

Review of Self Care Week 2017



Embracing Self Care for Life

National Awareness Campaign

- ✚ **Self Care Week** is the annual national awareness campaign for self care 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 and this presentation highlights the national, regional, and local activity. It demonstrates the reach and shows you how your **Self Care Week** activity fits into the bigger picture.

Review Headlines

78 CCGs covering a population of **more than a third (22m)** of the people in England took part in **Self Care Week**

The importance of **Self Care Week** was raised in Parliament by **Sir Kevin Barron MP** via parliamentary questions and an Early Day Motion

Health Minister, **Stephen Brine MP** announced **Self Care Week** in a press release

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

NHS England's Pharmaceutical Officer Dr Bruce Warner, Director of Nursing Hilary Garrett and Self Care Lead Pritti Mehta were amongst the **Self Care Week** bloggers

More than **300** organisations took part in **Self Care Week** which was promoted through conferences, blogs, e-newsletters, websites, print and social media (**100 more** than in 2016)

A diverse community of individuals and organisations are communicating the benefits of self care during Self Care Week including student unions, bloggers, national parks, plant specialists, lawyers and recruitment services.

A twitterchat launched **Self Care Week** on 13 Nov and generated **298** tweets

#selfcareweek trended on twitter on 13 Nov

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Review Headlines cont...

Social media was the most popular medium used to promote **Self Care Week** messages.

Leading up to and during **Self Care Week** the Self Care Forum's website had more than **45,000** page views, over **30,000** more than in **2015**

Over **100** clips of national, local and trade press highlighted **Self Care Week** with a circulation totalling around **12.3m**

2017 activity saw many collaborations between CCGs and local authorities, pharmacies and surgeries and a range of community orgs.

Self Care Week was highlighted at **3** national conferences reaching **2,233** delegates

Twitter activity in November attracted **381** new followers and had **85.8k** impressions (compared to **72.2k** in **2016**)

Self Care Forum fact sheets were the most popular resource during **Self Care Week** with **7,300** page views

National doctor bodies promoted **Self Care Week** reaching **2.9m** people (most of them health professionals) via conferences, blogs, e-newsletters, websites, print and social media

There were **15** national **Self Care Week** blogs promoted on websites, social media and via e-newsletters reaching more than **3m**.

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Self Care Week Stats 2011 - 2017

The table below shows the growing impact of **Self Care Week** at a glance:

	2011	2012	2013	2014	2015	2016	2017
No of participating organisations	Less than 50	50	100	100	160	200	300
No of factsheets downloaded	unknown	unknown	3299	4,854	6,800	8600	7300
No of twitter impressions	unknown	unknown	unknown	13.2k	70.8k	72.2k	85.8k
No of visits to SCF website	1000	3290	2948	9,000	13,600	43000	45000

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The 2017 theme of **Embracing 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 a portal for resources to support people-facing organisations with self care activity such as **Self Care Week**.

The Self Care Forum website was visited over **45,000** times from Sept – Nov 2017. The Self Care Forum fact sheets were the most popular resource, with **7,300** page views during **Self Care Week** (**2,735** of those on 13 November as a result of the launch).



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**Activity by
Government Departments,
Parliament, NHS England,
and Public Health England**

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Support from the Department of Health

Health minister, Steve Brine MP provided a quote for the Self Care Forum press release.



“We know GPs are busier than ever, but around a third of appointments are unnecessary, so any initiatives to provide easily accessible information on self-care will help to relieve pressure on GPs.

“Community pharmacists are a great source of knowledge and can offer informed guidance to those seeking treatment for a number of minor ailments...”

Three blogs were uploaded to the DH Social Care website and shared with **28,000 subscribers and tweeted to **12.7K** Twitter followers.**

Support from the Department of Sport and Culture

During **Self Care Week** Sport and Culture Minister, **Tracey Crouch MP** hosted an event in Whitehall: “Q-Volunteering in Health & Care” supporting volunteers to help people better self care. Delegates were from England’s **ten** ambulance trusts.



