

Ideas for Surgeries



18-24 November

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
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- Get in touch via selfcare@selfcareforum.org



1.0 Why Participate in Self-Care Week?

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 MBE, Community Pharmacist, and Self Care Forum Trustee]

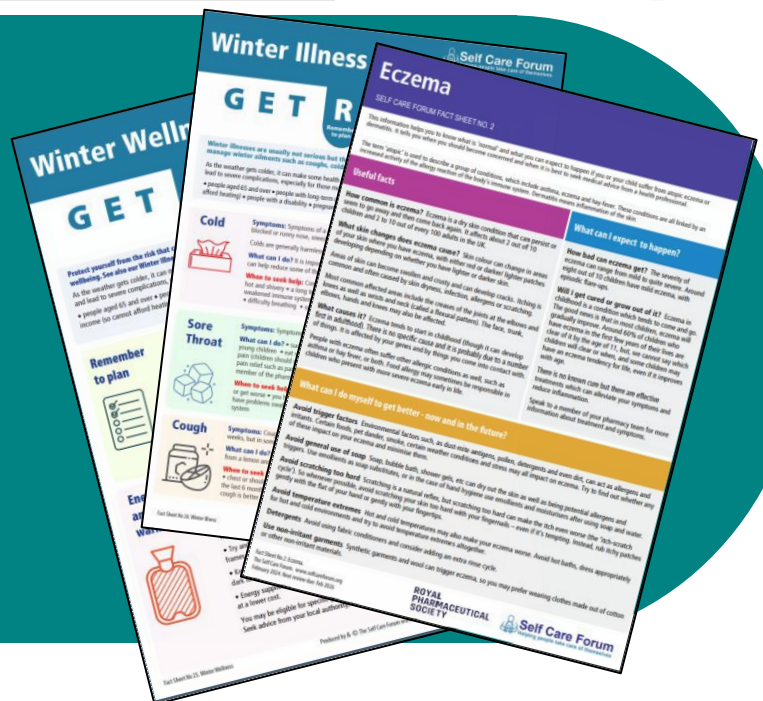
Date: 18 – 24 November 2024

2.0 Activities with 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. These are perfect resources for Self-Care Week activities.

- Make a display using Self-Care Week posters and fact sheets for the reception area. We also have a tv image and tv recording.
- Inform all staff of the fact sheets to enable self-care aware consultations, great for Self-Care Week and general use.
- Add icons, text and links to your website.

Self-Care Aware fact sheets are excellent resources for surgeries, not only during Self-Care Week.



2.1 Activities in the surgery

Surgeries and surgery waiting rooms are an ideal space for self-care interaction and if you have a PPG 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 service-users.
- 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.

2.2 Give 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 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 strengthen 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 service-users during Self-Care Week.
- Invite someone from local Healthwatch to the surgery to speak to service-users about accessing health services and social groups.
- Consider contacting your ICS, local pharmacy, PCN to collaborate on a joint project for National Self-Care Week .

2.4 A week of activities

Surgeries, often organised by their PPGs, are great at getting involved in Self-Care Week. Often running activities across the whole week with a different daily focus.

Here are a few ideas in case you have time and resources to produce a week of activities to empower you service-users in the local community.

- 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 X chat, or something similar on another social media platform, and invite people to engage in dialogue about how they self-care.

3.0 Connecting to National Self-Care Week

As organisers of Self-Care Week, the Self Care Forum will be promoting the Week and all things self-care at the national level, particularly via social media. So do look out for us.

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 [#selfcareweek](#) and [#mindandbody](#) 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 Don't forget branding

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.

Investing in a pop up banner can grab attention and link to National Self-Care Week, [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 to your inbox.

For more details contact selfcare@selfcareforum.org

Consider entering our Self-Care Awards. Details on the website

