

SELF CARE FORUM

FACT SHEET

- The Self Care Forum brings together advocates of the *Self Care Campaign* including clinical health professionals and patient representatives, as well as Department of Health personnel.
- The *Self Care Campaign* developed in the light of research showing that education on how to look after symptoms that can be handled at home has the potential to save the NHS £2bn. This is equivalent to an average of £250,000 every year per general practice in England.
- The Self Care Forum allows the Self Care Movement to move into a solutions-building phase, focusing on the 'how' rather than the 'why'.
- The Self Care Forum was ratified on 10 May, 2011 by Paul Burstow, minister of state for care services, and its purpose is to further the reach of self care and embed it into everyday life.
- The Self Care Forum aims to encourage people to think about self care in a broad sense. Living healthy lives is an important component of self care, and prepares us to care for both commonly occurring conditions and long term conditions.
- Almost 50 percent of consultations for symptoms that could be managed at home are generated by 16 – 59 year olds and yet it is the elderly and children who most need health services.
- A common cold can last for up to 21 days yet only 4% of people would continue to self treat for 15 – 28 days.
- The members of the Self Care Forum are as follows:
 - Professor Nigel Sparrow, GP
 - Professor Mike Pringle, CBE, GP
 - Dr Paul Stillman, GP, Media Medics
 - Dr Peter Smith, OBE, GP, NAPC

- Sara Richards, Nurse Educator
- Dr Simon Fradd, GP, Concordia Health
- Dr Ian Banks, Men's Health Forum
- Dr Michael Dixon, OBE, NHS Alliance
- Dr Raj Patel, GP, Media Medic
- Dr Steve Boorman, Occupational Health Consultant
- Susan Summers, NW SHA
- Professor David Haslam, CBE, GP
- Dr John Chisholm, CBE, GP, Concordia Health
- Mark Duman, Patient Information Forum
- Dr Amir Hannan, GP
- Dr Knut Schroeder, GP
- Professor Sue Cross, Nurse Educator
- Jeremy Taylor, National Voices
- Dr Peter Carter, OBE, RCN
- Lynn Young, RCN
- Stephanie Varah, NAPP
- Peter Baker, Men's Health Forum
- Dr Gill Jenkins, GP, Media Medic
- Dr Jim Lawrie, GP, Media Medic
- Dr Sam Everington, OBE, GP, BMA
- Dr Patricia Wilkie, NAPP
- Dr Jag S Dhaliwal, NHS Institute
- Gopa Mitra, MBE, PAGB
- Sheila Kelly, OBE, PAGB
- Stephen Johnson, LTC Policy Team, Department of Health
- Angela Hawley, LTC Policy Team, Department of Health

For further information please contact libby.whittaker@selfcareforum.org or on 020 7421 9318

Are you a Champion for Self Care? Do you want to join the Self Care Movement? Email libby.whittaker@selfcareforum.org