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Support from NHS England

In addition to six blogs, **NHS England** published a news article during **Self Care Week** with quotes from Self Care Forum co-chairs, NHS England's National Self Care Lead and the Deputy Chief Nursing Officer. There were also regular tweets and highlights in NHS England's CCG Bulletin, CNO Bulletin and the NHS Comms Link highlighting **Self Care Week** to those working in the NHS.

News

NHS England blogs had 2,496 page views and the twitter reach was 201k.

Encouraging people to embrace self care for life

📅 13 November 2017

New care models

Nursing, midwifery and care

Self care

Engaging and empowering people to look after their own health better is the theme of this year's [Self Care Week](#) which launches today.



Support from NHS England's Pritti Mehta

NHS England's National Self Care Lead, **Pritti Mehta** highlighted the importance of self care in a blog and was guest tweeter for the twitterchat which launched **Self Care Week** on 13 November:



“This is an important time to restate that supporting self care is not only the right thing to do, but it is a fundamental step to achieving the NHS’s triple aims of better care, better health and better value.”

“Support for self-care has operated at the margins of care for far too long.”



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Support from NHS England's Leads

NHS England published six blogs during **Self Care Week** highlighting a number of different ways to self care and to help others to self care.



NHS England blogs had 2,496 page views

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Support from Public Health England

Public Health England's (PHE) Joanne Bosanquet (Deputy Chief Nurse) and Wendy Nicholson (National Lead Nurse) helped to launch **Self Care Week** via a twitterchat alongside NHS England's Self Care National Lead Pritti Mehta; **Self Care Week** was also highlighted as part of PHE's World Antibiotics Awareness Week activities and Stay Well this Winter campaign.

The logo for a Twitter chat, featuring the word "twitter" in blue lowercase letters with a blue bird icon, and the word "CHAT" in large blue uppercase letters below it.

#selfcareweek trended on twitter

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Department of Health

The Department of Health highlighted **Self Care Week** in **three** blogs, through their e-newsletter and via social media.

There are **28,000** subscribers to the Social Care blog and **12,700** Twitter followers.

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Amanda Cool, 10 November 2017 - Events, Guest author

Self-care is a priority for the public. Amanda Cool, co-author of [Self Care Week](#) just around the corner, explains how the public can take control of their own health.



Amanda Cool

How can we engage and empower people?

Professor Ian Banks, 25 August 2017 - Care and support, Communities, Information sharing, Public health

Professor Ian Banks explains how we can engage and empower people to take control of their own health.



Social prescribing to be major talking point during Self Care Week 2017

Dr Pete Smith, 3 October 2017 - Communities, Events, Guest author, Public health



"Since the formation of the [Self Care Forum](#) in 2011, great progress has been made in embedding self care into everyday life," says Kingston-Upon-Thames GP and forum co-chair, Dr Pete Smith.

This year's [Self Care Week](#), running 13-19 November 2017, takes 'engaging and empowering people' as its theme. It aims to promote effective and practical ways for everyone to get better at looking after their own health and that of their family, as Dr Smith now explains...

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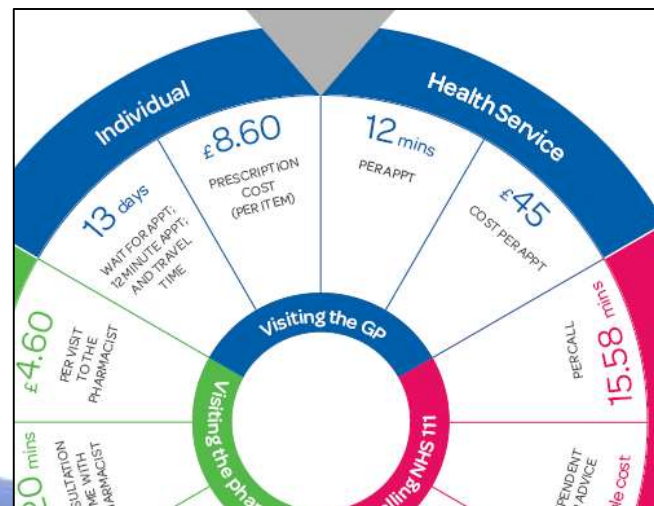
Parliamentary Activity

Sir Kevin Barron MP, tabled **2** Parliamentary Questions and an Early Day Motion (EDM) to highlight **Self Care Week** in Parliament inquiring what Government is doing to improve levels of self care in the population.



