



First Contact Clinical

## Pioneer Workshop - Scene Setting



### The scene setting workshop will cover the following areas:

- What is Self Care?
  - What does it mean for me?
- What behaviours are needed to support the self care realisation?

Self care is a blend of emotions and behaviours – which will be different dependant on the individual circumstances – it is not one thing – but fundamental to “it” is a behavioural change from passive to active. Empowering people to take control of their care and empowering professionals to let go of control and work in tandem with their patients and clients.

This behavioural change is largely determined by the individual’s “mind set”: their belief in themselves and their ability to take action: SELF EFFICACY.

### People who should attend:

- All patients who want to know more about Self Care
- All professionals that support patients or care for people in the community
  - Carers

Continued...

**Empowering people who feel least able to enjoy a happier, healthier life.**

**Learning outcomes:** Have a real insight into Self Care and what it can do for you

**Sessions being held are on:**

Date	Time	Venue
Thursday 2 <sup>nd</sup> October 2014	13.00 – 16.00	Hebburn Community Association
Friday 10 <sup>th</sup> October 2014	13.00 – 16.00	To be confirmed
Monday 13 <sup>th</sup> October 2014	13.00 – 16.00	To be confirmed
Friday 17 <sup>th</sup> October 2014	9.00 – 12.00	To be confirmed
Thursday 23 <sup>rd</sup> October 2014	9.00 – 12.00	Hebburn Community Association
Friday 24 <sup>th</sup> October 2014	13.00 – 16.00	Hebburn Community Association
Monday 3 <sup>rd</sup> November 2014	13.00 – 16.00	To be confirmed
Wednesday 5 <sup>th</sup> November 2014	13.00 – 16.00	To be confirmed
Thursday 13 <sup>th</sup> November 2014	9.00 – 12.00	To be confirmed
Wednesday 19 <sup>th</sup> November	13.00 – 16.00	To be confirmed
Friday 21 <sup>st</sup> November 2014	13.00 – 16.00	To be confirmed
Monday 24 <sup>th</sup> November 2014	13.00 – 16.00	To be confirmed
Friday 28 <sup>th</sup> November 2014	13.00 – 16.00	Hebburn Community Association
Friday 5 <sup>th</sup> December 2014	9.00 – 12.00	To be confirmed
Monday 8 <sup>th</sup> December 2014	13.00 – 16.00	To be confirmed
Friday 12 <sup>th</sup> December 2014	13.00 – 16.00	To be confirmed

**Follow on work:** Level 2 - Self Care Workshops

Please find attached booking form for completion and return to:

[enquiries@firstcontactclinical.co.uk](mailto:enquiries@firstcontactclinical.co.uk)

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to enjoy a happier, healthier life.**

## BOOKING FORM

Name of Participant: (1)	
Job Title:	
Name of Participant: (2)	
Job Title:	
Organisation Address:	
Telephone:	
Contact Email:	
Course Type: <i>please delete as appropriate</i>	Scene setting / Skills / Advanced
Preferred Workshop Dates	1 <sup>st</sup> Date Choice:  2 <sup>nd</sup> Date Choice:

Please complete booking form and return either by email to [enquiries@firstcontactclinical.co.uk](mailto:enquiries@firstcontactclinical.co.uk)

Or by Post to:

**Training Team**  
First Contact Clinical  
Business Works South Shields  
Henry Robson Way  
South Shields  
NE33 1RF

Deadline for submissions will be one week prior to date of workshop

Book now to avoid disappointment!

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