

## Self Care Week 2018



# Self Care Week 2018

Monday 12th – Sunday 18th November 2018

## #livenotlonely

**"The power of community to create health is far greater than any physician, clinic or hospital"**

Mark Hyman 2012

### Thank you

Thank you for taking part in this year's Self Care Week and for opening your doors to local people to show case how you can help them improve their social, mental and physical wellbeing. It's part of our wider [Warm Welcome Programme](#).

### The Aims of Self Care Week in Bracknell Forest

Some GP surgeries and Patient Participation Groups will be undertaking activities focussing on physical health and management of long-term conditions, but self care isn't just about treating the body by going to the doctors or pharmacist to help them when they feel ill.

Self care is about keeping mind and soul healthy too which is why the focus of Self Care Week is **community activity** as a way to connect people to things to do in their community which support their social, mental and physical wellbeing.

# Self Care Week 2018

## Defeating social isolation is important

Being involved in a community group can reduce social isolation and help people build strong support networks to help them cope better with life's challenges.

**“Bringing people together to pursue a common interest is a powerful way to reconnect people with their community, building social ties that in turn can protect health and wellbeing.”**

Loneliness <http://www.mentalhealthchallenge.org.uk/loneliness/>

## How you help

The Community Map identifies an increasing number of ways that residents can get active, get connected, get help, learn, be creative and have fun with their family and friends. Improved wellbeing reduces the demand on our stretched health services.

**You are part of that solution.**

## What's happening?

### *You are!*

Run your event or activity in the usual way. Using our promotions, we'll try our best to get people to come along to your event.

We want people to discover you, get a warm welcome and continue to take part in your club, group, society, event or activity. **This is good for their wellbeing, but also good for your sustainability.**

### *Get on the Map!*

The Community Map is used by the public and our social prescription team to signpost people to events and activities that are local to them. It is central to the Warm Welcome Programme and we'll be promoting the map heavily during Self Care Week.

It can be found here:

<http://health.bracknell-forest.gov.uk/warm-welcome/>

⚠️ **If you are not on the Community Map, don't worry. You can sign up here:**

<https://helpyourself.bracknell-forest.gov.uk/kb5/bracknell/asch/register.page>

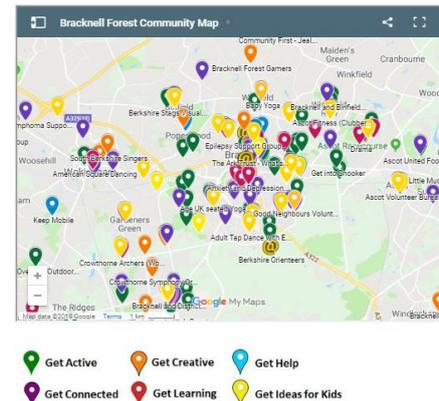
### Community Map

Find a 'Warm Welcome' in Bracknell Forest

This map shows community groups, clubs, societies, events and activities. They are run by local people for local people – and they all offer a warm welcome.

You can scroll around the map and zoom into your local area. Click on a marker to get more details of each group. Some activities share the same venues so zoom in to ensure you don't miss any!

Click the 'box' icon in the top right corner to view a larger map.



# Self Care Week 2018

## Self Care Calendar

The online Self Care Week Calendar is new for 2018 and can be found here:

<http://health.bracknell-forest.gov.uk/self-care-week-2018/>

Our communications will direct people to the self-care calendar so they can find out about you and other activities taking place (during) .

**! It is important that you check your listing to make sure it is accurate and that people know what to expect when they visit you. It is important that everyone receives a warm welcome.**

The Public Health Team will be highlighting calendar events regularly on Facebook – please like and share these posts on your own social media.

If you want to tell others about the calendar, please share the following link:

<http://health.bracknell-forest.gov.uk/self-care-week-2018/>

If this takes up too much space, please use the short link:

<https://bit.ly/2EMV9zO>

## “What’s Going On In ...” Posters

Like last year, we will be publishing posters to give an idea of what other things are going in local communities.

These are only a snap shot of activities and are intended to inspire people to look for groups, clubs, and societies like yours. These will cover:

- Binfield
- Priestwood
- Birch Hill
- Sandhurst
- Crowthorne
- Gt Hollands
- Harmans Water
- Easthampstead
- Bullbrook

We will bring some along to events when we come to take photographs.