A joint PAGB, RCGP and Self Care Forum self care infographic was shared with health interested MPs during **Self Care Week**.

9 PQs were tabled, **20** MPs signed the EDM and **93** MPs received the self care infographic



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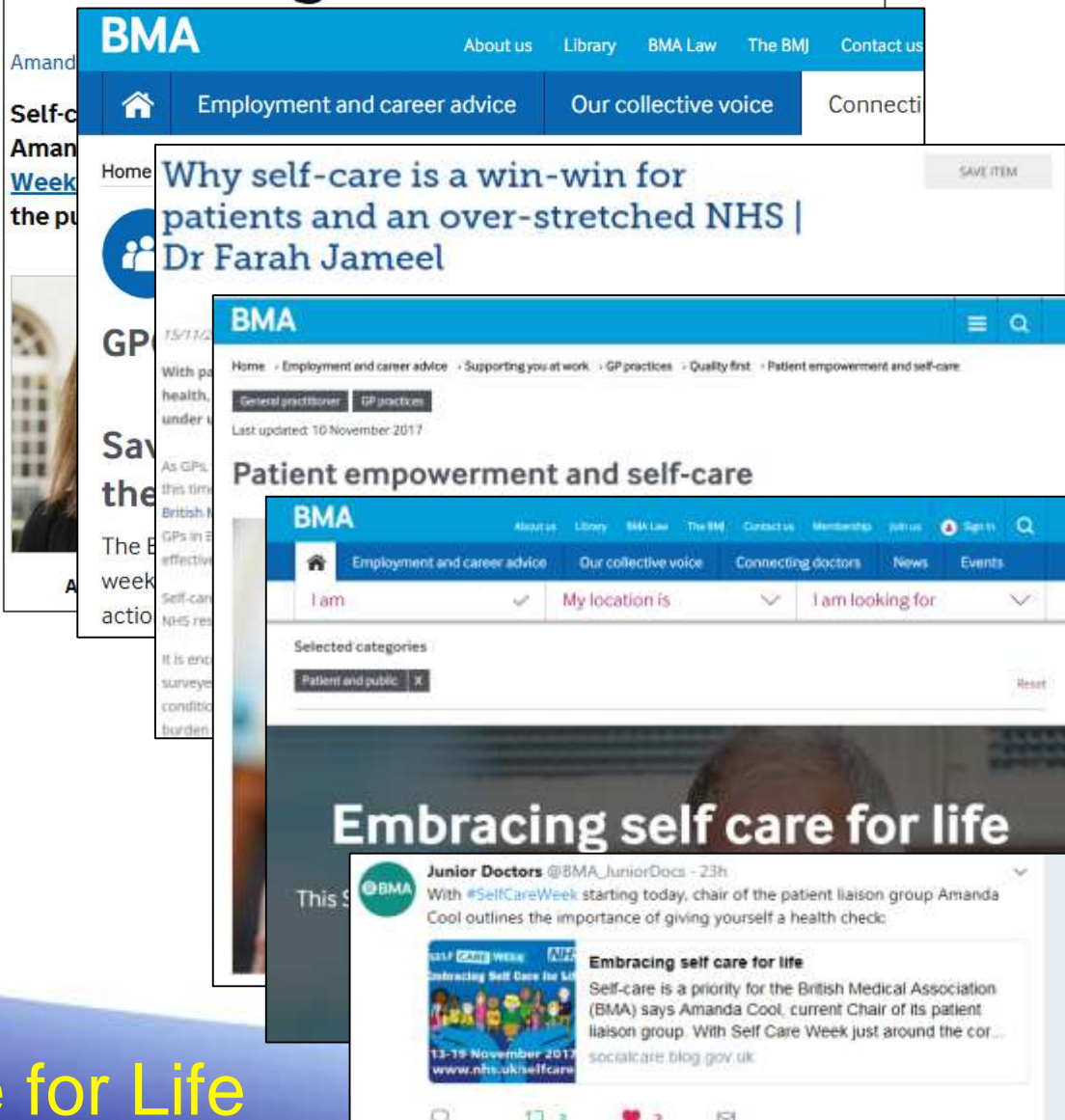
Self Care Week was Promoted by National Organisations

