

Dear all,

Part II of this week's bulletin includes an item on:-

- **Self Care Week – Embracing Self Care for Life 13-19 November 2017**
- **Useful website links:**
  - [www.carersvoicesomerset.co.uk](http://www.carersvoicesomerset.co.uk)
  - <https://www.england.nhs.uk/participation/get-involved/how/nhs-citizen>
  - <http://www.cqc.org.uk/content/get-our-newsletter>
  - [www.cqc.org.uk](http://www.cqc.org.uk)
  - [www.somersetparentcarerforum.org.uk](http://www.somersetparentcarerforum.org.uk)
  - <http://healthwatchesomerset.co.uk/>

Please share this with colleagues who may be interested in being added to the circulation list to receive the bulletin regularly.

Please contact me on [susan.lilley@nhs.net](mailto:susan.lilley@nhs.net) if you have any information you would like added to future Patient Engagement Weekly Bulletins.

Kind regards

Sue Lilley

**Patient, Public and Carer Involvement Co-ordinator**

**Somerset Clinical Commissioning Group** | *Working together to Improve health and wellbeing*

Wynford House | Lufton Way | Lufton | Yeovil | Somerset | BA22 8HR

Telephone: 01935 385020 | Fax: 01935 384079

Email: [susan.lilley@nhs.net](mailto:susan.lilley@nhs.net) Website: [www.somersetccg.nhs.uk](http://www.somersetccg.nhs.uk)

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## **Subject : Self Care Week – Embracing Self Care for Life 13-19 November 2017**

Next week is **Self Care Week**. Self-care is about keeping fit and healthy, understanding when you can look after yourself, when a pharmacist can help and when to get advice from your GP or another health professional. If you have a long-term condition, self-care is about understanding that condition and how to live with it.



Find [advice about minor illnesses](#) in our Health A-Z section, or [download Self Care Forum's fact sheets](#) from their website.

This year's Self Care Week takes place from November 13-19 and the theme is Embracing Self Care for Life. The aim is to help you stay healthy for your whole life. The event is run by the Self Care Forum. Events will be held across England and you can find out more details on your clinical commissioning group (CCG) or local authority websites.

### **How NHS Choices can support you**

There's a lot of information on this site that will help you improve your health and wellbeing. You can read about how to:

- lose weight
- get fit
- stop smoking
- cut down on alcohol
- eat more healthily
- make the most of your pharmacist

If you think that you need help from a health professional, you can look up services near you. Simply select the service you need and do a postcode search.

If you are not sure what NHS service is most appropriate for your circumstance, call 111. NHS 111 is the NHS non-emergency number and is available 24 hours a day, 365 days a year. For detailed information on specific conditions, including long-term conditions, visit Health A-Z.

<http://www.selfcareforum.org/events/self-care-week-resources/>

<https://www.nhs.uk/selfcare/Pages/self-care-week-2017.aspx>