

DPP resources in the future

The charity Developing Patient Partnerships will be closing in the summer 2008. We are gifting the copyright of the listed resources to the organisations below. Please contact them to find out how you may be able to get the resources in the future.

British Holistic Medical Association

Podcasts:

- Back pain podcast

Leaflets:

- Beating back pain
- Musculoskeletal disorders
- Making complementary medicine work for you
- Tackling stress

Health Bulletins:

- Beating back pain
- Exercise
- MSDs and back pain
- Coping with anxiety
- Exercise and mood
- Nutrition know how
- Positive steps for health
- Time management

The British Holistic Medical Association is an open association of mainstream healthcare professionals, complementary and psychological practitioners and members of the public who want to adopt a more holistic approach in their life and work.

The BHMA educates doctors, medical and other healthcare students, allied health professionals and members of the public in the principles and practice of whole person health and care. It produces publications and self-care packs as well as its own quarterly Journal of Holistic Healthcare, and collaborates with other educational groups to create conferences and training events. The Association has a growing number of local network groups throughout the country where practitioners of all kinds can meet to learn from one another. The 2008 Silver Jubilee strategy for the BHMA in its ongoing campaigning for 'medicine as if people matter' - includes the development of a ground-breaking postgraduate course for health professionals.

Contact details

Tel: Di Brown on 01278 722000

E-mail: admin@bhma.org.uk www.bhma.org

Mental Health Foundation

- Dealing with Depression leaflet
- Stress podcast
- Wellbeing podcast

The Mental Health Foundation is the leading UK charity working in mental health and learning disabilities. We provide information; carry out research, campaign and work to improve services for anyone affected by mental health problems, whatever their age and wherever they live. We aim to help people survive, recover from and prevent mental health problems. We do this by:

- learning what makes and keeps people mentally well
- communicating our findings to a wide range of people
- turning our research into practical solutions that make a difference to people's lives

Contact details

Tel: 0207 8031100 www.mentalhealth.org.uk

Expect Health

Leaflets (including translations into 9 languages):

- Alcohol and you
- Be clear about your medicines
- Better health at home and at work
- Caring for kids
- Cholesterol control
- Ever smoked? (COPD)
- Colds, flu and antibiotics
- Coping with not smoking?
- Dad smokes, mum smokes so we smoke
- Earache and children
- Head lice
- Heart matters
- Managing high blood pressure
- Summer ailments
- Want to lose weight?
- Where to go when you are unwell
- Working your way to a fitter day

Health Bulletins:

- Beating colds and flu
- Diabetes and blood sugar levels
- Diabetes and diet
- Diabetes and getting active
- Feet first
- First aid tips
- Hay fever
- Heart disease
- IBS
- Managing your blood pressure
- New Year new you
- Safety in the sun
- Shift work
- Sleep well
- Smoking
- Sports injuries
- Summer ailments
- Upper limb disorder
- Water
- Where to go when you are unwell

Expect Health is a not-for-profit social enterprise researching and promoting understanding of peoples' experiences of living with chronic conditions.

Contact details

Unit 16 Blue Lion Place, 237 Long Lane, London, SE1 7PU
Tel: 0207 2349573 Email: julie@expecthealth.org.uk

The Men's Health Forum

Pop down your local leaflet

The Men's Health Forum's mission is to provide an independent and authoritative voice for male health and to tackle the issues affecting the health and well-being of boys and men in England and Wales.

The Forum works towards goals in providing a range of gender specific health promotion resources, including the award winning website www.malehealth.co.uk and over 40 titles of the popular Haynes Mini Manuals.

Contact details

Tel: 020 7388 4449 www.menshealthforum.org.uk



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