

Self Care Week is a UK-wide annual awareness week that focuses on what we can all do to keep ourselves as healthy as possible. This includes living well with a health condition. Visit the Self Care Week website for lots of ideas, inspiration and stories of how people can find the best way to self care: [www.selfcareforum.org/events/self-care-week](https://www.selfcareforum.org/events/self-care-week/)

Here at Blackmore Vale Partnership we are marking Self Care Week by promoting the Five Ways To Wellbeing:



**Connect** - with others

**Be Active** - physically and mentally

**Keep Learning** - new things and about yourself

**Take Notice** – slow down and be present

**Give** – time to others

Our Wellbeing Team are sharing lots of information and ideas that support these Five Ways To Wellbeing – look out for social media posts and the Blackmore Vale Partnership website. We are also holding two morning drop-in sessions for anyone to call into the Surgery for more information and a chat about Self Care can help you live well. These are 10am-12pm on:

**Weds 16th Nov** (Abbey View Surgery) **Thurs 17th Nov** (Sturminster Medical Centre)