

Supporting self care – a training package for PCT health and social care professionals

What are the aims of the training package?

- To explain the policy context of self care within the NHS.
- To develop a strategy that supports self care across the PCT.
- To help reduce consultation rates through better use of services in primary care by supporting and promoting a self care culture.

Who will the training benefit?

Everyone who is involved in the development and implementation of cultural change in the PCT and everyone who wishes to improve the promotion of self care.

What does the training offer?

An ideal opportunity to work together with PCT colleagues on the development of a new organisation-wide strategy.

What format does the training take?

Three training workshops, which will last about 2–3 hours each, held over 6–12 months.

- Workshop 1 – developing an integrated strategy for self care across the PCT.
- Workshop 2 – choosing interventions to promote self care and agreeing an action plan.
- Workshop 3 – summarising and reviewing progress towards establishing a culture that supports self care.

What materials are available?

The resources available as part of the training package include:

- 'Supporting Self Care in Primary Care' by Ruth Chambers, Gill Wakely, Alison Blenkinsopp (Radcliffe Publishing)
- slide kit on self-care policy
- educational tools and resources.



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Programme

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