

# The Self Care Hub – Self Help Connect

Newark & Sherwood CCG (one half of Mid Notts) commissioned Self Help Connect to develop a supported self-care access service for patients at high risk of unplanned hospital admission – known locally as PRISM Plus. The service placed Self-Care Advisors within Integrated Care Teams. These Advisors provided a gateway to supporting people to access self-care services in the community. The project proved a great success but it was only reaching the very ill and both Newark and Sherwood CCG and Mansfield and Ashfield CCG knew they needed to reach further.

The Better Together Programme in Mid Nottinghamshire<sup>1</sup> therefore commissioned Self Help Connect (the national organisation for self help groups) to create a ‘Self-Care Hub’ to support patients and carers to take greater control of their health and wellbeing.

Based in the Ashfield Health Village the Connect to Health Service will offer both a physical and a virtual self-care hub. The Hub offers three types of support. A website offering everything from public health messages to an online self-care support search facility. The website will support the public and professionals to access the information they need 24/7.



**Bob has COPD, he often finds it difficult to get out; supported to rediscover his talent for art, he now brings the outside world in.**

<sup>1</sup> Newark & Sherwood CCG and Mansfield & Ashfield CCG

Self-Care Advisors and Self Care Volunteer Advisors will operate a drop-in, referral and telephone service at the hub to support people making their self-care choices. Advisors will support people to develop self-care action plans and build on-going supportive relationships with callers encouraging people to take up opportunities.

Community Support Advisors, already in place in Newark & Sherwood, will be placed with integrated care teams across Mid Notts to provide support to patients with multiple and complex support needs; patients at high risk of unplanned hospital admission. Advisors will undertake holistic needs assessments and support patients to access self-care and community support.

The Hub will support people in Mid Nottinghamshire to better self-care; helping them to achieve healthier lives whilst avoiding unnecessary use of expensive health services.

