known as The Gut Trust



Bracknell and Ascot
Clinical Commissioning Group



**Pharmaceutical
Services
Negotiating
Committee**



positive

Nottinghamshire Healthcare



NHS Trust

Positive about integrated healthcare



ROYAL PHARMACEUTICAL SOCIETY



North Lincolnshire
Clinical Commissioning Group



**Unity
Health**

**MEN'S
HEALTH
FORUM**



Warrington

Clinical Commissioning Group



NHS
Liverpool
Clinical Commissioning Group



Southampton City
Clinical Commissioning Group



Self Care Week
18-24 November 2013

Self Care for Life – Take Control



Self Care Week Partners

NHS
West Suffolk
Clinical Commissioning Group

NHS
Herts Valleys
Clinical Commissioning Group

healthwatch
Bracknell Forest


Air
Balloon
Surgery

NATIONAL
ANKYLOSING
SPONDYLITIS
SOCIETY **NASS** UK

NHS
South Gloucestershire
Clinical Commissioning Group

NHS
Bristol Clinical Commissioning Group

NHS
Tameside and Glossop
Clinical Commissioning Group

NHS
North West Surrey
Clinical Commissioning Group

NHS
Fylde and Wyre
Clinical Commissioning Group

NHS
Southampton City
Clinical Commissioning Group

Balmoral
Surgery


SMOKEFREE
IN DUDLEY

self
management uk

The Gables Medical Centre

NHS
Trafford
Clinical Commissioning Group

NHS
Newark and Sherwood
Clinical Commissioning Group

NHS
Thurrock
Clinical Commissioning Group


Mentholatum

The Rotherham NHS Foundation Trust

Self Care for Life – Take Control

NHS **Self Care Week**
18-24 November 2013





Self Care Forum

Helping people take care of themselves

Self Care Week Partners



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



**Liverpool
Clinical Commissioning Group**

**healthwatch
Croydon**



**Horsham and Mid Sussex
Clinical Commissioning Group**



Abbey Court Surgery

VANEL

**healthwatch
Stoke-on-Trent**

City of Bradford Metropolitan District Council

www.bradford.gov.uk



Forest Health Group

Skimped Hill Health Centre and Sainsbury's Bagshot Road



Wirral Clinical Commissioning Group



Maghera Medical Centre

Tel: 028 7964 2579 | Fax: 028 7964 3002

Network Locum



**MANCHESTER
CITY COUNCIL**

**Manchester Mental Health
and Social Care Trust**



Welcome

Meeting the health needs of our local population



**Bracknell and Ascot
Clinical Commissioning Group**



**Self Care Week
18-24 November 2013**



Self Care for Life – Take Control



Self Care Forum

Helping people take care of themselves

Self Care Week Partners



NHS
Hounslow
Clinical Commissioning Group



Making it Real in Dudley

Transforming adult social care together



NHS
Warrington
Clinical Commissioning Group



NHS
Lambeth

Clinical Commissioning Group



North Lincolnshire
Clinical Commissioning Group

Watling Street Medical Centre

A GP Practice in Northwich

Bracknell Forest
Partnership



Living together, working together



South Gloucestershire
Clinical Commissioning Group

West Middlesex University Hospital



NHS Trust



CEDARS
MEDICAL CENTRE

A GP Practice at the Alsager Health Centre



Dalriada Family Practice



South Western Ambulance Service
NHS Foundation Trust



NHS
South Eastern Hampshire
Clinical Commissioning Group



South Warwickshire
Clinical Commissioning Group



Eastern Cheshire
Clinical Commissioning Group



Self Care Week
18-24 November 2013



Self Care for Life – Take Control



Self Care Week Partners



Merepark Medical Centre

A GP practice at the Alsager Health Centre



DR ALISTAIR PARTNERSHIP



Hertfordshire LPC

Tudor Surgery

A GP Practice in the centre of Nantwich

Ballycastle Medical Practice



Tel: 028 20762684



**Hartlepool and Stockton-on-Tees
Clinical Commissioning Group**

CULLYBACKEY MEDICAL PRACTICE **Delamere GP Practice**



**Vale Royal
Clinical Commissioning Group**

**ROSEHALL
Medical Practice**

Bradford Teaching Hospitals **NHS**
NHS Foundation Trust



Birchwood Medical Practice



Wakefield Clinical Commissioning Group

Cleland Park Surgery

2 Cleland Park
Bangor
BT20 3EB
Tel: 028 91 452410



Berkshire Healthcare
NHS Foundation Trust



**East Surrey
Clinical Commissioning Group**

Cumbria Partnership **NHS**
NHS Foundation Trust



Self Care Week
18-24 November 2013

Self Care for Life – Take Control



A Big Thank You

On behalf of the organisers of Self Care Week we would like to thank everyone who participated in SCW 2014. Without your help our aim to have everyone self care for a healthier, happier life would not be possible. We hope we are one step closer to furthering the reach of self care and embedding it into every day life, to make it a life-long habit.

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