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The BMA raised **Self Care Week** with its members through a number of channels including social media, four blogs, via their GPC newsletter and BMA News. It was also given prominence on its website slider.

Blogs had **485** page views,
Three newsletters were sent to **160K** BMA members and twitter reach of BMA, BMA Wales and BMA junior doctors is **109k**

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The collage consists of three overlapping screenshots. The top screenshot is the BMA homepage, featuring a blue header with navigation links like 'About us', 'Library', 'BMA Law', 'The BMJ', and 'Contact us'. Below the header, there's a section titled 'Why self-care is a win-win for patients and an over-stretched NHS | Dr Farah Jameel'. The middle screenshot shows a search results page for 'Patient empowerment and self-care', with a filter for 'Patient and public'. The bottom screenshot is a Twitter post from @BMA_JuniorDocs, dated 23h, mentioning '#SelfCareWeek' and 'Amanda Cool'.

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Royal College of General Practitioners




The RCGP re-issued their conjunctivitis poster for **Self Care Week**, tweeted it to **51.6k** followers, wrote to **52,000** members via the RCGP Chair's blog and shared details with **2000** delegates during the RCGP conference.

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Royal Society for Public Health




[Our work](#) [About us](#) [Qualifications](#) [Membership](#) [Events](#) [Our se](#)

Guest blog: Self-care for all

Blog 26 October 2017

With this year's Self Care Week imminent, Co-chair of the Self Care Forum, Dr Selwyn Hodge Hon FRSPH, considers the importance of health literacy in ensuring the effectiveness of self-care



The RSPH uploaded a **Self Care Week** blog to their website which received **1,447** page view, details were shared amongst **5,100** members and tweeted to **8,960** followers

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NHS Confederation / NHS Voices

Why self-care is a win-win for patients and an over-stretched NHS | Dr Farah Jameel

SAVE ITEM

Flipping the script on the 'doctor knows best' model | Dr David Payton

SAVE ITEM

15/11
With health under

30/10/2017 00:30:00

As GP this to British GPs in effect

Self-care NHS r

It is er survey condit burden

Dr David Payton explains how care and support planning can help people with long-term conditions to feel more in control and improve their outcomes.

Thirty per cent of our population have at least one long-term condition, using up to 70 per cent of NHS resources as well as social care funding.

As doctors, we tend to concentrate on each individual patient, rather than how they have to live with their condition day in and day out. Multiple-morbidity is a condition where a person has more than one long-term condition.

The traditional biomedical approach is simply not working. We need to learn to deal with their long-term conditions.

What is care and support planning?

Care and support planning is the social model in which we look for solutions, rather than focusing on biomedical treatments.



NHS Confederation @nhsc... 3h

Self-care: a win-win for patients and an over-stretched NHS?

@DrFJameel considers the issues bit.ly/2htht2V #selfcareweek #selfcareforlife



Two **Self Care Week** blogs were shared via e-newsletters with **2000** subscribers, linked-in with **6314** followers and twitter receiving **2062** impressions

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Self Care Forum Website

Improving health literacy in education – why it is important we make the grade



By Alex Teckkam, Codes of Practice Assessor at PAGB

The years in spent education are some of the most important of your life. This is the time where you should learn the skills, knowledge and confidence to be able to care for yourself and others in the wider world. But despite the packed curriculums, there are concerns that young people leaving the education system are lacking the health literacy to help them do just that – look after themselves.

