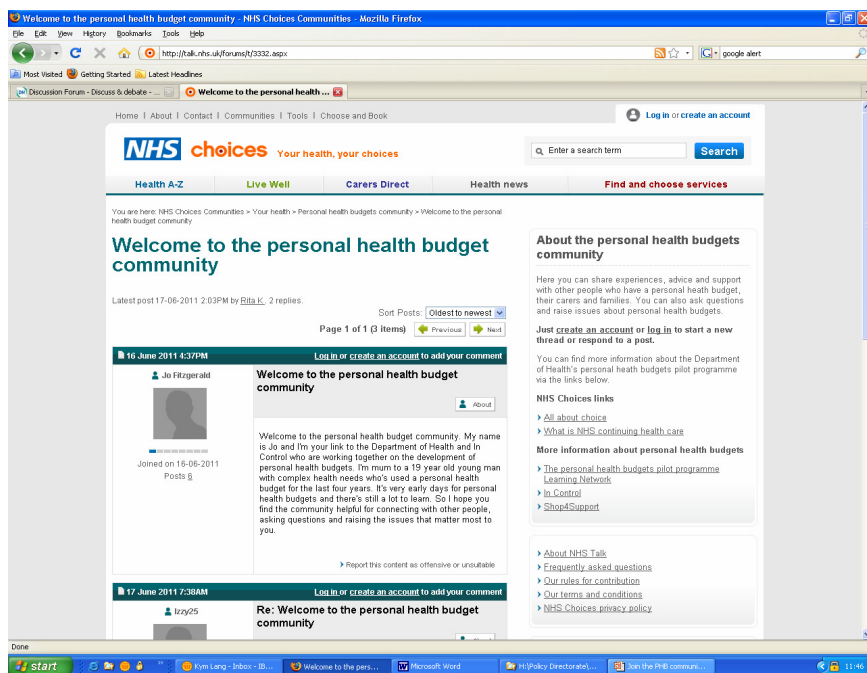


# Join the personal health budgets community on NHS Choices



**The personal health budgets community is a virtual space on the NHS Choices website where people with a personal health budget, their families and carers and those who are interested can talk about their experiences.**

[www.nhs.uk/phbcommunity](http://www.nhs.uk/phbcommunity)

## How to join the community:

- Type or paste this link into your web browser:  
[www.nhs.uk/phbcommunity](http://www.nhs.uk/phbcommunity)
- To register, click on 'Log in or create an account' on the top right of the web page
- Enter your email address, choose a screen name (it doesn't have to be your real name) and select a password
- You will be sent an email telling you how to activate your NHS Choices account. You can continue browsing in the forum but must activate the account within 24 hours for it to remain valid
- To use the forum, log in to start a new forum topic or reply to a forum post by someone else
- Click on your name on the top right of the web page ("Logged in as...") to update your profile at any time
- And have a look at the 'house rules':  
<http://talk.nhs.uk/terms/houserules.aspx>

Contact NHS Choices if you have any technical problems:  
[www.nhs.uk/aboutNHSChoices/Pages/ContactUs.aspx](http://www.nhs.uk/aboutNHSChoices/Pages/ContactUs.aspx)