

PRESS RELEASE
For immediate publication

We are preparing for Winter in Chelford!

Chelford Tenants & Residents Association (CTARA) is raising awareness of “National Self Care Week” which takes place from 14th to 20th November this year. The voluntary Association received the “Queens Award for Voluntary Service” in 2015 as recognition of the work it undertakes in the community. It works closely with partners including Chelford Surgery, which was rated by a recent GP Patient Survey as the top practice in the area with a 96 per cent happiness rating. David Kent Secretary explained; “We wanted to support Chelford Surgery in the activities they had planned for National Self Care Week” and as an Association which has contacts with many older persons in the Cheshire East area wanted to do our bit to raise awareness”

Self care means knowing how to keep fit and healthy, how to deal with medicines appropriately, manage self-treatable conditions and when to seek appropriate clinical help. If you have a long-term condition, self care is about understanding that condition and how to live with it. The event is run by the Self Care Forum and aims to help people become more knowledgeable about health and lifestyle options that will impact positively on their physical and mental wellbeing.

The Self Care Forum states; *“Self Care Week is an annual national awareness week that focuses on establishing support for self care across communities, families and generations. More needs to be done to support people to better look after their own health. Empowering individuals to self care has many benefits for their short term and long term health and this is important since people are living longer. The campaigns message this year is “Understanding Health Care for Life”*

CTARA will be promoting the Self Care message with displays and lots of information and advice on self care. This is particularly important as we enter winter with more colds, sore throats and coughs which cannot be treated by antibiotics. An example of a “Medicine Cabinet Make Over” will be on show to patients visiting the Chelford Surgery and information leaflets placed with prescriptions to get the message across.

David also commented: “Of particular importance is the fact that many common winter ailments such as colds cannot be treated by antibiotics but they can be treated with rest, plenty of fluids, pain relievers such as paracetamol or ibuprofen. Obviously you should consult your doctor if you are concerned”

This initiative is one of many that CTARA deliver around healthy lifestyles which includes Exercise Classes which help prevent falls and lots of social activities to help alleviate loneliness and social isolation.

Looking ahead CTARA have been shortlisted for some funding to deliver a “Happy & Healthy in Chelford” project with lots of new activities including more exercise classes, carers events, a walking club, Musical Moments activities and Crafting Memories sessions. David said “Everyone in our Association is hoping we are successful in this funding bid to help us do more to help our community with our fanstastic band of volunteers. We all have our fingers crossed!”

For further information on Self Care Week visit www.selfcareforum.org

For details of CTARA visit www.e-voice.org.uk/chelfordtara or phone 01625 861038

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CONTACT:

FURTHER INFORMATION: www.selfcareforum.org

