

# The London Declaration for Self Care

I/We assert that it is time to change the culture of dependency in the UK. There are three main reasons for this:

1. To help alleviate current demands on the NHS for minor ailments, in particular the GP
2. To help people to strengthen their ability to self care thereby empowering them to be more confident and independent in their attitudes and behaviour when looking after themselves and their family.
3. To make time and cost savings in the NHS amounting to £2bn.

Often dependency behaviour is habitual, and because of this we recognise GPs are crucial to changing the culture of dependency for minor ailments. Patients return time after time to the doctor with their minor ailments, taking up 20% of doctors' time and an average of one hour a day for each GP in the UK at a substantial cost to the NHS. With help and encouragement from the doctor, patients can break that habitual cycle of dependency that develops as learnt behaviour during consultations and from generations of relying on GP for all their health care.

We therefore call on Government, providers of health services, health professionals and other relevant bodies to:

- ◆ Recognise it is time to change the culture of dependency for minor ailments
- ◆ Develop a training package for GPs on how to conduct self care aware consultations
- ◆ Initiate communications on a national and local scale of the efficient use of the health system and about taking responsibility for your own health and that of your family
- ◆ Develop co-ordinated health and social policies that promote self care behaviour particularly for minor ailments
- ◆ Introduce a comprehensive health education package in schools to ensure future generations use the health service efficiently and understand the principles of living a healthy life

I/We the undersigned agree to the above:

Name:.....

Organisation:.....

Signature: .....Date: .....