

For immediate release

DATE

PAGB, RCN, RCGP AND NAPP HOST TWELFTH ANNUAL SELF-CARE CONFERENCE

“Behavioural change for better health, better care and better services”

8 November, RIBA, Portland Place, London. 9.30am – 4.20pm.

The twelfth annual self-care conference will this year be jointly hosted by PAGB, the Royal College of General Practitioners (RCGP), the Royal College of Nursing (RCN), and the National Association for Patient Participation (NAPP). As well as drawing on the expertise of health professional and patient bodies, the conference will also incorporate pharmacy and local authority experts, creating 360 degree support for self-care.

Taking place on 8 November at RIBA, London, the conference this year will challenge delegates and the wider population to act in support of self-care, bringing about behavioural change. In support of this aim the keynote speech will be given by Denise Hampson, a renowned health behaviour economist committed to helping people to live happier and healthier lives.

The conference will empower people to practice self-care in their own communities by bringing in expertise aimed at supporting self-care throughout everyday life. Speakers on the day include [insert Lynn Young, primary health care advisor, RCN and Self Care Forum board member / Professor Nigel Sparrow, chair of the Professional Development Board of the RCGP and Self Care Forum board member], Jean Arrowsmith from Coventry County Council and Michael Holden, CEO of the National Pharmacy Association.

This 360 degree support for self-care represents the next step in the self-care journey, which has been increasing in momentum since the launch of the Self Care Campaign in March 2010. Previously the Campaign worked with health professionals to encourage good practice around self-care; with the result that recent research conducted by doctors.net.uk for OTC bulletin showed that eight out of ten GPs are now likely to encourage self-care in the future.

Gopa Mitra, director of policy and public affairs at PAGB and Self Care Forum board member said: “This year’s self-care conference is all about winning mindsets and encouraging behaviour change around self-care, which – we admit – will not be easy. We are honoured to have speakers on the day who can help us achieve this, and reflect our aim that health professionals, local authorities, pharmacies, patient participation groups and local communities will come together to support and educate each other in looking after ourselves well.”

Lynn Young, primary health care advisor at the RCN, Self Care Forum board member and speaker on the day said: “It is great to see self-care gathering more and more momentum – this year we are really going to be able to embed self-care into everyday life. Nurses are ideally placed to encourage self-care in all settings and as an enthusiastic supporter of self-care I am delighted to have the opportunity to talk about what nurses can do.”

Professor Nigel Sparrow, chair of the Professional Development Board of the RCGP, Self Care Forum board member and speaker on the day said: “The self-care ‘movement’ is growing fast, but as health professionals I believe it is our duty to continue provide education and support to our patients and the wider community to ‘self-care’. I have been coming to these self-care conferences for many years now and the work we do really makes a difference. The conference this year will inspire us all to act in support of self-care”.

Stephanie Varah, chief executive NAPP, Self Care Forum board member and speaker on the day said: “Patients and patient groups can work with their GP surgeries to promote good health – and great self-care. I believe that patients really are important ambassadors for self-care and I am pleased to be representing them at the Self Care Conference. I look forward to engaging in a discourse on practical ways that patient power can be utilised in support of self-care”.

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Notes to editors:

The *Self Care Campaign* 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.

The Self Care Forum was ratified by Paul Burstow MP in May 2011. The purpose of the Self Care Forum is to further the reach of self-care and embed it into everyday life. Visit the Self Care Forum's brand new website at www.selfcareforum.org.

Self Care Forum Board 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, Medical Director Occupational Health Services, Abermed

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
Gopa Mitra, MBE, PAGB
Dr Gill Jenkins, GP
Dr Jim Lawrie, GP
Dr Sam Everington, OBE, GP
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Dr Jag S.Dhaliwal, GP, NHS Institute
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