



Connected, Authentic
Resilient & Empowered

How long is the CARE programme?

The CARE programme consists of 8 bi-weekly sessions, each 2 hours in length, with the **Lancashire & South Cumbria** programme scheduled to run as follows:

Module	Date	Time
Engagement	Wednesday 18 th January	12-1pm
1	Wednesday 19 th April	1-3pm
2	Wednesday 3 rd May	1-3pm
3	Wednesday 17 th May	1-3pm
4	Wednesday 31 st May	1-3pm
5	Wednesday 14 th June	1-3pm
6	Wednesday 28 th June	1-3pm
7	Wednesday 12 th July	1-3pm
8	Wednesday 26 th July	1-3pm

How do you apply to the CARE programme?

To register for a place on the CARE Programme, please send your expression of interest to the CARE team on care@napc.co.uk

What topics does the CARE programme include?

The CARE programme consists of 4 x population health management sessions and 4 x wellbeing and resilience sessions. Below is an overview of the sessions from start to finish.

Module	Topic	Title
1	Population health	Building my understanding of the context in which I work
2	Wellbeing	Building my understanding of self
3	Population health	Building my purpose as a distributed leader
4	Wellbeing	Building my inner team
5	Population health	Building my project or support team
6	Wellbeing	Building for effective engagement
7	Population health	Building our leadership and influencing capability
8	Wellbeing	Building for impact

What happens when the programme ends?

Following the end of the CARE programme, we will hold a celebration and review event and then move into AfterCARE, which is a continuation of the support available to you for both your project and wellbeing and resilience.