**! If you are able, it would be good if you could also offer to distribute these for us at your event.**

## Self Care Week 2018

Self Care Week is a national campaign supported by the NHS to help people find the information and support they need to live healthy, independent lives for longer.

Community groups are opening their doors to help you find or rediscover things to do for your social, mental and physical wellbeing.

Please support them by taking part. There is no commitment and they are only a phone call away.



But it doesn't end there. Self Care Week is only a taster of what's happening in your community. There are over 400 societies, clubs, groups, events and activities available to you – check out the [Community Map](#) for your choices.

We understand that trying new things can be difficult. Our social prescription team can help explore the things you are (or were once) interested in and what options are available to you locally.

## Self Care Week Calendar

If your browser is not supporting frames, click [here](#) to view as web page.

Wednesday, November 14	
9:30am	Singing with the Oaks (Non-crawlers)
10:00am	BF Carer's Support Group - Coffee Social
10:30am	Fit for All
10:30am	Walking Football

# Self Care Week 2018

## Use Social Media

### Hashtag

If your group uses social media, we will continue to use the **#selfcareweek #livenotlonely** hashtag. (Hashtags are search phrases that people can use to filter social media posts and make them easier to find).

⚠️ **Please include this in your social media posts.**

### Example post

If it helps, here is something short to cut and paste into your social media feeds:

We're pleased to be supporting Self Care Week 2018. If you are looking for something to do locally, visit us on [date] and find out how we can support your social, mental and physical health and wellbeing. #selfcareweek #livenotlonely <https://bit.ly/2EMV9zO>

If you need an image, you can use these images:



Figure 1 - Self Care Week logo 2



Figure 2 - Self Care Week logo 1

### Share our posts

If you don't want to create new social media posts, you can share ours.

We have created a number of events which you can find here:

[https://www.facebook.com/pg/BFCHealth/events/?ref=page\\_internal](https://www.facebook.com/pg/BFCHealth/events/?ref=page_internal)

⚠️ **To do this, you need to LIKE and FOLLOW:**

Public Health Bracknell Forest on Facebook: <https://www.facebook.com/BFCHealth/>

Sign up to Health and Wellbeing news at: <https://bit.ly/2yqovRm>

# Self Care Week 2018

## ***Keeping the buzz going***

To help with the ongoing promotion of your group and the Warm Welcome Programme, someone from the Public Health team may come along to your event to take photos or video and use this to post on social media or on other promotional materials.

The next page is the special notice which needs to be displayed for public events to allow this to happen.

**⚠ This notice should be displayed on the way in and inside your event or activity.**

## ***Self Care Reward***

We'd like to reward groups that have helped people to Get Active, Connected, Learning and/or Creative so they can live a happier life for longer.

There are three cash prizes available:

- 1st Prize £125
- 2nd Prize £75
- 3rd Prize £50

Last year's winners were:

1. CAP Release - A supportive community where people can meet regularly & work through a 12 step based course designed to help break free from their dependency.
2. Singhealthy Choirs – an inclusive and supportive community choir which uses the power of singing to improve social and mental wellbeing.
3. Riot Squad – the 'running group for non-runners' which uses group running as a tool to combat poor mental health and fostering empowerment and self-belief.

Details of how to nominate your group or other groups are found here:

**<http://consult.bracknell-forest.gov.uk/public/ph/ph3/scwr2018>**

## **Questions?**

Please contact Kieth Naylor on 01344 351587 or email [public.health@bracknell-forest.gov.uk](mailto:public.health@bracknell-forest.gov.uk)



## Public Notice

### Photography

**Please be aware that a photographer has been commissioned by Bracknell Forest Council to take photographs at this event for use in council publicity material.**

Images of children and adults taking part in this event may be captured by the organiser or other authorised agents by means of film photography and digital photography. These images are intended to be used for promotional purposes i.e. distribution on the internet, media publications and corporate publications.

Bracknell Forest Council acknowledges its responsibilities in capturing images by photography under the provisions of the Data Protection Act 1998. Where possible and practical to do so (e.g. crowd shots), the council will seek written consent to capture images. Where this is not possible for practical reasons, individuals are deemed to have given their consent by remaining at the event.

Thank you for your co-operation.