

## The Self Care Forum's ethos and use of our materials and information

The Self Care Forum provides support and encouragement to patient facing organisations such as the NHS, health charities, patient groups and the voluntary sector and others that might benefit from the materials and information that is available on the Self Care Forum website, in the newsletters and through our campaigns such as Self Care Week.

The Self Care Forum's aim is to further the reach of self care and embed it into everyday life. We also hope to create a self care movement, an evolutionary shift towards people being more informed and empowered to look after their own health and their family's health and to understand when to self care and when medical intervention is necessary.

A self care movement involves self care champions who are committed to this ethos. At the Self Care Forum we hope that our materials will help champions to instigate self care strategies within their own environments and with their own audiences, growing the movement and furthering the reach of self care.

All we ask in return for providing external links on the SCF website is the declaration that they meet the following criteria: abide by the Self Care Forum ethos and do not promote practices that are unrecognised by UK medical, nursing and allied professional bodies.

The Self Care Forum does not work jointly with outside organisations that are not part of the Self Care Forum Board.

Throughout our site you will find links to external websites. Although we make every effort to ensure these links are accurate, up to date and relevant, the Self Care Forum cannot take responsibility for pages maintained by external providers.

If you come across any external links that don't work, we would be grateful if you could report them to Libby Whittaker ([libby.whittaker@selfcareforum.org](mailto:libby.whittaker@selfcareforum.org)).

Please note that external links from this website may include material of a political nature or support what could be perceived to be non-standard medical practice. It is not the intention of the self care forum to promote such material/organisations. The Self Care Forum takes no responsibility for information contained on external links from this website. Views expressed by individuals or organisations on their own webpages or on external sites they link to are not, necessarily, supported by the Self Care Forum.