

16th Annual Self Care Conference

# Can self care plug the £30 billion NHS gap?

**Book your free place now!**

10th November 2014

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

With demand for health services increasing at an alarming rate, the 16th Annual Self Care Conference is your opportunity to find out why self care is one of the few effective strategies for demand management in general practice. Discover how it can help you and your Clinical Commissioning Group (CCG).

Consultation rates in general practice have almost doubled in England since 2004. A&E is similarly overstretched with 21.7 million visits, a rise of one million in just three years. There is grave concern for the future and NHS England itself expects a shortfall of £30 billion by 2020.

Back in 2002, Sir Derek Wanless estimated that the ‘fully engaged’ scenario could save the NHS up to £30 billion. Increasing levels of public engagement in relation to their health is therefore more important today than ever.

Hear from expert speakers and take home practical solutions that help empower people to look after their own and their family’s health. Learn how to support your patients to self care, improve health outcomes, address rising demand, and use NHS resources more efficiently.



**It is critical that we find solutions for the future of the health service so join us and join the conversation.**

**Book your free place by registering with [lorraine.berry@pagb.co.uk](mailto:lorraine.berry@pagb.co.uk)**

# Conference Programme

	Time
Registration and coffee	09:00 - 09:30
<b>Session 1: Opening</b>	
<b>Introduction: Securing our future health</b>	
Chairman introduces the conference with a video	09:30 – 09:40
<b>Earl Howe, Parliamentary Under-Secretary of State for Quality</b> Engagement today	09:40 -10:00
<b>Lord Hunt of Kings Heath</b> Engagement: Implementing health policy	10:00 – 10:20
<b>Lord Hunt of Kings Heath and Earl Howe</b> Panel discussion	10.20 – 10.50
Coffee break	10.50 – 11.05
<b>Session 2: Engagement today</b>	
Chairman	11.05 – 11.10
<b>Rob Webster, NHS Confederation</b> How the experts plan to fix the NHS	11.10 – 11.30
<b>Natascha Maciejewski, patient tutor; Emma Cassells, Bromely-By-Bow Health Partnership; Catherine McAdam, BMA’s Patient Liaison Group; Harvey Ward, RCGP’s Patient Partnership Group [Users] Dr Steve Boorman CBE, Occupational Health Consultant; Dr Simon Poole, BMA; Raj Patel, pharmacist; Julia Murphy, nurse; Gordon Ilett, optician [Providers]</b> Panel session: Providers and users debate present-day engagement	11.30 – 12:30
Lunch	12:30 – 13:15
<b>Session 3: Solutions for a fully engaged population</b>	
Chairman	13.15 – 13:20
<b>Dr Pete Smith OBE</b> The fully engaged model in public health and primary care	13.20 – 13.40
<b>Self Care Forum Board Members: Amanda Cheesley, Dr Knut Schroeder, Dr Selwyn Hodge, Gopa Mitra MBE, Dr Jim Lawrie, Dr John Chisholm CBE, and Dr Pete Smith OBE</b> <b>Dr Maureen Baker CBE, RCGP; Christa Beesley, Brighton &amp; Hove CCG; Greg Whyte OBE, UK Active Research Institute</b> Panel Session: Let’s get engaged: Solutions to securing our future health	13:40 – 14:45
Tea break	14:45 – 15:00
<b>Michael Seres</b> I’m a patient, engage me!	15:00 – 15:15
<b>Dr William Bird, GP</b> Motivating patients to be self care aware	15.15 – 15.30
<b>The Chairman ends the discussion with a strong call to action</b>	15.30 - 15.40