# National Update Summary, Highland Self Management Forum, Thursday 9th June 2022

**Margaret McKeith, Assistant Director, Health and Social Care Alliance Scotland**

## Self Management Awards

* The Self Management Awards are open for nominations until 20 June.
* Winning an award or being shortlisted is great recognition for projects/organisations/people!
* The nomination form is very quick to complete and the Self Management Team are happy to comment on nominations as the awards are judged externally.

Website page: <https://www.alliance-scotland.org.uk/blog/news/last-chance-to-nominate-for-self-management-awards-2022/>

Contact email: [smw@alliance-scotland.org.uk](mailto:smw@alliance-scotland.org.uk)

## Self Management Fund

* The Self Management Fund is open for applications until 27 June.
* Third sector and community organisations in Scotland can apply for a grant of up to £60,000 for up to two years to support people living with long term conditions, people living with disabilities and unpaid carers to self manage.
* This round of the fund will make £1 million available to the third sector.

More information: <https://www.alliance-scotland.org.uk/self-management-and-co-production-hub/self-management-fund/>

Contact email: [fund@alliance-scotland.org.uk](mailto:fund@alliance-scotland.org.uk)

## ALLIANCE Annual Conference

* The ALLIANCE Annual Conference is this week, with online events running until Friday.
* There are a few spaces left on tomorrow’s events, the schedule is linked below and everything is completely free to attend.
* Many sessions have been recorded with summary videos being released over the upcoming weeks.

More information and schedule: <https://alliance-annual-conference-2022.heysummit.com/>

Contact email: [info@alliance-scotland.org.uk](mailto:info@alliance-scotland.org.uk)

## Diabetes Network

* The ALLIANCE is seeking views from people affected by diabetes to understand your views and priorities for the future of diabetes care.
* An online survey is open until 12th June, more information is below.
* Focus groups will be held on 16th and 22nd June (you only need attend one) for people who would prefer to attend a zoom meeting to discuss these issues.

Survey: <https://www.alliance-scotland.org.uk/blog/news/diabetes-survey-what-information-and-support-works-best-for-you/>

Focus Groups: <https://www.alliance-scotland.org.uk/blog/events/diabetes-information-and-support-focus-groups/>

Contact email: [diabetes@alliance-scotland.org.uk](mailto:diabetes@alliance-scotland.org.uk)

## Validation of the ‘Managing Multiple Medicines’ questionnaire

* The University of Glasgow is running a research project to validate a new questionnaire helping to support people taking multiple medicines
* The Manage Medicines questionnaire is designed to help people with long term conditions who take multiple medicines to identify key issues they would like to share with their GP or pharmacist and discuss at their medicines review.
* The team would greatly value input from people with experience of living with multiple conditions and taking multiple medicines.

More information: <https://www.alliance-scotland.org.uk/blog/news/validation-of-the-managing-multiple-medicines-questionnaire/>

Contact email: [grigorios.kotronoulas@glasgow.ac.uk](mailto:grigorios.kotronoulas@glasgow.ac.uk)

## Useful Contacts

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

## Useful Resources

### 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/>