



<p>Title of the project</p>	<p>Creating a cultural shift towards empowerment and self-care.</p>
<p>Sponsor Name, Title, Host Organisation</p>	<p>Ruth Hutchinson Deputy Director of Public Health Surrey County Council (SCC)</p>
<p>Explain the project in one sentence</p>	<p>Shifting self-care from the peripheries of clinical care into business as usual is a major challenge both locally and nationally and will be the focus of this Darzi project, progressing work in Surrey from multiple short-term, small scale projects to a system-wide cultural shift towards empowerment.</p>
<p>Tell us about the project and sponsor in no more than 175 words</p>	<p>The importance of empowering patients to take more control of their own health and wellbeing is widely acknowledged both locally and nationally. Widespread practice of self-care can address issues with access to services and improve quality and satisfaction because individuals feel in control of their health and care.</p> <p>However, we do not know how to drive a cultural shift from patients being passive recipients of care to an empowered and informed local population. The barriers and enablers to change for both residents and care providers is not well understood in Surrey.</p> <p>The Fellow will work in collaboration with a range of partners to determine how to drive a system-wide cultural change, identifying and investing in the most effective programmes to develop self-care across Surrey.</p> <p>Ruth has an active strategic role in prevention, leading a dynamic Public Health Team within a progressive County Council with previous experience of hosting a Fellow. She also chairs the Prevention Board for Surrey Heartlands STP, with good access to local leaders and support.</p>
<p>What skills are you looking for in a fellow?</p>	<p>The Fellow should:</p> <ul style="list-style-type: none"> • Recognise the importance of empowering local residents to have more control over their own health and wellbeing. • Have a strong track record of collaboration, building and maintaining effective relationships across a range of different professional groups. • Be a strong communicator, able to influence a wide range of partners with clarity, conviction and enthusiasm. • Be passionate about supporting patients to take responsibility for their own health and wellbeing. • Have strong project management skills, with the ability to prioritise

	<p>their own workload and cope with competing demands when working independently.</p> <ul style="list-style-type: none"> • Be able to evaluate evidence and synthesise findings to draw meaningful conclusions. • Be happy to work in and gain experience from an environment which will be unfamiliar to many NHS staff. The fellow will need to consider the political implications of health and social care and be prepared to brief local counsellors if asked. • Appreciate the challenges that health and social care professionals face when empowering their patients. A working knowledge of self- care would be helpful.
<p>Who to contact and what do they look like?</p>	<p>To discuss further with Ruth as the project sponsor, please contact ruth.hutchinson@surreycc.gov.uk or 0208 541 7801.</p>  <p>To discuss specific details of the project, please speak to Helen Harrison, Consultant in Public Health (helen.harrison@surreycc.gov.uk or 07813536648).</p>