Health literacy is key in empowering people to confidently make healthy life choices. Without the ability to obtain, process and understand health materials, is it really surprising that people struggle to choose appropriate NHS services? How can we expect individuals to take steps to prevent long term conditions, or to know when to or when not to visit the GP, if they do not have the skills to confidently access or use health information or services?

Related posts

[DistrACT App for Young People](#)

[It's never too early to learn self care skills](#)

[Infographic: Saving time, reducing waste](#)

[Self Care Week: Nearly half of adults need help to self care](#)

[Self Care Week Award 2016 Winners](#)

A **Self Care Week** blog on the Self Care Forum website received **179** page views

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National Conference Activity

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Annual Self Care Conference 2017



Self Care Week 2016 Award Winners were presented with certificates and prizes at the Annual Self Care Conference which had **100** delegates

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RCGP's Annual Primary Care Conference



Prof Nigel Mathers, former Self Care Forum Board member and RCGP Honorary Secretary highlighted **Self Care Week** during his seminar. Self Care Forum material was available during conference breaks for **2000** delegates.

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Policy UK Forum Conference 2017

Self Care Week was highlighted to **133** delegates during a presentation by Self Care Forum Board member, Renata Drinkwater. The Policy UK conference was entitled: *Delivering the Long-term Sustainability of the NHS: Implementing New Models of Care, Increasing Engagement, and Ensuring Skills.*



Local Activity

Embracing Self Care for Life



Kingston Students @union_kingston · 36m

It's November, things are getting a bit intense and you just want to relax! Come on down to the Fitness centre at Penryhn Road from 1:10-1:50 to get some yoga goodness! #selfcareweek #selfcareforlife @SelfCareForum



Over 40 eve
Self Care W

13 November 2017



◀ BACK TO ALL BLOGS

SELF CARE WEEK: OUR WELLBEING TIPS

15TH NOVEMBER 2017 • BY THOM — [LEAVE A COMMENT](#)



More than **300** local and regional organisations got involved in **Self Care Week** including health related organisations such as surgeries, CCGs, charities, local authorities, pharmacies, CSUs, ambulance services, NHS Foundation Trusts, Local Healthwatch, LMCs, carers, schools and universities.

ME, MYSELF & I

Welcome To Self-Care Week

JESS COMMONS

13 NOVEMBER 2017, 07:00



Examples of 2017 local activities

News articles, blogs, newsletters,
surveys and website highlights

**#staywell this winter and
#getoutside for 20 minutes
campaigns**

**Conferences, coffee mornings
and learning events took place**

**Email campaign of self care
material to pre-schools and
launch of kids health apps**

**Social media activity via Twitter,
Facebook and Linked-in as well as
waiting room TV screens and PPG
newsletters**

**The importance of vitamins and
minerals were highlighted as part of
raising awareness about maintaining
good health and wellbeing**

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

**Self care training incorporating
social prescribing and care
navigation**

**Demonstrations on health and
wellbeing in the workplace**

**Signposting to the pharmacy
for minor health conditions**

**Guide to depression and
maintaining a healthy mental
wellbeing**

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Self Care Week is growing in popularity and whilst traditional health related organisations are in the majority of participants, a more diverse community are communicating the benefits of self care. This year they included parks, gyms, bloggers, retailers, consultants, a benevolent fund, adult learning, charities, shopping centres, support helplines, student unions and facilities, royal societies and commercial organisations.

