



2019

NHS 70

2018

2017

[April](#)[August](#)[December](#)[February](#)[January](#)[July](#)[June](#)[March](#)[May](#)[November](#)

Embracing Self Care Week

GP Team from Carlisle announced as winners of national Our Health Heroes Award

News about Treatment for wet AMD

NHS ask people of Cumbria to get snapping in latest recruitment efforts

Recruitment video showcases Cumbria as the place that's 'got it all'

Statement following the publication of the review by the Independent Reconfiguration Panel IRP

World COPD Day 2017

[October](#)[September](#)

News

Floods 2015

Social media

Communications and Engagement Team

Picture library

Video library

Useful links

[Download as PDF](#)
[Print this page](#)

Embracing Self Care Week

[Homepage](#) » [News](#) » [Embracing Self Care Week](#)

Embracing Self Care Week

Posted on Wednesday 8th November 2017

To mark National Self Care Week, Cumbria Partnership NHS Foundation Trust (CPFT), North Cumbria University Hospitals NHS Trust and NHS North Cumbria Clinical Commissioning Group are raising awareness of establishing support for self care across communities, families and generations.

More needs to be done to support everyone to look after their own health. Empowering people to self care has many benefits for their short and long term health which is more important as people are living longer.



This year's theme is 'engaging and empowering people' to look after their own health, their family's health and aims to help individuals take control of their own health throughout their life. This includes helping people better understand how to look after any minor ailments or long-term conditions they may have and how to prevent ill health by choosing healthy options for good physical and mental wellbeing.

Clare Parker, Executive Director of Quality & Nursing from CPFT said: "We want people to feel good about themselves, taking care of their physical and mental wellbeing as a lifelong habit to improve personal resilience. There is lots of advice and information available, making simple and positive changes to our lifestyles with exercise, diet and sleep can bring about benefits".

Your local pharmacy and NHS Choices can help you to gain a greater understanding of how you can prevent long-term conditions. They can provide advice for type 2 diabetes, heart disease, Chronic Pulmonary Obstructive Disease and many other conditions.

Anyone eligible for a flu jab should make an appointment to get this done. This can protect you and your family against the serious effects of flu and associated complications."

Here are some more simple steps to Self Care for Life and help to prevent avoidable conditions:

- Eat well, live well. It is important that we get the nutrients we need and avoid excessive amounts of salt, fat and sugar to improve our diet. Information is available from the NHS Choices website or ask your pharmacist for advice on managing your weight.
- Move more! You don't need to go expensive gyms, just walk the dog, play football with the kids, leave the car at home, ignore the bus, take the stairs, turn up the music and dance!!
- Stop smoking - Is one of the biggest benefits to health. Ask your local pharmacist about stop smoking services.
- Sleep and relaxation. A good night's sleep is essential to good physical and mental wellbeing so make sure you get at least 7 hours sleep a night. We have such busy lives that we sometimes forget to take time out to relax. Find time in the day to be still and quieten your mind, holistic exercise such as yoga can also be helpful.
- Flu vaccination - Make an appointment for your flu vaccination. It is impossible to get the flu from the flu vaccine because the adult vaccine doesn't contain live viruses. A very small number of people experience side effects such as aching muscles, but this is simply the immune system responding to the vaccine.

Self Care Week is running from 13th – 19th November; it is a national awareness week that focuses on embedding support for self care across communities, families and generations.

Notes for Editors:

1. Self Care Week takes place 13-19 November and the theme this year is “Engaging and Empowering people.”
2. Self Care Week is an annual national awareness week that focuses on establishing support for self care across communities, families and generation.
3. Information Resources:

<http://www.selfcareforum.org/resources/self-care-leaflets/> (Self Care Forum factsheets)

<http://www.nhs.uk/LiveWell/Fitness/Pages/Fitnesshome.aspx> (NHS live well Choices)

<http://www.treatyourselfbetter.co.uk/> (Treat Yourself Better Website)

<http://antibioticguardian.com/> (Antibiotics Guardian)

<http://www.nhs.uk/staywell/> (Stay Well this Winter campaign)

<http://www.northcumbriaccg.nhs.uk/winter>

Posted on Wednesday 8th November 2017



Latest news

- **Community Stroke Prevention event in Whitehaven on 14 June**

Monday 10th June 2019

- **Next Governing Body Meeting to take place on Wednesday 5 June 2019**

Wednesday 29th May 2019