

# National Self Care Week

## Award Criteria for 2018



**Choose Self care for Life**



# *Self Care Week* Award for 2018

The Self Care Forum is keen to find out exactly how organisations are empowering people to better look after their own physical health and mental wellbeing during *Self Care Week*.

The *Self Care Week* Award will recognise outstanding self care achievements and organisations are encouraged to submit applications based on the criteria on slides 4 – 6.

The winner will be awarded a £500 bursary to spend on a self care related initiative as well as receiving the accolade of the *Self Care Week* Award.

**Choose Self care for Life**



Criteria Questions for  
*Self Care Week* Award 2018

**Choose Self care for Life**



# Campaign Details

- ❖ **Overview of campaign activities** –please provide details of your *Self Care Week* campaign activities.
- ❖ **Campaign Objective(s)** –provide details of your aim(s) for *Self Care Week* and whether you met these (if you didn't please explain why).
- ❖ **Partner Organisations** – was your *Self Care Week* campaign a joint venture, if so please provide details of your partners.

**Choose Self care for Life**



# Who did you Empower and how?

- ❖ **As part of your local *Self Care Week* initiative, did you help improve people's general capability to look after their own health and wellbeing and help them understand when and where to seek help?** Please provide details.
- ❖ **Did you join forces with local groups, charities and businesses such as Scouts, Brownies, schools to improve the health literacy of a targeted group of people?** Please provide details.

**Choose Self care for Life**



# Material

- ❖ **How did you promote *Self Care Week*?** Please provide examples of promotional material as well as press coverage.
- ❖ **How did you incorporate Self Care Forum material in your *Self Care Week* campaign?** Please provide examples.
- ❖ **What other material did you use for *Self Care Week*?** Please provide examples.



# Evaluation and Cost

- ❖ **Did you evaluate *Self Care Week*?** Please provide details of the evaluation process and the findings.
- ❖ **Do you plan to use your findings for further self care activity?** Please provide details.
- ❖ **What was the cost of your *Self Care Week* campaign?**

**Choose Self care for Life**



# NHSCC Outstanding CCG Award

- ❖ A joint Self Care Forum / NHS Clinical Commissioners' award will be presented to the Clinical Commissioning Group with the most outstanding *Self Care Week* local initiative.

NHS Clinical  
Commissioners

The independent collective voice  
of clinical commissioners

**Choose Self care for Life**





# Special Innovation Award

- ❖ A special award will be presented to the *Self Care Week* initiative that has aimed to reach people outside the usual parameters of health.

For example, perhaps your activities went to unusual places such as pubs, local parks, barbers, etc or maybe your messages specifically targeted farmers, airline staff, bus drivers, cabbies, youth groups, schools, colleges etc. Please provide details



**Choose Self care for Life**



Please ensure your application is no more than four sides of A4 (excluding examples of material).

The deadline for applications is 31 January 2019, please send to [selfcare@selfcareforum.org](mailto:selfcare@selfcareforum.org). Further information will be posted on [www.selfcareforum.org](http://www.selfcareforum.org)

Thank you for your participation.

