

Made in London

London Clinical Senate

New Approaches to Self-Care for Young Adults

Made in London

Launch Event, 2:30-5pm, 29th October 2015

The King's Fund, 11-13 Cavendish Square, London, W1G 0AN

The London Clinical Senate initiated the **Made in London** project, with the aim of creating a framework for embedding self-care in the commissioning of services for young adults in London.

The Senate Council decided that it could add greatest value in promoting self-care for young adults by (i) identifying standards of good practice and bringing together an evidence base, and (ii) collaborating with young adults and other stakeholders to identify gaps and make recommendations. In this context, 'young adults' refers to **Londoners** between the ages of 16 and 30, and especially young adults with Long Term Conditions (LTCs); and carers of young adults with LTCs (including young carers).

The proposed goal was to create a framework that would not only include priority areas or key initiatives that could be developed to support self-care for young adults, but would also highlight a definable process, or methodology, that could be both transferrable and scalable, for use by commissioners across **London**.

Furthermore, it was agreed that for the framework to be successful, young adults would have to be at the forefront of the project, by being given a platform on which to express their opinions, share concerns, and make recommendations. By engaging them in a process of shared decision-making, they would be able to shape the programme agenda and endorse the final recommendations.

You are invited to attend a launch event on Thursday 29 October at The King's Fund, to discuss how commissioners across **London** can respond to the recommendations and methodology and adopt the process. There will be opportunities to hear directly from young adults and from organisations that are already taking a lead in this area and the **Made in London** report, video and recommendations will also be presented.

The event is free to attend and there will be refreshments available. If you would like further information please contact Jaimie Cross england.londonclinicalsenate@nhs.net.

Please register at <https://www.eventbrite.co.uk/e/made-in-london-new-approaches-to-self-care-for-young-adults-tickets-18960454229?aff=eivtefrnd>

 Please do tweet your example of best practice in the run up and during the event using [#selfcareMiL](https://twitter.com/selfcareMiL)