

## 15<sup>th</sup> Annual Self Care Conference

### Self Care for Life – Take Control!

12<sup>th</sup> November, 2013

Institute of Physics, 76 Portland Place, London, W1B 1NT

Self Care has never been so central in health debates as in the last twelve months. Self care produces better health outcomes and enables people to take charge of their health. The reorganisations and lack of funds have led politicians, the health professions, patient groups and commentators to call for action on working smarter to ensure the sustainability of the NHS – as voiced by the King's Fund and the Self Care Forum.

We believe that it is time for action on self care so that individuals, the health profession and the NHS can move forward collaboratively and in tandem for the sustainability of our future NHS.

This conference will show you how you and your organisation can address demand, reduce workload and support self care. Attend to see how we make Self Care for Life a reality and support people in taking control of their health and wellbeing, both physically and mentally. We will present you with the resources of the Self Care Forum:

- Top tips for putting self care into practice
- Fact sheets to give information about normal duration of symptoms and red flags
- N.A.P.P. Guide for PPGs to support self care
- Experiential evidence from local initiatives and practical examples from SCF members around the country supporting self care
- The Guide bringing it altogether
- A patient-facing web page for your websites
- A national campaign for winter symptoms
- Ask Your Pharmacist Week

And, don't miss the chance to have a front row seat for what promises to be an exciting and heated discussion with two heavyweights of health debating a hot topic on self care. Delegates and a panel of Self Care Forum Board members are expected to join in the discussion and help thrash out what needs to happen to take self care forward now! After fifteen years of self care conferences we are still just talking about the need for more self care – it is time for action, time to support people to make self care their default and time to Self Care for Life!

So, if you work in the NHS or just care for its survival, book your **FREE** place now as spaces are limited and availability will be on a first come, first served basis.

Register now by emailing [events@pagb.co.uk](mailto:events@pagb.co.uk). If you have any queries about the conference please contact Libby Whittaker on 020 7421 9318 or email [libby.whittaker@selfcareforum.org](mailto:libby.whittaker@selfcareforum.org).

AGENDA	Time
Registration and coffee Posters open	09:00 – 09:30
<b>Session 1: Opening</b>	
<b>Moderator: Prof Ian Banks, Self Care Forum Board:</b> <i>Welcome and introductions</i>	09:30 – 09:55
<b>Earl Howe, Health Minister:</b> <i>Self Care for Life – support in policy, programmes and implementation</i>	09:55 – 10:05
<b>Dr Beth McCarron-Nash, Self Care Forum Board :</b> <i>Save our NHS – Time for Action on Self Care</i>	10:05 – 10:25
<b>Rob Darracott, Pharmacy Voice</b> <i>A national campaign for the winter</i>	10:25 – 10.45
<b>Victoria Thomas, NICE:</b> <i>Supporting patients and clinicians in getting the right outcomes</i>	10:45 – 11:05
<b>Moderator session: Prof Ian Banks:</b> <i>Discussion</i>	11:05 – 11:20
<b>Coffee Break</b>	<b>11:20 – 11:35</b>
<b>Session 2: The Practical</b>	
<b>Moderator introduction: Prof Ian Banks:</b>	11:35 – 11:40
<b>Dr David Wrigley:</b> <i>The North Lancashire CCG self care pilot – first views from the coal face</i>	11:40 – 12:00
<b>Chris Moon-Willems, Chair PPG, Jo Wadey, Chair Practice Management Network West Sussex Coastal CCG:</b> <i>How St Lawrence Surgery has engaged patients in self care</i>	12:00 – 12:15
<b>Dr Sam Everington, Bromley-by-Bow Centre</b> <i>The challenge in the south</i>	12:15 – 12:30
<b>Dr Pete Smith, National Association of Primary Care, Self Care Forum Board</b> <i>The winter box set in Kingston-upon-Thames</i>	12.30-12.45
<b>Moderator Session: Prof Ian Banks</b> <i>Discussion</i>	12:45 – 13:00
<b>Lunch</b>	<b>13:00 – 14:00</b>
<b>Session 3: What will it take for self care to become everybody's default? – A debate</b>	
<b>Moderator: Gopa Mitra chairs the debate that this house believes 'Self Care' is another term for 'rationing'</b>	14:00 – 14:05
<b>Self Care Votes put to the audience</b>	14.05 – 14.10
<b>Speaking for the motion is Roy Lilley, NHSmanagers.net, Health Commentator</b>	14:10 – 14:20
<b>Opposing the motion is Prof Ian Banks, The Self Care Forum Board</b>	14:20 – 14:30
<b>Along with the audience the panel members debating the motion are: Luke O'Shea, NHS England, Mike Holden, CE National Pharmacy Association, Dr John Chisholm, Chair MHF, Amanda Cheesley, RCN</b>	14:30 – 16.00
<b>Dr Pete Smith concludes with a Call to Action</b>	16:00 – 16:15
<b>End</b>	16:15