

Saddleworth Medical Practice

Self Care

Fact Sheet



What is Self Care?

Self Care is the actions that individuals take for themselves, on behalf of and with others in order to develop, protect, maintain and improve their health, wellbeing or wellness.

In other words Self Care is about looking after yourself in a healthy way. It can be anything from brushing your teeth, doing some exercise, managing common conditions (like headaches, colds and flu) or living with a long-term health problem, such as asthma or diabetes.

Self Care for healthy living

Living well is important for everyone. It means eating healthily, exercising regularly, quitting smoking and drinking in moderation.

To find out more visit <http://www.nhs.uk/livewell>

Self Care for common conditions

Self Care can help you manage common conditions.

The Self Care Forum has produced fact sheets on common ailments. The fact sheets contain information about what to expect, what to do, and when to seek medical help.

To find out more visit <http://www.selfcareforum.org/fact-sheets> or collect a fact sheet from our reception.

Self Care for long-term conditions

Self Care can help you feel, supported, informed, and confident if you are living with a long term condition.

It can help you find out information about your condition, give you tips on working in partnership with the practice to plan for your needs, and ideas on how you can meet other people who have the same condition.

To find out more about what is available for you speak to your Long Term Condition Nurse at the practice.

Why we are committed to Self Care

The practice and Patient Participation Group are committed to Self Care as we believe more needs to be done to support people to better look after their own health.

Empowering individual to Self Care has many benefits to their short and long term health.

Helping people to look after their own health, and their family's health also helps manage demand on the health service.

Self Care Week - 13 to 19 November 2017

Self Care Week is an annual national awareness week that focuses on promoting Self Care.

The focus of this year is "Embracing Self Care for Life"

To find out more visit www.nhs.uk/selcare or take a look at our waiting room displays.

Self Care Year

Saddleworth Medical Practice will be using Self Care Week to launch our Self Care Year!

Throughout the year the practice and Patient Participation Group will focus on different aspect of Self Care. The first area we will focus on is Winter Health.

Watch this space, our waiting rooms and our website for the latest information.



Factsheet produced in association with the Patient Participation Group (PPG)

To find out more about Self Care contact:

Saddleworth Medical Practice

Smith Lane

Uppermill, Oldham

OL3 6AH

Tel: 01457 872228

oldccg.p85016@nhs.net

www.saddleworthmedicalpractice.com

To find out more about the PPG contact:

Royce Franklin – PPG Chair

Tel: 01457 873248

royce.franklin1@btinternet.com