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Respondent

13

Anonymous

30:09

Time to complete

Title and contact details

1. Title of Initiative (please ensure this is a good description of your initiative in no more than 90 characters) *

Seven Days of Self-Care Scorecard

2. Name of organisation and region (please state context, ie general practice, community care etc) *

COPE Scotland, Scotland, third sector in partnership with University of Glasgow's Byres Community Hub within the School of Health and Wellbeing

3. Name of person or team involved in the self-care initiative *

Susan Grant, Jaswinder Bedi, Hilda Campbell supported by many friends in Byres Community Hub. Shona and Scott at The Ideas Club designed the materials.

4. Timeframe and dates of initiative *

The card launched during Self-Care Week 2024 as part of a weeklong programme of workshops and offerings and the initiative continues to develop.

5. Contact name for entry *

Hilda Campbell

6. Contact email for entry *

hildac@copescotland.com

About your self-care initiative

7. Describe the problem you were facing and your objective(s) in tackling this. (1200 characters max) *

Many people recognise the importance of self-care for maintaining mental and physical health. However, despite this awareness, individuals often struggle to incorporate self-care into their daily routines. To address this issue, the Seven Days of Self-Care Scorecard was developed as a practical tool to help individuals visualise and track their self-care activities. This scorecard serves not only as a visual reminder of the actions already taken, but also as a motivator to engage in further self-care practices. By marking completed activities, users can see their progress, which encourages consistency and dedication to their wellbeing. The Self-Care Scorecard transforms good intentions into actionable habits, fostering a more balanced and healthier lifestyle.

Please enter at most 1200 characters

8. Outline your initiative, explain your planning and execution of the project. (1200 characters max) *

The initiative began with a brainstorming session involving diverse stakeholders to ensure the initiative would be comprehensive and inclusive. 3 main themes emerged: Mood, Movement, Mind. The project commissioned illustrations through The Ideas Club. These illustrations serve as examples of self-care activities, making the concept more relatable and accessible to a broader audience. The project included interactive workshops where participants could explore the themes of Mood, Movement, and Mind. These workshops encouraged attendees to reflect on their personal self-care practices, engage with others, and gather new ideas for enhancing their well-being. The initiative was officially launched with a series of events and promotional activities, including public workshops and online content. A key component of this promotion was a video explaining the initiative <https://mail.google.com/mail/u/0/#search/susan+grant+selfcare/KtbxLwHHpRDhvHtKkRGRwkbkdRffjPPBqB?projector=1>, highlighting the importance of self-care and providing insight into the themes and activities associated with the Self-Care Score Card.

Please enter at most 1200 characters

9. What were the challenges and how did you overcome these? (1200 characters max) *

Developing the self-care score card was a fun activity for those involved. However, it is only natural challenges can arise when co-designing with multiple stakeholders. E.g. Diverse views on what constitutes selfcare. These were overcome easily as this was a collaborative process where we spent time reaching consensus to integrate the diverse views. It was also important that the score card was comprehensive yet easy to use, this was achieved by using simple straightforward messaging which was again co designed with stakeholders to create a user-friendly tool.

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10. Did you collaborate with other local partners, if so, who and why were they chosen? *

The whole initiative was one of collaboration between COPE Scotland, Byres Hub, the School of Health and Wellbeing, The Ideas Club, Hub Monday members, Dr Nic Dickson (event during Glasgow Exploration) Lino Printing and members of the public.

