Self Care Forum
Helping people take care of themselves

The Self Care Forum's Annual Self Care Conference

26 September 2016

Royal College of Nursing - 20 Cavendish Square, London W1G 0RN

Understanding Self Care for Life

According to the RCGP, health information is too complex for 60% of work-age adults in England. Without good health literacy people are unable to process and understand basic health information and make appropriate health decisions, and as a consequence are disempowered when it comes to looking after their health and accessing health services properly. It is crucial we act now to improve people's health literacy which is why it is a key objective for the Self Care Forum's work programme and why it is the theme of this year's Self Care Conference and Self Care Week activity.

Entitled, *Understanding Self Care for Life* this year's conference aims to debate, inspire and provide practical solutions on how to help people gain a better understanding of what it means to self care for a healthier life.

Central to this year's Self Care Conference, which is the 18th Annual Self Care Conference, is the inspiring visionaries that have made a difference to people's health in the community. The realisation that not one-size-fits-all means that localities have had to find new self care models that are targeted and meaningful to support the local population to better look after their own health, and their family's health.

This essential programme is tailored towards health providers and commissioners and aims to showcase self care systems and strategies that can be emulated in various health settings to help you improve health provision to your patients and population and to be more proactive in imparting targeted health knowledge. As well as helpful presentations and people's first-hand experiences, there will be a chance to share knowledge with like-minded colleagues aiming to improve people's health behaviour.

A booking form is attached if you would like to attend this highly interactive conference which has a small fee of £45. For queries please contact selfcare@selfcareforum.org.

Registration	***09.00 – 09.30***
Session 1: National Support for health literacy Learn about the national activities to help improve people's health literacy and their ability to self care:	
Chairman: Prof Ian Banks: Self Care Forum Board **The chairman welcomes delegates with an introduction to the day**	*09:30 – 09:35*
Dr Pete Smith, Co-Chair Self Care Forum Board *Opens the conference with the vision of the new Self Care Forum*	*09:35 -09:50*
Alistair Burt MP, Minister for Community and Social Care (Invited) *The National Support for Self Care and Health Literacy – Keynote speech*	*09.50 – 10.10*
Anu Singh –Director for Patient & Public Participation and Insight, NHS England *The National Self Care Programme*	*10.10 – 10:30*
Q&A	*10.30 – 10.55*
Coffee Break	***10.55 – 11.25***
Session 2: How can we support young people to Self Care for Life? Learn to anticipate effective approaches to increase young people's health literacy, supporting them to embrace self care as a lifelong habit.	
Helen Marshall, Brook Young People / Dr Selwyn Hodge, SCF Co-chair **Interactive Panel Session with Young People**	*11.25 – 11.40* *11.40 - 12.25*
Lunch	***12:25 – 13:25***
Award for best Self Care Week Initiative 2015	***13.25 – 13.30***
Jan Procter-King – *Et al* Training Inspiring the health care community with Monkey Business	*13.30 – 14.00*
Q&A	*14.00 – 14.10*
Working Tea Break (help yourself from 14.40pm)	
Session 3: Supporting people to understand how to Self Care for Life Self Care visionaries drive discussion on successful self care and health literacy models.	
Three Self Care Presentations form the stimulus for table discussions: 1) **A Self Care Community Model** – Learn how Bradford Local Authority and CCG work together for the health of their community **Bradford and Craven** 2) **The Year of Self Care** – A joined-up health promotion model **Bracknell Forest Council** 3)**Pharmacy Model** – Learn how pharmacy can add value in the Community - **Reena Barai, Award Winning Pharmacist**	*14.10 – 14.40*
Table Discussions: Incorporating new self care models	*14.40 – 15.10*
Discussion Highlights **Dr Pete Smith and Dr Selwyn Hodge**	*15.20 – 15.30*
Jan Procter-King – *Et al* Training Ending with Monkey Business	*15.30 – 16.00*
Chairman Closes with a Call to Action	*16.05 – 16.10*
End	***16.10***

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Understanding Self Care for Life
(9am – 4.15pm) Monday 26 September 2016
Royal College of Nursing
Cavendish Square
London W1G 0RN

CONFERENCE BOOKING FORM

Main Contact

First Name:	Surname**:**
Job Title:	
Organisation:	
Business Address:	
Email Address:	Postcode**:**
Telephone:	

We would like ☐ **places at £45 per person** **INCLUDES LUNCH**

First Name	Surname	Company Name	Dietary Requirements (if any)

Registration Fee & Payment Options

Payment Options: (please tick the appropriate box)

	Bank Transfer	National Westminster Bank Plc, Bloomsbury Parr Branch, 214 High Holborn, London WC1X 7BX Account No: **01312294** - Sort Code: **60-30-06** **(PLEASE INCLUDE: SCF + FULL NAME OF ATTENDEE)**	
	Invoice	Email address of person to receive invoice	
		Purchase order no	

WE DO NOT ACCEPT CARD PAYMENTS

Once payment has been received an email confirmation will be sent to the main contact.

Cancellations: If you would like to cancel before Tuesday 20 August 2016, please email events@pagb.co.uk with a written confirmation. Unfortunately, we are unable to return payment beyond this date, we apologise for the inconvenience this may cause.

Please return this completed form to Lauren Higgins
via events@pagb.co.uk or PAGB, Vernon House, Sicilian Avenue, London, WC1A 2QS
T: 020 7242 8331