Promoting self care

Self care is all about empowering people with the confidence and information to look after themselves when they can, and visit health and care professionals when they need to.

There are various levels of self care – from carrying out exercise and adopting a healthy lifestyle to participation in self-help groups, providing support in such areas as managing diabetes or cancer. By enabling people to actively manage their conditions, it will help prevent those conditions escalating from something manageable to crisis situations.

With more and more people having a range of long-term conditions, the development of self care allows us to think differently and work differently.

The Self Care Hub is an initiative that has been launched as part of the Better Together programme.

The programme is bringing together all the health and social care organisations across mid-Nottinghamshire to review and shape future health and social care services. Mid-Nottinghamshire covers the areas of Mansfield and Ashfield Clinical Commissioning Group and Newark and Sherwood Clinical Commissioning Group.

Call the Self Care Hub on 0300 303 2600 and find out how we can help.

www.nottshelpyourself.org.uk/selfcarehub
The Self Care Hub

A Self Care Hub has been established in mid-Nottinghamshire to help citizens access self care advice, information and support.

Individuals can access the free and confidential Self Care Hub by:

- Calling our phone line 0300 303 2600 (9am to 5pm, Monday to Friday)
- Visiting one of our drop-in sessions at Ashfield Health and Wellbeing Centre, Kirkby-in-Ashfield or at a GP practice in your local area – call our phone line for details on dates and times
- Emailing: selfcarehub@selfhelp.org.uk

The hub’s services are available to anyone aged 18 or over living or working in the local area. The hub is run by Self Help UK and commissioned by Mansfield and Ashfield Clinical Commissioning Group and Newark and Sherwood Clinical Commissioning Group. The Self Care Hub service is provided by a team of fully trained advisers from Self Help UK.

Self Care Hub services – helping citizens find the help they need

You can refer public and patients to the Self Care Hub for many sources of information, support and signposting to community services, including help and advice for:

- Patients with long-term conditions including diabetes and cancer wanting to know more about their condition and how to better self-manage
- People who would like to know more about making healthy choices
- Patients who would benefit from a Self Care Action Plan to help them set goals and activities to support their health and wellbeing
- People with issues that may be affecting their health such as money worries or housing problems
- People who might be lonely or socially isolated who would benefit from taking part in local social groups such as friendship and walking groups or lunch clubs.

Benefits of making a referral

In patient/service user consultations, there might be situations where:

- People keep coming in for appointments with wider problems beyond their medical needs
- People would benefit from joining a condition-specific support group
- Lonely or isolated people would benefit from joining in social activities or a befriending service
- You would like your patient/service user to have a ‘self care action plan’ which is designed to help plan health and lifestyle changes
- You do not have the time to explain the wider support available in the community
- You do not have time to find all the range of options open to someone for self care support
- It would be useful for some of your patients to get support to set their own objectives for improving their wellbeing.

Please call the Hub phone line 0300 303 2600 (9am to 5pm, Monday to Friday) to make your referral.