

Self Care Awards

Case Study: Motherwell Cheshire



Motherwell Cheshire have achieved their Bronze Award for Self Care.

In order to achieve their Bronze status for Self Care, Motherwell team 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 service users.

All new volunteers are now provided training around self care and Motherwell have a Health and Wellbeing policy in place for all of their team members.

Motherwell have self care information on display in their offices and have established monthly Wellbeing days which provide an opportunity for staff and service users to be provided information on self care, treatments for relaxation and also blood pressure readings as part of their 'Happy Hearts' initiative.

Motherwell Cheshire have successfully achieved their Bronze Self Care Award.