Media and Social Media

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EDITION **UK** **HUFFPOST**

NEWS POLITICS ENTERTAINMENT LIFESTYLE TECH PARENTS VIDEO

 **Dr Peter Smith**
OBE, GP and Self Care Forum Board Co-chair

THE BLOG

It's Never Too Early To Learn Self Care Skills

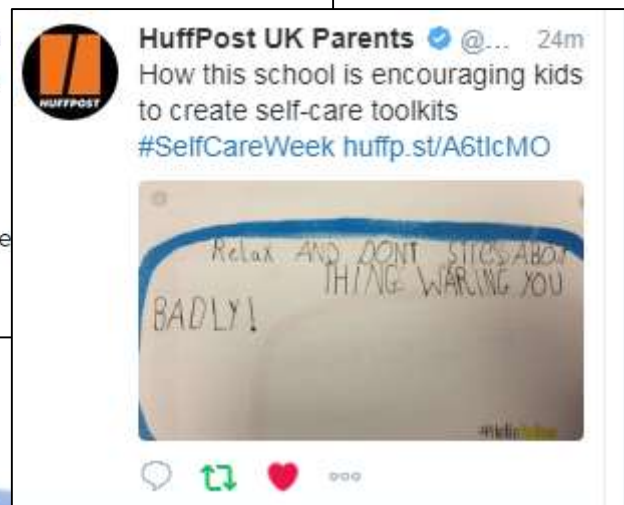
      

17/11/2017 09:23 GMT | **Updated** 17/11/2017 09:23 GMT

Learning self care skills from an early age is important in encouraging children to want to live healthy lifestyles and to learn basic ideas about health, looking after yourself and self reliance. This can give them the grounding to prepare them for dealing with bigger issues in later life.

It is an important part of what we call health literacy, providing children with the knowledge that will help them understand their health and its importance as they grow.

A blog by Self Care Forum co-chair Dr Pete Smith was posted during **Self Care Week**. There was also twitter activity with **63,100** followers



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News: Business Reporter

Business Reporter, a resource distributed with the Daily and Sunday Telegraph, ran a Self Care Campaign to coincide with **Self Care Week**. In addition to a foreword from the Self Care Forum, the publication included items on nutrition, over 50's health, OTC medicines, pharmacies and healthcare technology. It has a **359,400** circulation, and **12,600** twitter followers.



The Telegraph

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Trinity Mirror Humber & Lincolnshire

METRO



 **Cumbria Crack**

**Breaking
News**.ie

**YOUR
THURROCK**
Local but Global 

**The
Mail**

BrixhamNews.com

THE SHIELDS
Gazette
ValleyNews

tm training matters
FOR PROFESSIONAL ASSISTANTS

For **Self Care Week** local, regional,
national, trade press and broadcast
circulation amounted to around **12.3m**

RADIO LEICESTER

6TR
6 TOWNS RADIO

THE BRIGHT SIDE OF **STAFFORDSHIRE**.

OTC *bulletin*

imaginefm
104.9

ROTHERHAM

Advertiser

PracticeNursing

OTC Toolbox

**pharmacy
BUSINESS**

PHARMACY
MANAGEMENT
& BUSINESS
IN PRACTICE

P3

pharmacy MAGAZINE
FIRST IN PROFESSIONAL AND BUSINESS DEVELOPMENT

INDEPENDENT
community pharmacists

Self Care Week Partners

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43 International, national and regional organisations took part in Self Care Week.



