**National update summary, Highland Self Management Forum, Thursday, 10th March 2022**

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**Self Management Month**

* The ALLIANCE has announced that September will be Self Management Month.
* This will replace Self Management Week, which we have hosted for the past 12 years.
* By changing the format, we hope to make events and the overall campaign more inclusive.
* More information: <https://www.alliance-scotland.org.uk/?post_type=news&p=22456&preview=true>.

**Self Management Programme Update**

* The Self Management Team offers Self Management Reflective Practice online, a free session offered to all network members as a way to consider how they can support self management (or support it better!) in their own work.
  + More info: <https://www.alliance-scotland.org.uk/self-management-and-co-production-hub/self-management-reflective-practice/>
  + Contact email: [smns@alliance-scotland.org.uk](mailto:smns@alliance-scotland.org.uk)
* We are going to hold Networking Sessions for those organisations who are funded by the current Self Management Fund. The first session will be on the 31st March 2022.

**Chronic Pain**

* The ALLIANCE contract for our Chronic Pain work has now ended but we will continue to take a very active interest in this important agenda. We have produced the report detailing the findings of the survey carried out last year, <https://www.alliance-scotland.org.uk/blog/news/my-path-my-life-my-right-to-live-well-report/>  and responded to Scottish Government’s consultation on the Chronic Pain Framework. We plan to hold an event when the report on the consultation is published, giving those who contributed the opportunity to reflect on its findings. We also plan to hold a Research Symposium in summer. Details on both events will be shared when available.
* Irene Oldfather has handed the ALLIANCE Chronic Pain portfolio over to Margaret McKeith who will now be the main point of contact.
* Contact email at the bottom of the document.

**Lived Experience Networks**

* The ALLIANCE hosts lived experience networks for Heart Disease, Diabetes and Respiratory Conditions.
* The purpose of these networks is to give a voice to people with lived experience of these conditions to have a chance to influence the Scottish Government’s action plans for each area of work.
* We welcome membership from people, unpaid carers, third sector staff and healthcare professionals with an interest in the respective conditions.
* Contact emails at the bottom of the document.

**Diabetes Network Scotland**

* In partnership with Diabetes Scotland, a new Diabetes Network has been set up for people affected by diabetes. The network brings together people with lived experience, support them to share that experience with Scottish Government and influence the implementation of the Diabetes Improvement Plan.
* The network launched in December with an event, providing presentations on the work of the Scottish Diabetes Group, as well as the opportunity to shape the direction and priorities of the network going forward.

**Long Covid Network**

* The ALLIANCE has had its proposal to set up and host a Long Covid Network approved in principle. This will be supported by CHSS and Asthma UK- British Lung Foundation and will be a vehicle for a collective voice of lived experience to influence an inform long covid services in Scotland. We are still in the very early stages of setting this up so more information will follow.
* Contact email at the bottom of the document.

**Research into Long Covid**

* The findings of a research project with CHSS on Long Covid and accessing social support will be available in March or April. More info here: <https://www.alliance-scotland.org.uk/blog/news/call-for-participants-accessing-social-support-for-long-covid/>

**Primary Care Lived Experience Programme**

* This programme, established in September 2021 is about to embark on its second piece of engagement. Our first was a survey asking people what their experience had been accessing General Practice Services. A preliminary report has been issued and a full report will follow next month, this will be published on the ALLIANCE website.
* Our second area of focus is dental services where we will be asking people what their experience has been accessing services and what their understanding is of the charging structure. We will also ask what “good” dental services would look like for them and their families. This engagement will form two strands – one being a survey which will be open to all, and the other will be working with organisations with a focus on oral health.
* Contact email at the bottom of the document.

**Sensory Hub**

* Some eye conditions that result in low vision can be associated with pain. Work is currently underway by the Sensory Hub to develop a National Low Vision Service for Scotland and you can shape the new service by getting involved through a variety of ways. More info: <https://www.alliance-scotland.org.uk/blog/news/join-the-low-vision-service-conversation/>
* Contact email at the bottom of the document.

**Digital Citizen Panel**

* The Digital Citizen Panel has been established to ensure the voices of lived experience are at the heart of design, delivery and improvement of health and care services. It is a diverse mix of representatives from different organisations and individuals with lived experience of long term conditions.
* Contact email at the bottom of the document.

**Useful contacts**

Should you like further information on any of the above please feel free to contact any member of the Self Management team by email:

Grace Beaumont, Development Officer: [grace.beaumont@alliance-scotland.org.uk](mailto:grace.beaumont@alliance-scotland.org.uk)

Louise Rogers, Development Officer: <louise.rogers@alliance-scotland.org.uk>

Dora Moldovan, Development Officer: <dora.moldovan@alliance-scotland.org.uk>

Self Management Team: [smns@alliance-scotland.org.uk](mailto:smns@alliance-scotland.org.uk)

If you would like any further information on chronic pain, the Long Covid Network or the dental survey please get in touch with Margaret McKeith: [Margaret.McKeith@alliance-scotland.org.uk](mailto:Margaret.McKeith@alliance-scotland.org.uk)

If you would like to know more about any of the Lived Experience Network, please contact as appropriate: [heart@alliance-scotland.org.uk](mailto:heart@alliance-scotland.org.uk) or [diabetes@alliance-scotland.org.uk](mailto:diabetes@alliance-scotland.org.uk) or [respiratory@alliance-scotland.org.uk](mailto:respiratory@alliance-scotland.org.uk)

If you would like more information on the National Low Vision Service, please contact [Hazel.McFarlane@alliance-scotland.org.uk](mailto:Hazel.McFarlane@alliance-scotland.org.uk)

If you would like to know more about the Digital Citizen Panel, please contact [Janine.Aitken@alliance-scotland.org.uk](mailto:Janine.Aitken@alliance-scotland.org.uk)

**Useful resources**

The ALLIANCE Annual Report 2021: <https://www.alliance-scotland.org.uk/blog/news/the-alliance-annual-report-2021/>

My Support My Choice – People’s Experiences of Self-directed Support and Social Care in Highland: <https://www.alliance-scotland.org.uk/blog/resources/my-support-my-choice-peoples-experiences-of-self-directed-support-and-social-care-in-scotland-reports/> (scroll down to find the report on Highland)

Gaun Yersel: The Self Management Strategy for Scotland: Written in 2008, Gaun Yersel was the first strategy written by people with long term conditions and not policymakers. Over ten years on it is still widely referenced and utilised. The strategy is a helpful resource for developing our understanding of what self management means: <https://www.alliance-scotland.org.uk/blog/resources/gaun-yersel/>