11. Would you describe your initiative as "innovative", if "yes" please tell us why. (800 characters max) *

Everyone has different things that count as self-care, and this might change week to week, but the scorecard and stickers remain a constant. For sustainability the cards were designed on high quality finish which allows for our custom-made stickers to be removed and reused. The design includes round edges, soothing to look at and feel but and able to store it in your pocket without jaggy corners. The partnership too is innovative. Byres Community Hub is engaging with thousands of members of the public every year in a very local place-based approach and COPE Scotland is engaging in person too but also has a wide reach online and all over Scotland, the rest of the UK and Ireland

Please enter at most 800 characters

12. Did you use any of the Self-Care Forum's free resources as part of your initiative? Provide details *

Posters, Icons, social media assets and email footers and we had the Self-Care Week 2024 branding on the Scorecards that were printed last year

Impact, outcomes, and evidence

13. Who was the initiative directed at and what were the benefits to the targeted group or individuals? (1200 characters max)

Since using the Self-Care Scorecards in the Hub and in other locations across Glasgow and Scotland, we have learned that just the act of a receiving a card, is a message to people that it is okay to care for themselves and opens up a dialogue. Having a tangible resource in these conversations has been really useful as has being able to direct people to the COPE Scotland website on the back of the cards for more resources. The tool is being used at community outreach events to engage the public with the School of Health and Wellbeing where Mental Health and Wellbeing is a big part of our work and with Byres Community Hub. It is being used at self-confidence workshops with COPE Scotland, and at conferences such as the NIHR Patient Public Involvement & Engagement conference at the University of Glasgow this year, was featured as part of a self-care themed 'escape room' style activity at Byres Hub Community Day and community summer festivals. We have also had requests for the cards from staff within Health & Social Care, education & the Third Sector, to share with their teams and people they serve

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14. Please quantify the impact of your initiative. (e.g. cost improvement, numbers of people helped, time saved) ((1200 characters max))

To date 700 people have directly been offered a resource to raise awareness of the importance of selfcare and a way to track their actions and behaviours. In addition, there has been an increased awareness of the selfcare score card for those who follow Byres Community Hub and COPE Scotland on social media where this resource has been shared during Stress Management Week, Mental Health Awareness Week and is regularly posted where selfcare is being promoted including being shared again during selfcare week 2025. This has helped many thousands more people which we can see from impressions and hits to the websites where the cards have been shared. The cost of the improvement is minimal when considering the number of people who have benefitted e.g. most recently it was shared at a workshop for Unpaid Carers during Carers Week. While time was invested in creating the resource, now that it exists it is a simple but powerful resource. It was also part of a community day at the Hub where over 100 people including children took part in a fun interactive activity around selfcare and received a copy of the card. This shows it appeals across generations.

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15. Do you have formal or anecdotal evidence of success? (e.g. qualitative, quantitative, informal feedback?) (1200 characters max)

To date, we have distributed 700 Self-Care Scorecards but the need is there for more and we are now in discussion with the Scottish Public Engagement Network about issuing to Engagement Professionals across Scotland. We heard how the 7-day self-care scorecard offered individuals insights into their personal well-being. Over the week, participants shared they began to realise the importance of daily routines, such as dedicating time for relaxation, exercise, and healthy eating. We heard how it highlighted the need for balance between work and leisure, and the mental health benefits of consistent self-care practices. People also shared how by tracking their self-care activities it revealed patterns of where they were neglecting selfcare and where things needed to improve. We recognised a value of the scorecard was that it fostered a new level of selfcare awareness which helped people be more present and attentive to their needs, which led to small changes which can lead to a healthier, more fulfilling lifestyle. Regular reflection is crucial for sustained personal growth and well-being and the Self Care Score card offers this.

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Learning and sustainability

16. What was the cost of this initiative in time, money, and other resources? Please be as specific as you can. (1200 characters max) *

Each set of 500 x postcards and 500 x 5 sets of stickers costs £975 + VAT Significant resources in kind from School of Health and Wellbeing and volunteer Jaswinder who has been invaluable. Videographer from the University of Glasgow and web content from the University and COPE Scotland. We need funding to run such initiatives but so much of it is possible because as partners, we see who can bring what to the table to make things happen. COPE Scotland also shared a selfcare gift bag which included an affirmation stone key ring, pen and small notebook to capture ideas as well as a crystal heart to remind people to love themselves. The costs for these items was in the region of £200

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17. Were there any learnings from the initiative, if so what were they? (1200 characters max) *

