

Social care, self-care and prevention

The view from NHS Choices

NHS Digital supporting health and wellbeing

Our ambitions:

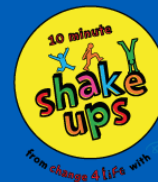
- Deliver actionable content
- Support self-care
- React and evolve to meet user needs
- Deliver a seamless journey
- Deliver better health outcomes

For more info, contact harriet.messenger@nhs.net

Campaigns

change 4 life start 4 life

Campaign Resource Centre



Behaviour change tools

Week 1 progress chart

Start of the week

Record your weight and waist at the start and end of each week

Weight

15 st 6 lb

Metric Imperial

Waist

38 in

Metric Imperial

Losing weight
Getting started

Our new 12 week weight loss guide combines advice on healthier eating and physical activity. You get a brilliant information pack for each week of the plan, which is full of advice and tips, plus a brilliant stick-it-on-the-ridge planner to help you track your weekly progress.

Developed in association with **The British Dietetic Association**

Download

Week 1	Week 2	Week 3	Week 4
Week 5	Week 6	Week 7	Week 8
Week 9	Week 10	Week 11	Week 12

Download all 12 weeks

Contact - Armed Forces mood self-assessment

How have you been feeling lately?

When it comes to emotions, it can sometimes be hard to recognise or admit that we're not feeling 100%.

If you are 16 or over, take this short questionnaire to:

- Help you better understand how you've been feeling over the last **fortnight**
- Point you in the right direction for helpful advice and information on military mental health

If you are struggling, it is not intended to replace a consultation with a GP.

Under 16? visit the [NHS Choices Youth Mental Health hub page](#).

Start

content provided by **NHS choices**

CHECK YOUR MOOD

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Under 16? visit the [Youth Mental Health hub page](#)

Start

Childhood illness: a visual guide

From warts and measles to chickenpox and tonsillitis, find out how to recognise some of the most common childhood conditions.

View slides

Baby rashes: a visual guide

From nappy rash and eczema to impetigo and slapped cheek syndrome, use this visual guide to help you recognise different baby rashes.

View slides

Vagina problems: a visual guide

If you've got a problem down below, you really need to go to your GP or a sexual health clinic to get it checked out. In the meantime, here's a guide to some vagina problems.

View slides

HOW HEALTHY IS YOUR HEART?

The Heart Age Test:

- Tells you your heart age compared to your real age
- Explains why it's important to know your blood pressure and cholesterol numbers
- Gives advice on how to reduce your heart age

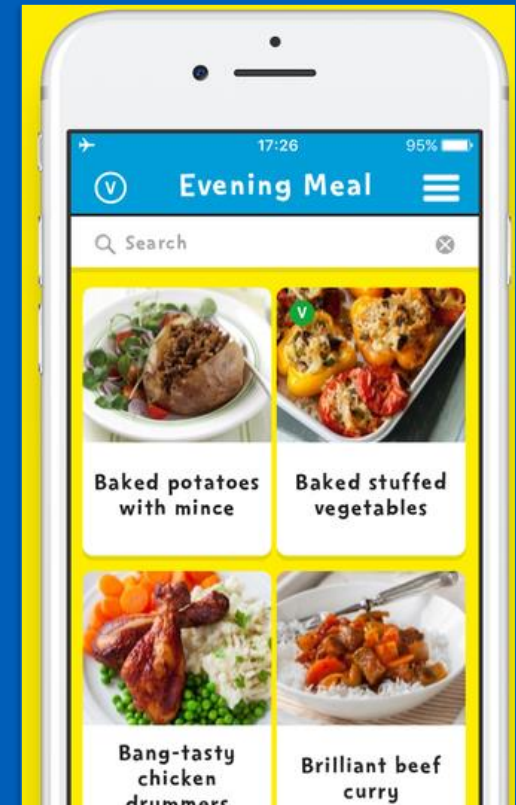
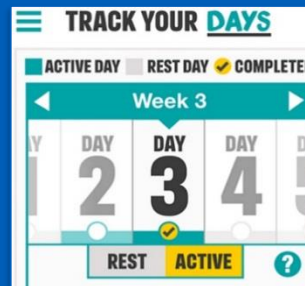
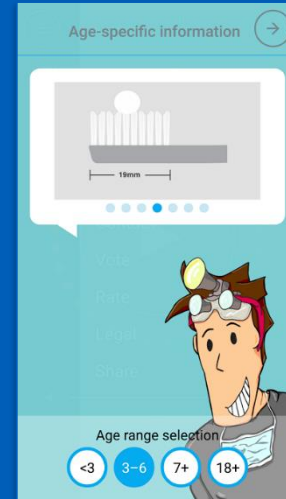
START

