# **Self Care Forum Self-Care Award 2024**

# **Award Application Form and Eligibility**

***The Self Care Forum is inviting applications of good practise in self-care, personalised care, and social prescribing that have made a difference to individuals, groups, or organisations.***

**Who can apply?**

This invitation is open to everyone, whether you are an individual, a community champion, an employer, surgery, council, library, school, college, business, or services organisation (public, private, or charitable). For a guide, see examples table below.

**£500 bursary**

The winner will receive a £500 bursary to spend on a self-care related initiative and the top entries will be included on the Self Care Forum website to share best self-care practise and excellence. The winners will be announced during the UK’s National Self-Care Week (18 – 24 November) as part of its launch and promotional activity.

Closing date for admissions: **31st July 2024.**

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| Examples of possible initiatives | If specific health-related conditions were targeted, they might include |
| * 2023’s Self-Care Week activities * Signposting to services * Protecting mental health and wellbeing * Promoting self-care to the shielded population * Self-care for the elderly or other specific groups * Self-care introduced by employers * Local authority population or community initiatives * Pharmacy initiatives * Surgery-led initiatives * Self-care education by schools, universities, or community groups such as Scouts, Guides etc * Empowering vulnerable groups | * Long-term conditions * Obesity * Diabetes * General health * Nutrition * Exercise * Mental Health * Self-treatable conditions/minor illness |

## Please use the form below to tell us about your self-care initiative.

If you are typing directly into the form, do not worry if the box extends beyond the page – it will continue onto the next one.

## Title and contact details.

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| Title of Initiative (please ensure this is a good description of your initiative in no more than 6 words) |
| Name of Organisation and Region (please state context, ie general practice, community care etc) |
| Name of person or team or individual being nominated |
| Contact name for entry |
| Contact email for entry |
| Timeframe and dates of initiative |
| Date of submission |

## About your self-care initiative

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| Describe the problem you were facing and your objective(s) in tackling this. (200 words max) |
| Outline your initiative, explain your planning and execution of the project. (200 words max) |
| What were the challenges and how did you overcome these? (200 words max) |
| Did you collaborate with other local partners, if so, who were they? |
| Would you describe your initiative as “innovative,” if yes please provide details. (100 words max) |

## Impact, outcomes, and evidence

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| Who was the initiative directed at and what were the benefits to the targeted group or individuals? (200 words max) |
| Please quantify the impact of your initiative. (e.g. cost improvement, numbers of people helped, time saved) |
| Do you have formal or anecdotal evidence of success? (e.g. qualitative, quantitative, informal feedback?) |

## Learning and sustainability

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| What was the cost of this initiative in time, money, and other resources? Please be as specific as you can |
| Were there any learnings from the initiative, if so what were they? (200 words max) |
| Are you continuing to implement the initiative, please give details. (200 words max) |

## And, finally…

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| How easy will it be to replicate your initiative and do you have top tips to share? (max 200 words) |
| Did you use any of the Self Care Forum’s resources? If so, please specify. |
| Please provide the social media addresses of all those who were involved in the initiative. |
| Why do you think this initiative deserves to win the award? (Max 100 words) |
| Do you have an image, materials or weblinks to supplement your application? Please supply no more than 2 images which may also be used to promote your application if successful. Ensure images are square (ie height and width dimensions are the same). |
| Your application may be chosen to be uploaded to the “best practise” page of the Self Care Forum website to share self-care excellence so that others might use the learnings in your application. We will also include your email address so that people may get in touch with you. If you would prefer that your application and/or email address was NOT chosen, then please make it clear in the box provided below. |
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Thank you for taking the time to apply for the Self-Care Awards. We look forward to receiving your application. Please email your completed form to: [selfcare@selfcareforum.org](mailto:selfcare@selfcareforum.org)

**About the Self Care Forum**

The Self Care Forum supports organisations in helping their communities and service users better understand how to self-care. It is the leading independent provider of best practice around self-care and the ‘go-to’ place for top quality resources, current opinion, and self-care interventions in the UK.It is a charity and aims to improve public health by promoting self-care at national policy level. It creates free resources including self-care fact sheets, runs the UK-wide National Self-Care Week, and supports robust research evidence.

For more information about the Self Care Forum please go to the website. [www.selfcareforum.org](http://www.selfcareforum.org). Please find and follow us on LinkedIn, X and FB.