



PRESS RELEASE

2 November 2018

Choose Self Care for Life: Choose to Invest in Your Future Self

NHS Thurrock Clinical Commissioning Group (CCG) is inviting primary schools to enter a competition to design bunting associated with self care as part of its Self Care Week celebrations. The prize will be sponsored by Impulse Leisure.

We are increasing children's awareness about their future health and wellbeing this Self Care Week (12 – 18 November) by helping them see that making small changes can make a big difference.

The bunting will be entered into a competition for schools in Thurrock to be judged by healthcare leaders, public health and representatives from Impulse Leisure. The winning class will receive a free swim, and assessment for each child in the class and a special in school dance exercise lesson.

Choosing Self Care for Life is about making improvements in your life to protect your physical health and mental wellbeing.

Follow these small steps to a healthier you:

- Get active; advice is to exercise for at least twenty minutes a day, it's ideal if you can incorporate this into your day by ditching the car and walking to work, or walking the dog, taking the stairs or even dancing around the kitchen table to your favourite songs!
- Eat well. We all know that healthy eating is crucial to our health so we can start by swapping unhealthy snacks for healthy options such as nuts, seeds and fruit. Ask your pharmacist for advice on managing your weight.
- Make positive changes! Take steps to stop those bad habits that don't serve you well. This Self Care Week make a plan to stop smoking, reduce alcohol intake and get active! Your pharmacist can help with lifestyle changes such as weight management and stop smoking services.
- Rest. A good's night's sleep is as essential to our health and wellbeing as eating healthily and exercising so, make sure you get the recommended 7-8 hours a night!
- Stop! These days we lead have such busy lives that we sometimes forget to slow down and stop. Find time in your day to just quieten your mind. Mindfulness or yoga might be helpful.

Jane Foster-Taylor, Chief Nurse for NHS Thurrock CCG said “It’s never too early or too late to begin to make small, simple changes that will enhance and protect your health now and, in the future. Often one small change will make a big difference to your wellbeing.

“For instance, choosing to become more active will not only improve your physical health, it will also boost your mood.”

Mike Baden, CEO Impulse Leisure adds “Setting up good habits from when children are young, keeping as active as possible and making it fun, will help them to become healthy adults.”

During Self Care Week, and everyday choose Self Care for Life and make self care your life-long habit. For more information on local activities for Self Care Week visit: www.selfcareweek.org.uk

Download our Self Care Week materials, there’s even a Selfie Frame you can cut out and use on the week! <http://www.thurrockccg.nhs.uk/news/events-page/self-care-for-schools>

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Notes to editors:

1. Self Care Week takes place 12-18 November 2018 and has the theme “Choosing Self Care for Life.” The Self Care Week Competition is being promoted by NHS Thurrock Clinical Commissioning Group and the prize for the winning class is sponsored by Impulse Leisure. For more information on Thurrock’s Self Care Week Competition contact:
2. Self Care Week is an annual initiative organised by the Self Care Forum to raise awareness about the benefits of self care and what people can do to take care of their health. It is to promote and encourage more self care across communities, families and generations.
3. The Self Care Week Primary School Competition is being run by Thurrock CCG in conjunction with Impulse Leisure For more information about Impulse Leisure visit: <https://impulseleisure.co.uk/>
4. Impulse Leisure is a non-profit organisation that runs three leisure centres in Thurrock (Belhus Park, Blackshots and Corringham). We aim to provide value for money facilities for the whole community to help everyone keep active, healthy and feel good. Our wide range of health, fitness and leisure facilities includes; Swimming Pools, Fitness Suites, Group Exercise Studios, Kinesis Studio, Sauna and Steam Rooms, as well as a Driving Range and 18-hole Golf Course & Country Club at Belhus Park. We run numerous Swimming programmes for schools and I-Swim Swimming Lessons for Children. Our I-Swim programme helps to build confidence in the water and offers progressive levels of achievement. Available for all ages and all levels – our programmes are based on the ASA National Plan.
5. Information and resources
 - <http://www.selfcareforum.org/fact-sheets/> (Self Care Forum fact sheets)
 - <http://antibioticguardian.com/> (Antibiotics Guardian)
 - <https://www.nhs.uk/> (NHS Choices)