

Self Care Week

Ideas- Surgeries



About this resource

Getting the most out of your Self Care Week initiative takes planning and this resource aims to provide ideas on how surgeries can participate.

Further resources are available from the website www.selfcareforum.org here are useful links:

- [Self Care Week case studies to share best practice.](#)
- [A comms doc available on the resources page,](#) also logos, social media assets etc
- [Subscribe](#) to our newsletter to stay updated
- Follow us on [twitter](#), [facebook](#) and [LinkedIn](#)
- Get in touch via selfcare@selfcareforum.org
- [Order Self Care Week badges](#)



1.0 Why Participate in Self Care Week (15 – 21 November)?

Self Care Week provides surgeries and other service-user organisations with a focus to hold a targeted campaign to support patients and the public to take care of their health and wellbeing and improve their understanding of self care.

Self care messages are maximised when repeated by many voices through different mediums at the same time, making a greater impact and reaching more of the population.

“Self Care Week is the one time of the year when so many different organisations can own the same message.” [Ade Williams, Community Pharmacist, and Self Care Forum Trustee]

2.0 Possible Self Care Week activities – Utilise Self Care Forum resources

Many of our resources such as our self care aware fact sheets are designed to empower individuals and help them understand how to take care of their symptoms, utilise these during Self Care Week:

- Use Self Care Week posters and fact sheets by making a display in the reception area. We also have a tv image.
- Make sure all staff know of the fact sheets so they can have self care aware consultations with patients (this is not just for Self Care Week of course). Add links to your website and FB page too.

Look out for a new well-being fact sheet from the Self Care Forum. Coming soon.



Use our Self Care Week badges as give-aways to remind your patients about the benefits of self care.

2.1 Possible Self Care Week activities – In the surgery

Surgeries and surgery waiting rooms are an ideal space for self care interaction and if you have a PP|G then this group is a wonderful resource to help organise your Self Care Week activities:

- Use the week to set up a walk-in screening check for free blood pressure checks, blood sugar level checks or another type of disease screening
- Hold a lunch n learn or a coffee morning event to provide a Q&A on a specific health topic. You could choose something that affects most of your vulnerable patients.
- A similar event could be held via FB perhaps also inviting external experts to offer their advice as part of a panel or solo presenter.



Purchase a few Self Care Week badges or invest in a pop up banner, free artwork is available, to ensure your activities are linked to National Self Care Week.

2.2 Possible Self Care Week activities – Provide talks in the community

Nurses, doctors and allied health professionals have a wealth of knowledge about how people can take better care of themselves, Self Care Week offers an excellent opportunity to get out of the surgery and spread the word, for instance you could:

- Offer to take part in a health phone-in session on a self care topic - contact your local radio/broadcaster
- Give an interactive talk at the local school / college / university on a relevant topic or how a surgery functions
- Write a piece for the local newspaper – perhaps on the benefits of exercise in older age.



2.3 Possible Self Care Week activities – Working with others

The Self Care Forum is always keen to encourage collaborative working whenever possible. It is a great way of pooling resources, and strengthening messages. Here are some examples of what you could do:

- Promote positive lifestyle changes and invite a local nutritionist or health trainer to talk to patients during Self Care Week .
- Invite someone from local Healthwatch to the surgery to speak to customers about accessing health services and social groups.
- Consider getting in touch with your CCG, local pharmacy, PCN to collaborate on a joint project for Self Care Week .



2.4 Possible Self Care Week activities – A week of activities

Surgeries, often organised by their PPGs, are great at getting involved in Self Care Week and holding activities everyday during the week with a different topic in mind for each day.

Here are a few more ideas in case you have time and resources to produce a week of activities to empower your patients and local residents.

- Organise a walking group event and incorporate local sites and landmarks
- Run a virtual bingo game, reading group or knit+natter event to help connect people
- Meditation is generally a good thing for many people young and old, invite a local expert to hold a virtual or real event at the surgery.
- Hold a Twitter chat, or something similar on another social media platform, and invite people to let you know how they self care

3.0 Connecting to National Self Care Week Activity via social media

As organisers of Self Care Week, the Self Care Forum will be making as much noise as possible at the national level, particularly via social media.

Watch out for social media assets that will be available nearer to the time, check the website or subscribe to the newsletter to be notified.

Please use *#selfcareforlife* and *#selfcareweek* when getting involved on social media and include *@SelfCareForum* on twitter, LinkedIn and FB for a share and retweet.

Follow us on twitter,
LinkedIn and FB

3.1 Connecting to National Self Care Week Activity – Don't forget branding

If relevant it is always a good idea to connect to the national Self Care Week activity via official branding material, which is available on the Self Care Forum website.

Your service-users will identify your Self Care Week activity and connect it to the bigger, national public health initiative.

You might want to purchase a few Self Care Week badges or invest in a pop up banner, free artwork is available.



Thank you for getting involved in Self Care Week and do keep an eye on the website for new material or sign up to our newsletter for updates straight in your inbox.

For more details contact
selfcare@selfcareforum.org

