



This year's theme is 'Understanding Self Care for Life'

October 2016

Dear Patient Participation Group,

Self Care Week 2016 is fast approaching! This year it will be held from Monday 14th – Sunday 20th November.

The theme is "Understanding Self Care for Life" and all practices and pharmacies are encouraged to take an active part in promoting Self Care and Prevention during Self Care Week.

Various resources are being sent to general practices that they can create a Self Care and Prevention display during Self Care Week.

A poster is being sent to practices so that everyone can promote what is happening in your practice/pharmacy during Self Care Week.

We are also asking you to support the "Make One Change Challenge" by displaying the Make One Change Challenge poster and encouraging people to either write on the poster or complete "Make One Change" pledge forms and collect them in your practice/pharmacy. These resources will be sent shortly as hard copies.

In due course, there will be a programme of events taking place across the district.

If you require further copies of Self Care Packs on long term conditions, you can obtain hard copies from Douglas Mill if you contact kate.farrar@bradford.nhs.uk in advance.

The packs are also available electronically at : Bradford City CCG and Bradford District CCG websites and the City of Bradford Metropolitan District website.

If you are organising events we'd love to hear about it so please email : kate.farrar@bradford.nhs.uk to let us know what you are doing.

Good luck with Self Care Week 2016!

Best wishes,

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www.selfcareforum.org



NHS
Airedale, Wharfedale and Craven Clinical Commissioning Group
Bradford City Clinical Commissioning Group
Bradford Districts Clinical Commissioning Group

City of Bradford MDC
www.bradford.gov.uk