

Level

Community

Tier

District, County, Unitary

Scope

Public Health

Self Care Award



Characteristic(s) / CSF(s):
Role of the Authority
Leadership & Management



Problem and Approach

- Promote self care in and around Cheshire
- Two CCGs and council recruited a network of champions to engage the wider local community in self care. Employers encourage to get involved in the scheme.
- Self care champions as a network of experts advocating the importance of the issue and explain to the public. Half-day workshops were set up to train the champions. Champions have come from the council, police, charities, GP practice staff
- The awards are open to any organization
 - Bronze: appoint a self care champion and send them to one of the workshops and start drawing up an action plan.
 - Silver: start actively promoting physical activity
 - Gold: support mental health and wider wellbeing.

Outcomes

- Helping young mums eat healthily on a tight budget
- Encouraging the LGBTQ community to become more physically and socially active
- Working with older people on nutrition, diet and domestic violence.
- Educating people on the cost of prescription drugs vs ones available from pharmacies
- Three schools have been given bronze awards and over 10 are awaiting accreditation.
- Over 70 self care champions have been trained

<https://www.local.gov.uk/cheshire-engaging-whole-community>

http://www.southcheshireccg.nhs.uk/news_items/12865-the-summer-holidays-are-finally-here



The public sector transformation partner