Highland Self Management Forum
ALLIANCE Update – 8 December

Self Management Team

- Held a celebration event at Scottish Parliament on 23 November for the winners of the 2020, 2021 and 2022 Self Management Awards. More information about the event and the three years of award winners here - https://www.alliance-scotland.org.uk/blog/news/self-management-awards-2020-2022-celebration-event/#expanded
- We have a Self Management Network Scotland networking session on 17 January 2023. More information and how to sign up can be found here - https://www.alliance-scotland.org.uk/blog/events/new-year-self-management-networking-event/
- We have a new Development Office colleague in the team – Barbara Flynn – Barbara has been with the ALLIANCE for a number of years now as a Link Worker, but has brought all that experience and knowledge to the team

Sefl Management Fund

One of the two themes of the recently commenced second round of the Resilience, Recovery and Development Self Management Fund cycle has been to fund project that encourage a hybrid way of working and digital inclusion. Five projects received funding within this criterion, supporting individuals throughout Scotland and from all ages.

- Epilepsy Connections: an online epilepsy self management programme which will connect isolated people with epilepsy and living across Scotland.
- Lanarkshire Deaf Club: service will offer support and activities to community led groups (people over the age of 50) to reduce loneliness and isolation; opportunities to share information on topics of interest and learning opportunities to develop digital skills based on the needs of individuals.
- LGOWIT: the project will include digital peer support and topic-based sessions, co-design materials with young people to support delivery, in-person intergenerational group sessions to expand service user knowledge of technology and delivering self management sessions to upskill young carers and help them gain

confidence in accessing reliable resources in health and wellbeing online.

- Quarriers WQSEC: an online, interactive resource that will promote and support self management for people living with complex epilepsy. A digital toolkit and application will provide accessible, holistic support, co-produced by people living with epilepsy and based on person centred goals and needs.
- The Guide Dogs for the Blind: Guide Dogs Technology Hub, a first of its kind community platform, will be a one-stop-shop for everything technology related (including digital platforms, mainstream and assistive technologies), for individuals with vision impairment, carers and professionals. The platform will be a virtual place for individuals to be upskilled in using technology, including choosing the most appropriate apps, devices and equipment, along with troubleshooting support. It will enable individuals to effectively self manage their condition, supporting them on their journey to independence.

Lived Experience Networks
For information about each of the lived experience networks
- Heart Disease - https://www.alliance-scotland.org.uk/people-and-networks/heart-disease-network/
- Diabetes - https://www.alliance-scotland.org.uk/people-and-networks/diabetes-network/
- Respiratory - https://www.alliance-scotland.org.uk/people-and-networks/respiratory-network/
- Long Covid - https://www.alliance-scotland.org.uk/blog/news/new-long-covid-lived-experience-network/
- Women's Health - https://www.alliance-scotland.org.uk/blog/news/join-our-womens-health-plan-lived-experience-group/

New ALLIANCE Digital Network Officer – Gozie Joe Adigwe

The Digital Citizen Panel is a group of around 100 people who are supported by The ALLIANCE to lend their voice of lived experience to the Scottish Government's Digital Health and Care Directorate, supporting development of health and social care digital tools and resources.

The Panel is involved in a number of activities including regular awareness sessions – Informal Learning Sessions, Conversation Cafes -

and meet quarterly for strategic meetings. They recently met 'in person' for a Development Day in October and took part in an engagement session in November to explore the concept of 'The Digital Front Door', This session was the first in a series of six-weekly events and allowed members to consider their top health/social care priority areas that could be included in this new service.

As the new Digital Network Officer I'd like to work with you to promote recruitment of new members, support the development of creative ways to engage with Panel members and identify various opportunities to include Panel member contributions across community, policy and care provider networks. Going in to 2023 I would like to reach out to meet local groups across Scotland. I'm keen to hear from groups, individuals and organisation to outline to purpose and aims of the Panel. We seek membership from all people – whether digitally 'savvy' or not. As a fundamental aspect of our contribution is to uphold the concept of digital human rights ensuring inclusion and choice as the strategy develops. For further information or to arrange for me to speak with you, your group or team please contact me on:

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