NHS
North Norfolk
Clinical Commissioning Group

NHS
Greater Huddersfield
Clinical Commissioning Group

NHS
South Cheshire
Clinical Commissioning Group

NHS
North Hampshire
Clinical Commissioning Group

NHS
South Warwickshire
Clinical Commissioning Group

NHS
Sandwell and
West Birmingham
Clinical Commissioning Group

NHS
Blackburn with Darwen
Clinical Commissioning Group

NHS
Birmingham South Central
Clinical Commissioning Group

NHS
North Durham
Clinical Commissioning Group

NHS
North Lincolnshire
Clinical Commissioning Group

NHS
North Staffordshire
Clinical Commissioning Group

NHS
Stafford and Surrounds
Clinical Commissioning Group

NHS
Havering
Clinical Commissioning Group

NHS
Eastbourne, Hailsham
and Seaford
Clinical Commissioning Group

NHS
North East Lincolnshire
Clinical Commissioning Group

NHS
Hull
Clinical Commissioning Group

NHS
Blackpool
Clinical Commissioning Group

NHS
Solihull
Clinical Commissioning Group

NHS
Lambeth
Clinical Commissioning Group

NHS
North East Hampshire and Farnham
Clinical Commissioning Group

NHS
Portsmouth
Clinical Commissioning Group

NHS
East Lancashire
Clinical Commissioning Group

NHS
Leicester City
Clinical Commissioning Group

NHS
Merton
Clinical Commissioning Group

NHS
Milton Keynes
Clinical Commissioning Group

NHS
Fareham and Gosport
Clinical Commissioning Group

NHS
Nene
Clinical Commissioning Group

NHS
South Sefton
Clinical Commissioning Group

NHS
South East Staffordshire
and Seisdon Peninsula
Clinical Commissioning Group

NHS
Sheffield
Clinical Commissioning Group

NHS
Stoke-on-Trent
Clinical Commissioning Group

NHS
Hastings and Rother
Clinical Commissioning Group

NHS
Warwickshire North
Clinical Commissioning Group

NHS
North Kirklees
Clinical Commissioning Group

NHS
Redbridge
Clinical Commissioning Group

NHS
Liverpool
Clinical Commissioning Group

NHS
South Lincolnshire
Clinical Commissioning Group

NHS
Thurrock
Clinical Commissioning Group

78 of the 207 Clinical Commissioning Groups (more than a third) took part in Self Care Week covering a population of more than 22m in England



Self Care Forum
Helping people take care of themselves



Mid Essex
Clinical Commissioning Group



Vale of York
Clinical Commissioning Group



Gloucestershire
Clinical Commissioning Group



Warrington
Clinical Commissioning Group



West Hampshire
Clinical Commissioning Group



West Leicestershire
Clinical Commissioning Group



Lincolnshire West
Clinical Commissioning Group



South Cheshire
Clinical Commissioning Group



West Lancashire
Clinical Commissioning Group



Bracknell and Ascot
Clinical Commissioning Group



West London
Clinical Commissioning Group



Wyre Forest
Clinical Commissioning Group



Morecambe Bay
Clinical Commissioning Group

Barking and Dagenham
Clinical Commissioning Group



**Durham Dales, Easington
and Sedgefield**
Clinical Commissioning Group



Walsall
Clinical Commissioning Group



North Hampshire
Clinical Commissioning Group



Wolverhampton
Clinical Commissioning Group



North Cumbria
Clinical Commissioning Group



North Derbyshire
Clinical Commissioning Group



Telford and Wrekin
Clinical Commissioning Group



**Cambridgeshire and
Peterborough**
Clinical Commissioning Group



Basildon and Brentwood
Clinical Commissioning Group



Airedale, Wharfedale and Craven
Clinical Commissioning Group



Leeds West
Clinical Commissioning Group



Hounslow
Clinical Commissioning Group



Hardwick
Clinical Commissioning Group



Castle Point and Rochford
Clinical Commissioning Group



Calderdale
Clinical Commissioning Group



Wiltshire
Clinical Commissioning Group



Lincolnshire East
Clinical Commissioning Group



Birmingham CrossCity
Clinical Commissioning Group



North Norfolk
Clinical Commissioning Group



Bradford City
Clinical Commissioning Group



South Devon and Torbay
Clinical Commissioning Group



Bradford Districts
Clinical Commissioning Group



Leeds West
Clinical Commissioning Group



Corby
Clinical Commissioning Group



Ipswich and East Suffolk
Clinical Commissioning Group



Surrey Heath
Clinical Commissioning Group



Hyde & Hollingworth Patient Neighbourhood Group

44 local community organisations took part in **Self Care Week**.

