# **National Update Summary, Highland Self Management Forum, Thursday 9th December 2021**

## **Margaret McKeith, Assistant Director, Health and Social Care Alliance Scotland (the ALLIANCE)**

## **Self Management Week and Awards**

* Since our last update we have held a successful Self Management Week with over one hundred attendees at our events throughout the week and a successful Twitter campaign ‘What’s your self management story?’
* Our awards ceremony was held online for the second year running, hosted by STV’s Laura Boyd, with another year of inspiring winners from an incredible shortlist

Website page: <https://www.alliance-scotland.org.uk/self-management-and-co-production-hub/self-management-week/self-management-week-2021/>

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

## **Self Management Reflective Practice**

* The self management team are now offering Self Management Reflective Practice sessions online.
* This is a free session that we offer to all network members as a way to consider how you can support self management (or support it better!) in your own work.
* Get in touch with us on the email below to discuss arranging one for your team.

More information: <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)

## **New Respiratory Network**

* The ALLIANCE is hosting a respiratory network in partnership with Chest, Heart & Stroke Scotland and Asthma UK and the British Lung Foundation.
* The purpose of the network is to give people with lived experience a voice in the implementation of the Scottish Government’s Respiratory Care Action Plan, we welcome membership from people, unpaid carers, third sector staff and healthcare professionals with an interest in respiratory conditions.
* A launch event for the network will be held on Tuesday 14 December online, all are welcome.

More Information: <https://www.alliance-scotland.org.uk/blog/news/new-respiratory-network/>

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

**New Diabetes Network**

* To ensure the delivery of the Diabetes Implementation Plan is influenced and informed by people with lived experience of living with and being at risk of diabetes the ALLIANCE, and Diabetes Scotland are supporting the creation of a Diabetes Network to directly hear about people’s individual experiences. Our aim is to ensure people are at the centre, that their voices, expertise, and rights, drive policy and sit at the heart of design, delivery and improvement of support and services. The Network will have direct links with the Scottish Diabetes Group at a national level and so this is a real opportunity to influence improvements to diabetes services at both a local and national level.
* To get a summary of the discussions at this morning’s launch event, and to join the network contact diabetes@alliance-scotland.org.uk

More information: <https://www.alliance-scotland.org.uk/blog/news/new-diabetes-network/>

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

## **New ALLIANCE Hubs**

* The ALLIANCE has new hubs covering Lived Experience, Sensory and Digital areas of work.
* This new setup fits in well with our pivot towards empowering people to share their stories and supporting lived experience to be heard by those with the power to enact change.

Contact email: [Kerry.ritchie@alliance-scotland.org.uk](mailto:Kerry.ritchie@alliance-scotland.org.uk) (Lived Experience Hub)

[Jonathan.reid@alliance-scotland.org.uk](mailto:Jonathan.reid@alliance-scotland.org.uk) (Sensory Hub)

[Chris.mackie@alliance-scotland.org.uk](mailto:Chris.mackie@alliance-scotland.org.uk) (Digital Hub)

## **Primary Care**

* The  ALLIANCE is leading a programme to give the people of Scotland the opportunity to contribute to the development of primary care services now and influence what they will look like in the future. This programme will empower people accessing primary care services to be involved as active and equal partners to inform and contribute to the ongoing design of primary care.

For more information: <https://www.alliance-scotland.org.uk/health-and-social-care-integration/primary-care-lived-experience-programme/>

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

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Dora Moldovan, Development Officer: [dora.moldovan@alliance-scotland.org.uk](file:///C:\Users\margaret.mckeith\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\2Q3G7A08\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/>