

For immediate release

SELF CARE FORUM UNVEILS NEW WEBSITE FOR NHS STAFF AND PATIENT GROUPS

A new self care website www.selfcareforum.org has been launched to provide NHS staff and patient groups with advice, information and practical tools to help encourage people to take care of themselves.

The website hosts a wide range of materials that will enable general practices to implement self care initiatives into their practices, including top tips, reports, research, white papers and case studies. The website also allows staff to upload their own case studies in order to share ideas, facilitate discussion and encourage self care to continue to spread throughout the country.

The website will also act as the online home for the Self Care Forum, which was ratified by Paul Burstow, Minister of State for Care Services, on 10 May 2011, and will host self care news and events, as well as specific updates from the Forum.

The purpose of the Self Care Forum is to further the reach of self care and embed it into everyday life. It has evolved out of the *Self Care Campaign*, which launched in 2010 with the news that education around self care has the potential to save the NHS £2bn. Now that this financial message has been recognised, the Forum aims to take self care into a new solution-building phase, focusing on the 'how' rather than the 'why'.

Dr Ian Banks, Men's Health Forum and Professor Sue Cross, Primary Care Nursing, London South Bank University said on behalf of the Self Care Forum members: "It is crucial that we start sharing ideas around self care in order to embed it fully in our culture. We hope that the new Self Care Forum website will help establish a running discourse around self care, as well as continue to engage all involved in shaping our future healthcare. We want to urge clinicians, patient groups and those involved in interacting with patients and the public to join the Self Care Movement and make a change that is vital for society, patients, staff and the NHS to secure a future world class health service".

- Ends

Notes to editors

Visit the Self Care Forum's brand new website at www.selfcareforum.org.

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 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, Occupational Health Consultant

Professor Nigel Sparrow, GP

Susan Summers, North West SHA

Professor David Haslam, CBE, GP

DrJohn Chisholm, CBE, Concordia Health

Mark Duman, Patient Information Forum

DrAmir Hannan, GP

Dr KnutSchroeder, GP

ProfessorSue Cross, nursing education

Jeremy Taylor, National Voices

Dr Peter Carter, OBE, RCN

LynnYoung, RCN

StephanieVarah, NAPP

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Gopa Mitra, MBE, PAGB

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