

For immediate release

HEALTH MINISTER RATIFIES SELF CARE FORUM

At the Department of Health on Tuesday, 10 May, Paul Burstow, minister of state for care services met with 17 members of the Self Care Campaign. The occasion marked the inaugural meeting of the Self Care Forum, whose purpose is to further the reach of, and to mainstream self care. Its first task is to raise awareness of this year's Self Care Week 2011, which will take place 14 – 20 November.

Paul Burstow said: "I'm delighted to lend my support to the establishment of a Self Care Forum to promote a wider understanding of self care, and what we can do to embed support for self care across all walks of life. The case for self care support is well researched. It makes sense clinically, it makes sense financially and it makes sense socially". He added: "I'm pleased to see that the aims of the Forum resonate with what we are trying to do in Government, and I look forward to the work of the Forum and to being kept informed".

During discussion with Forum members around self care for both long term conditions and commonly occurring conditions, the minister talked about the need to empower and educate both health professionals and patients around self care. He also stressed the importance of consistent and joined up messaging.

Professor Nigel Sparrow, who chaired the Forum's inaugural meeting, said: "It is fantastic that we were able to bring this group together with such clear aims and deliverables. Working with a group of clinical experts and patient group representatives committed to self care, I look forward to seeing the achievements of the Self Care Forum from this point onwards".

Gopa Mitra, director of health policy and public affairs at PAGB, said: "We have been working hard to bring this forum together for some time. It is great to see Paul Burstow pledge his commitment to self care and I look forward to working with the members of the Forum, including the Department of Health, to take self care to the mainstream and embed it into our culture. Self Care Week 2011 will be an opportunity to build on the

success of the previous two events run by the Department of Health. The Self Care Forum partners are delighted to be taking part and supporting this year's event".

- Ends

Notes to editors:

The Self Care Forum consists of the advocates of the *Self Care Campaign*, which launched in March 2010 and is made up of professionals from key organisations across primary care including the NHS Alliance, Royal College of Nursing, National Association of Primary Care, National Association of Patient Participation and the Proprietary Association of Great Britain (PAGB). Advocates believe that it is clinical good practice to promote and encourage people to look after their own and their families' health when it is safe to do so. The importance of self care is apparent when we think about commonly occurring conditions with symptoms like headaches, upset stomachs and aches and pains, and knowing when it's safe to self care and when you should see your GP.

For media enquiries, please contact Victoria Mayman at victoria.mayman@salixconsulting.com or on 020 8675 4779.

Self Care Forum attendance list:

Dr Ian Banks

Dr John Chisholm

Dr Simon Fradd

Dr Amir Hannan

Angela Hawley

Dr Gill Jenkins

Stephen Johnson

Sheila Kelly

Dr Jim Lawrie

Simon Mills attended on behalf of Michael Dixon

Gopa Mitra

Sara Richards

Professor Nigel Sparrow

Dr Paul Stillman

Susan Summers

Phil Thomas

Libby Whittaker

Self Care Forum membership:

Professor Mike Pringle, CBE, GP

Dr Paul Stillman, GP

Dr Peter Smith, OBE, NAPC

Sara Richards, Nurse Educator

Dr Simon Fradd, Concordia Health

Dr Ian Banks, Men's Health Forum

Dr Michael Dixon, OBE, NHS Alliance

Dr Raj Patel, GP

Dr Steve Boorman, Royal Mail

Professor Nigel Sparrow, GP

Susan Summers, North West SHA

Professor David Haslam, CBE, GP

Dr John Chisholm, CBE, Concordia Health

Mark Duman, Patient Information Forum

Dr Amir Hannan, GP

Dr Knut Schroeder, GP

Professor Sue Cross, nursing education

Jeremy Taylor, National Voices

Dr Peter Carter, OBE, RCN

Lynn Young, RCN

Stephanie Varah, NAPP

Peter Baker, MHF

Dr Gill Jenkins, GP

Dr Jim Lawrie, GP

Dr Sam Everington, OBE, GP

Dr Patricia Wilkie, NAPP

Dr Jag S. Dhaliwal, GP, NHS Institute

Stephen Johnson, DH

Angela Hawley, DH

Sheila Kelly, OBE, PAGB

Gopa Mitra, MBE, PAGB