

self care

In Dudley borough

mental wellbeing

minor ailments

caring

long term conditions

role of professionals

a pack to start conversations...

what is self care?

THE NHS SAYS

“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.”

But can it mean more?

We want to know what self care means to you...

What's it all about?

This pack is to help you start conversations on self care, health and wellbeing with people you know.

We would like you to talk about one or more of these topics:

- » mental wellbeing
- » long term conditions
- » caring
- » minor ailments
- » role of professionals

Each topic includes discussion ideas based on conversations that local people have already been having.

However, you might have different views or ideas.

The discussions you have will contribute to a Dudley borough self care strategy

How to get started

1. **Decide how long you want your discussion to last - and stick with it**
2. **Choose which topics you would like to discuss**
3. **Agree a note-taker**
4. **Talk about self care!**
5. **Make sure everyone feels included and can have a view - there are no right or wrong answers**
6. **Tell us what you talked about (please see our feedback card)**

mental wellbeing:

Mental health is:

“a state of well-being in which every individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

World Health Organisation

People in Dudley borough
are talking about:

- Dealing with stigma, assumptions and attitudes
- Getting information, help and advice
- Freely talking about mental health
- How services work for them
- Involving local people in service planning
- People helping each other

What
works?

How could
things be
different?

caring:

“Across the UK today 6.5 million people are carers, supporting a loved one who is older, disabled or seriously ill... whether round-the-clock or for a few hours a week, in our own homes or at the other end of the motorway. Caring is such an important part of life. It’s simply part of being human.”

Carers UK

People in Dudley borough are talking about:

- Family, work and caring roles
- Emotional and physical wellbeing of carers
- Getting information, help and advice
- Understanding younger and older carers
- Involving local people in service planning
- People helping each other

What works?

How could things be different?

minor ailments:

Mild skin conditions such as acne, eczema, psoriasis, impetigo, athlete's foot

Coughs and colds, including blocked nose (nasal congestion) and sore throats

Conjunctivitis, cold sores and mouth ulcers, warts and verrucas

Constipation and piles (haemorrhoids)

Hay fever, dry eyes and allergies (including rashes, bites and stings)

Aches and pains, including earache, headache, migraine, back pain and toothache

Vomiting, heartburn, indigestion, diarrhoea and threadworms

Period pain, thrush and cystitis

Head lice (nits), nappy rash and teething

Bruises, sunburn, minor burns and scalds

www.nhs.uk

People in Dudley borough are talking about:

- Understanding minor ailments
- Knowing your own body
- Getting information, help and advice
- Trust and confidence in the people who help us
- Helping yourself and people helping each other
- Involving local people in service planning

What works?

How could things be different?

long term conditions:

“About 15 million people in England have a long-term condition. Long-term conditions or chronic diseases are conditions for which there is currently no cure, and which are managed with drugs and other treatment, for example: diabetes, chronic obstructive pulmonary disease, arthritis and hypertension.”

The King's Fund

People in Dudley borough are talking about:

- Knowing your body and coping strategies
- Quality of life and personal goals
- Involvement in decisions about personal health and healthcare
- Helping yourself and each other
- Involving local people in service planning
- Getting information, help and advice

What works?

How could things be different?

role of professionals:

“Health professionals play a central and critical role in improving access and quality health care for the population. They provide essential services that promote health, prevent diseases and deliver health care services to individuals, families and communities based on the primary health care approach.”

World Health Organisation

Other professionals help us with essential things including housing, education, our environment and keeping safe.

People in Dudley borough are talking about:

- Information that empowers people
- Professionals and the public understanding each other
- Respectful and trusting relationships
- Professional values, training and approaches
- Professionals and the public working together to solve problems

What works?

How could things be different?

Your feedback

After your session we would like you to share your conversations with us.

Please try not to include anything that will identify individuals in the information that you feed back.

Healthwatch Dudley will include your ideas in a report that will inform a local self care strategy.



Get in touch

Please contact us to decide how to return your valuable feedback, or to answer any questions:

Healthwatch Dudley

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