

# Self Care Awards

**Case Study:** Alsager School



The first secondary school in Cheshire – Alsager School have achieved their Bronze Self Care Award, having attended the workshop run by NHS South Cheshire Clinical Commissioning Group.

The school Self Care Champion Mrs Howard, devised and agreed an action plan with a newly established Self Care Team, which consists of herself and eight, year 13 pupils.

The Self Care Team attended the workshop where they left with their Self Care Champion certificates. They then took the information they had learnt during the workshop to make posters which were displayed throughout the school and on the school tv information screens.

The Self Care Champion Team devised a lesson plan that they would deliver to year 7 pupils, which was interactive and informative. This was evaluated by the pupils taking part with everyone stating they had learnt something new during the lesson eg. When to visit your GP, the costs of missed appointments and when to call 111.

Staff were also asked for feedback around the information shared around the school and during the lesson with one member of staff taking some of the information and sharing it with her own community, including a local nursery school.

The school plan to have a new group of Self Care Champions from year 13 every year to continue with this learning and sharing information

**The school have received their Bronze Self Care Award**