

# Self Care Award Criteria



## What you need to know

To achieve the Bronze Award you will need to provide evidence and show how you have met the criteria, which will be part of your portfolio.

**Criteria** – You must meet all criteria to show that there has been a **genuine commitment** to Self Care

- Address Self Care awareness – this can mean some Champions are given tasks and roles for taking forward actions and promotion.
- Engage with staff/students to establish an Action Plan around the Self Care and Wellbeing needs
- As part of the Action Plan, promote and raise awareness of Self Care and Wellbeing topics that have been identified
- Provide feedback that information has been provided

## What we will do

- Mentions on social media
- Provide internal communications advice
- Support the initial development of a bespoke action plan
- Provide ongoing support
- Arrange purchase of a plaque

## Additional Information

For a copy of the Criteria Checklist for the Bronze Award – [please select here](#)

For a copy of the Self Care Awards Action Plan Template – [please select here](#)

For access to Bronze Self Care Award Case Studies please use the following link –

<https://www.cheshireccg.nhs.uk/help-us-help-you/self-care/self-care-award-case-studies/>

The outcome from Bronze is knowing that everyone in your organisation/school/group has become more aware of Self Care and Wellbeing. By achieving Bronze, everyone will recognise how they can be supported.

# Self Care Award Criteria



## What you need to know

To achieve this award you will need to provide evidence that you are maintaining the criteria for the Bronze Award and show how you've progressed and met the criteria for the Silver Award which will be part of your portfolio.

**Criteria** – You must meet all criteria to show that there has been a **genuine commitment** and **promotion** of Self Care

- Promote the benefits of physical activities and promote opportunities locally
- Using national campaigns to provide further Self Care and Wellbeing information
- Provide staff/students the opportunity to take part in the local Self Care Champion training
- Evidence in the Action Plan feedback from staff on how their emotional wellbeing has been supported
- Demonstrate policies/procedures are in place to improve Self Care

## What we will do

- Mentions on social media
- Provide internal communications advice
- Website banner and logos
- Provide ongoing support
- Arrange purchase of a plaque

## Additional Information

For a copy of the Criteria Checklist for the Silver Award – [please select here](#)

For a copy of the Self Care Awards Action Plan Template – [please select here](#)

For access to Silver Self Care Award Case Studies please use the following link –

<https://www.cheshireccg.nhs.uk/help-us-help-you/self-care/self-care-award-case-studies/>

Whilst maintaining the outcomes from Bronze, the Silver Award's outcomes demonstrate that you have put policies, guides or procedures in place to allow people to engage in improving and protecting their Self Care and Wellbeing.

# Self Care Award Criteria



## What you need to know

To achieve this award you will need to provide evidence that you are maintaining the criteria for the Silver Award and show how you've progressed and met the criteria for the Gold Award, which will be part of your portfolio.

**Criteria** – You must meet all criteria to show an **exemplary** approach to Self Care

- Demonstrate commitment to providing Self Care information
- Increase the knowledge and understanding of mental health Self Care
- Provide evidence of where you have reached out to the wider communities with Self Care messages
- Evidence in the Action Plan sharing the improvement within the organisation resulting in improved Self Care
- Provide feedback that information has been provided

## What we will do

- Mentions on social media
- Provide internal communications advice
- Website banner and logos
- PR
- Arrange purchase of a plaque

## Additional Information

For a copy of the Criteria Checklist for the Gold Award – [please select here](#)

For a copy of the Self Care Awards Action Plan Template – [please select here](#)

For access to Gold Self Care Award Case Studies please use the following link - <https://www.cheshireccg.nhs.uk/help-us-help-you/self-care/self-care-award-case-studies/>

Whilst maintaining the outcomes from Silver, the Gold Award's outcomes demonstrate long term commitment to providing Self Care and Wellbeing support both within your organisation and your wider Community. In achieving Gold, you will be able to evidence positive behaviour change.