Distributing self-care score cards to individuals has provided valuable insights into people's appreciating/ lack of appreciation of the importance of self-care in daily life. Firstly, it highlighted the varied understanding and practices of self-care among different demographics. Secondly, it emphasised the need for personalised self-care routines, as everyone has unique needs and preferences. Additionally, the score cards fostered self-awareness, encouraging individuals to reflect on their mental, emotional, and physical well-being. They also served as a motivational tool, prompting people to set and achieve self-care goals. Overall, this initiative underscored the critical role of self-care in enhancing overall health and quality of life as well as being a resource to help those living with a long term condition to be mindful of the selfcare practices they were using in their own life. This simple tool to support engagement with selfcare also inspired COPE Scotland to create a score card for being your own confidence architect as part of a wider confidence counts campaign <https://www.copescotland.com/resources/be-your-own-confidence-architect>

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18. Are you continuing to implement the initiative, please give details. (1200 characters max) *

The self-care scorecards have gained remarkable traction, necessitating an additional run of printing. This surge in demand highlights the increasing importance people are placing on self-care practices in their daily lives. As the initiative continues to evolve, we are actively exploring innovative ways to enhance its impact. One of the exciting developments is the concept of self-care ideas boxes. These boxes are designed to be versatile, allowing individuals to utilise them both at home and at work. They will contain various ideas and tools to support self-care practices, empowering individuals to incorporate well-being strategies into their everyday routines. As we move forward, the continuous development and implementation of this initiative promise to enhance the quality of life for many individuals across the UK and Ireland.

Please enter at most 1200 characters

And finally

19. How easy will it be to replicate your initiative and do you have top tips to share? (1200 characters max)

The simplicity of the initiative means it is easy to replicate and the sharing of the resources via creative commons enables people to download these and use in their settings. The video offers simple instructions for use: <https://youtu.be/iz3BGGg8QKM?feature=shared> These scorecards are not only available in physical form but can also be downloaded from partner websites such as <https://www.copescotland.com/resources/self-care-scorecard> and they are due to be available as a downloadable version on University of Engagement webpages alongside this film explaining their use. Their accessibility has facilitated widespread sharing across Scotland and further afield to colleagues in the UK and Ireland. This is made possible through the partners networks including the library section of the Staff Wellbeing Group in the Q Community—a network dedicated to improvement across these regions.

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20. Please let us know the social media addresses of those involved in the initiative.

Instagram: ByresCommunityHub X: @UofGSHW Linked in www.linkedin.com/in/hilda-campbell-0a5557329 @copescotland.bsky.social @COPEScotland

21. Why do you think this initiative deserves to win the award? (800 characters max)

At a time of increased demand and dwindling resources, more work needs to be done in health around prevention. The Seven Days of Self-Care Scorecard is a simple, relatively inexpensive but powerful tool to help people adopt a healthier lifestyle. By promoting self-care, we can reduce the burden on healthcare systems, improve quality of life, and foster a community of proactive, health-conscious individuals. A national award would not only validate the hard work and dedication of those involved who would be 'very chuffed' but also serve as a catalyst for broader adoption and integration into formal public health policies and strategies.

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22. 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). Please email information to selfcare@selfcareforum.org including the name title of your initiative (as in Q1).

University of Glasgow - Schools - School of Health & Wellbeing - Byres Community Hub - Community engagement updates - Self-Care Week 2024
<https://youtu.be/iz3BGGg8QKM?feature=shared>

23. Your application may be chosen to be uploaded to the "best practise" page of the Self-Care Forum website to share self-care excellence with others who might want to use the learnings in your application. We will also include your email address so that people may get in touch with you. Please confirm your preference below. *

- ☒ I am happy for the Self-Care Forum to add our entry to the website **with** my email address
- ☐ I am happy for the Self-Care Forum to add our entry to the website **without** my email address
- ☐ I would rather our entry was not included on the Self-Care Forum website

24. Would you consider becoming a self-care champion? *

- ☒ Yes
- ☐ No
- ☐ Maybe, I'd like to know more