

Self care reduces the need for rationing

High service demand and funding cuts in the NHS means that many health providers are forced to look at ways of rationing health services and treatments.

Instead, providers and commissioners are being urged to attend this year's Self Care Conference on 26th September for ideas and inspiration to use self care, not rationing, as a tool to help manage demand.

Taking place at the RCN in London, the Self Care Conference will showcase exemplar self care models and approaches that can be emulated in various health settings to improve health provision.

As well as helpful presentations and a people's panel of young people, there will be a chance to share knowledge and experiences with like-minded colleagues aiming to improve people's health behaviour whilst also finding ways to address service demand in the NHS. Registration and programme details can be found [here](#) or [email](#) if you have any questions about the conference or the work of the Self Care Forum.

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