



Annual Self Care Conference

Mission impossible: Self care for life – Growing older healthily

**Hosted by the Self Care Forum, PAGB
8th November, 2012
Institute of Physics, London**

For anyone with an interest in the future of the NHS, the Self Care Conference is essential. With a health service overburdened by demand, encouraging patients to self care – from managing everyday health problems to care of long-term conditions as we age – could be critical in ensuring the NHS continues to survive. But is it an impossible mission to change how the NHS and healthcare professionals promote self care, and do patients have sufficient confidence to make the change? With the changes wrought by the Health and Social Care Act, now is the time to face the challenge of self care for our future and for the future of the NHS. With sessions from expert speakers and a highly interactive format, this Conference will determine what needs to change to make self care happen.

If you have any queries about the conference please contact Libby Whittaker on 020 7421 9318 or email libby.whittaker@selfcareforum.org.



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AGENDA	Time
Session 1: The mission	
Moderator: Dr Rob Hicks, GP, Broadcaster and Journalist: <i>Welcome and introductions</i>	09:30 – 09:45
Norman Lamb, Minister for Care and Support (invited): <i>Stating the self care mission</i>	09:45 – 10:05
Paul Johnson, Institute of Fiscal Studies: <i>Uncovering the NHS mission</i>	10:05 – 10:35
Moderator session: Dr Rob Hicks:	10:35 – 10:50
Coffee Break	10:50 – 11:05
Session 2: The challenge	
Moderator introduction: Dr Rob Hicks:	11:05 – 11:15
Dr Knut Schroeder, Concord Medical Practice, SCF/Gopa Mitra, PAGB, SCF: <i>The challenge – minor ailments</i>	11:15 – 11:35
Dr Peter Smith, National Association of Primary Care, SCF: <i>The challenge - primary care</i>	11.35 - 11.55
Dr Simon Fradd, Concordia Health, SCF: <i>The challenge – education</i>	11:55 – 12:15
Discussion	12.15-12.45
Lunch	12:45 – 13:30
Session 3: The debate	
Moderator: Dr Rob Hicks <i>Motion: Modern medicine has infantilised us and we can no longer self care</i> <ul style="list-style-type: none"> <i>Introduction and opening statement from moderator</i> 	13:30 – 13:40
Stephanie Varah, National Association for Patient Participation, SCF: for the motion	13.40-13.50
Professor David Haslam, Self Care Forum: against the motion	13.50-14.00
Expert speaker 1: Angela Hawley, DH, 3 million lives, SCF: <i>Technology can facilitate patient self care balance</i>	14:00 – 14:05
Expert speaker 2: Dr David Wrigley, Lancashire North CCG: <i>CCGs can endorse and embed self care</i>	14.05-14.10
Expert speaker 3: Linda Bracewell, Baxenden Pharmacy: <i>Pharmacy can support the first steps to self care</i>	14.10-14.15
Q&As	14.15-14.45
Coffee break	14.45– 15.05
Debate and vote	15:05 – 16:00
Presenter: Dr Ian Banks, European Men’s Health Forum, SCF: <i>The Self Care mission: Self care for life</i>	16:00 – 16:30
End	16.30