

# Self Care Awards

**Case Study:** Malbank School and Sixth Form College



Malbank School and Sixth Form College have achieved their Bronze Award for Self Care.

In order to achieve their Bronze status for Self Care, Lesley Brown and some other staff members firstly attended a Self-Care workshop delivered at the time by NHS South Cheshire CCG in order to become Self Care Champions and promote the important messages around self care to their staff and students.

The school and college have also ensured that self care information has been promoted across their site through the use of banners, leaflets and digital messaging.

Malbank School and Sixth Form College have successfully achieved their Bronze Self Care Award.