Full [terms and conditions](#) can be read here

This tool is a collaboration between NHS Choices, Public Health England, UCL and the British Heart Foundation. [More information about partners](#)

Full [credits](#) can be read here

Apps



Syndication

HEALTH help NOW. **NHS**

Welcome

Select your location:

- > Buckinghamshire
- > Croydon and Sutton
- > Harrow
- > Kent and Medway
- > Merion
- > Richmond upon Thames
- > West Essex

Feeling unwell? Not sure where to go to get the help you need? Health Help Now will help you find the right treatment.

Health Help Now lists common symptoms and offers suggestions for treatment, based on your location and the time of day, with the one that works best for most people listed first.

Buckinghamshire County Council

Health and wellbeing | Your health | Public health | Health and wellbeing board | Understanding Buckinghamshire

You are here: Home

- Healthy eating
- Get active
- Drugs and Alcohol
- NHS Health Checks
- Stop smoking
- Mental health and wellbeing
- Live Well Stay Well
- Heads Up - Helping men stay happy

Health and Wellbeing Bucks

If you want advice on losing weight, stopping smoking, being physically active, or reducing the amount of alcohol you drink, we're here to help you make those changes and stick to them. Click here to get started.

News and views

Our new Cabinet Members are:

- [Iain Stacey](#) Cabinet Member for Community Engagement & Public Health
- [Steve Wilson](#) Deputy Cabinet Member for Community Engagement & Public Health
- [Liz Dabell](#) Cabinet Member for Health & Wellbeing

To see the full list of Cabinet members please click [here](#).

To see the full list of councillors elected please click [here](#).

chances

Find and choose services

OR Pharmacy Hospital Adult

postcode

Find Choose

Download the Twitter app here

Tweets by @Bucks

Bucks Public Health Twitter

PublicHealthEngland @PHE_UK

Our #SAFEFACT campaign is calling on people to phone 999 if they spot any signs of a stroke. Learn more about the case studies supporting our message [also on @BucksPHB](#)

Providing community health services

Like now

Showing you all tweets about #999

NHS Choices API developer portal

HOME ABOUT DOCUMENTATION PRODUCT SUBSCRIPTIONS WIDGETS SUPPORT SIGN IN

Find services widget

The find services widget can be configured to display NHS services (GPs, hospitals, dentists, pharmacies & opticians), searchable via postcode. You will need to be signed in to generate this widget.

Step-by-Step

NHS choices

Find services

Enter a postcode

Select a service

Search

PAY REPORT REQUEST A TO Z

Charnwood

Search

Welcome

With My Charnwood you can find out all north Leicestershire area. Just enter your house number and either your postcode or street name in the box and click "Search".

Remember my location using a cookie. [More information](#)

Search

Wellbeing campaigns, tools, apps...

For more info, contact harriet.messenger@nhs.net

Social care on NHS Choices

For breaking up presentation into subsections

Discovery

Focused on older people.

Two existing products: care and support guide, directory of social care services.

What are the user needs and business needs?

What is the best role for NHS Choices? What should we do next?

Main user needs

1. Help navigating the complex system so they get the care and support they need.
2. Recommendations about steps to take and services to consider.
3. Easy-to-understand information that can be shared between end users, carers and other user representatives.
4. Information about key topics such as funding, assessments, NCHC and intermediate care.
5. Information and advice that is sensitive to their emotional state - often at a point of crisis.

Main business needs

1. Prevent, reduce or delay people's need for care and support in the first place.
2. Encourage more self-care.
3. Encourage people to think about and plan for future care needs and funding sooner.
4. Save money by reducing duplication, making processes more efficient and channel shift from phone to online, especially for basic information.
5. Encourage people to consider broader range of care and support options, not just homecare and care homes.

Our plan for Alpha

April to May

Care navigator tool prototype

Care and support guide improvements

- + Better informed users
- + Prevention, self-care, awareness and planning
- + Reduced demand on services

www.digital.nhs.uk

 @nhsdigital

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