healthwatch
Cheshire East

healthwatch
Essex

healthwatch
Bracknell Forest

healthwatch
Leicester

healthwatch

healthwatch
York

healthwatch
Harrow

14 Healthwatch localities (**10%**) took part in
Self Care Week in addition to National
Healthwatch England.

healthwatch
North East Lincolnshire

healthwatch
Rochdale

healthwatch
Sefton

healthwatch
Lincolnshire

healthwatch
Camden

healthwatch
Doncaster

healthwatch
Enfield

healthwatch
North Yorkshire

Victoria Medical Centre

Middlewich Road Surgery

Marylebone Health Centre

Haigh Hall Medical Centre

The Croft Surgery

MKGP
FEDERATION

The Village Medical Centre

The Glen Medical Group

WITTON STREET SURGERY

Minerva Health Centre



Millway Medical Practice

redhouse
SURGERY

PRIORY

28 Surgeries (including
GP federations) took
part in **Self Care Week**



Compass House
Medical Centres

EBPCOOH
EAST BERKSHIRE PRIMARY CARE OUT OF HOURS

Taurus Healthcare

The Central Surgery

Mill Stream Surgery

Bayview Medical Practice

The Thornton Practice

Kensington Partnership

Upton Surgery

Saddleworth Medical Practice

Ash Tree House Surgery


Readesmoor
MEDICAL CENTRE

 **Parkwood
surgery**

19 NHS Trusts and 13 Local Authorities
participated in **Self Care Week**

upsu

UCSU
UNIVERSITY OF CUMBRIA
STUDENTS' UNION

RVC Royal
Veterinary
College
University of London

 **UNION
OF
KINGSTON
STUDENTS**

**Kingston
University
London**

11 Universities, colleges and adult learning facilities took part in **Self Care Week**.

city lit

ad

**Derwent
Students**

 **RCSU**
ROYAL COLLEGE OF SCIENCE UNION

 **UNIVERSITY OF
WEST LONDON**
The Career University

**Imperial College
London**

 **ST. GEORGE'S
STUDENTS' UNION**

11 charities took part in **Self Care Week**.

epilepsy *action*

**WE ARE
MACMILLAN.
CANCER SUPPORT**

IBS Network

SURVIVORSUK
male rape and sexual abuse

Thrive LDN
towards happier, healthier lives

 **British Heart
Foundation**

blurt

 **Penny Brohn UK**
Living Well with Cancer

**'THINK
KIDNEYS'**

 **Marie
Curie**

Care and support
through terminal illness

ben Here for the
automotive
industry
Support for life

Embracing Self Care for Life



A Caring Mind

A blog for carers of mental health

bumps & babes

Fit for pregnancy, childbirth and life beyond

BUSTLE

MUMVERSATION

Isablog

betty it's perfectly natural



 **HSIS**

12 bloggers, journals and magazines took part in **Self Care Week**.



gophysio

plym physio

 **PHBChoices**
Your care. Your choice.

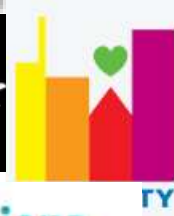
human-nature escapes cic

 **parklife**

3RPhysiotherapy

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7 parks, gyms, physiotherapy and health supplier organisations.



38 commercial organisations took part in **Self Care Week** including political and PR agencies, publishers, manufacturers, lawyers, funeral services and a hedging plant specialist.



Self Care Week Awards

For their excellent **Self Care Week** work in 2016, the awards went to:

Award Winners: **Walsall Clinical Commissioning Group**, for their collaborative work with local schools and colleges in empowering young people in their health.

Award Innovators: **Pershore and Upton GP Local Cluster**, for their collaborative work with their Patient Reference Group and voluntary sector partners to plan a Year of Self Care activities locally.

Award Innovators: **Mid Essex Clinical Commissioning Group**, for their Live Well campaign to involve local people in discussions about their health and care on how to Live Well.

Self Care Week 2018



Time to start planning for **Self Care Week 2018!**

Embracing Self Care for Life

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 2016.



Thank You

The Self Care Forum would like to thank you for participating in **Self Care Week** 2017 and hopes you will continue throughout the year to empower people. For self care updates contact selfcare@selfcareforum.org to be added to the mailing list. Otherwise, do keep in touch via email or twitter @SelfCareForum.