# **National Update Summary, Highland Self Management Forum, Thursday 10th June 2021**

## **Grace Beaumont, Development Officer – Self Management Team, Health and Social Care Alliance Scotland (the ALLIANCE)**

## **Self Management Awards and Week**

* The Self Management Awards are open for nominations until 21 June.
* This year we have 2 new categories, Local Self Management Project of the Year and National Self Management Project of the Year.
* Self Management Week will be 27 September – 1 October with the theme ‘My Wellbeing, My Life.’

Website page: <https://www.alliance-scotland.org.uk/self-management-and-co-production-hub/self-management-awards-2020/self-management-awards-2021/>

Contact email: smw@alliance-scotland.org.uk

## **Self Management Fund**

* We have funded 49 new Self Management projects across Scotland.
* There were strong themes throughout the applications about recovery from the pandemic, particularly with projects looking at children and young people’s mental health.
* A full list of the projects is available to download from the link below.

News item: <https://www.alliance-scotland.org.uk/blog/news/new-projects-announced-for-self-management-funding/>

Contact email: fund@alliance-scotland.org.uk

## **Self Management for Rehabilitation Services**

* The ALLIANCE sits on the National Advisory Board for Rehabilitation
* We are coordinating the Third Sector response to a Self-Assessment tool designed to gather service providers opinions on the impact of the COVID-19 Pandemic.
* If your service supports people to live the fullest and best life possible, please consider completing the Self-Assessment Tool, deadline 18 June.

Information and download: <https://www.alliance-scotland.org.uk/blog/news/self-management-for-rehabilitation-services/>

Contact email: engagement@alliance-scotland.org.uk

## **ALLIANCE Annual Conference**

* The ALLIANCE Annual Conference is this week, 7-11 June with the theme Equally Valued, Equally Connected.
* Many of the sessions will be available as recording so look out for that on ALLIANCE socials over the coming weeks.
* There is still time to sign up for events on the final day.

Link: <https://www.alliance-scotland.org.uk/blog/events/save-the-date-equally-valued%E2%80%AF-equally-connected/>

Contact email: event@alliance-scotland.org.uk

## **Alcohol Related Brain Damage (ARBD) Toolkit**

* Penumbra have a launched a self management toolkit for people living with Alcohol Related Brain Damage.
* This recovery focused, holistic toolkit has been co-produced by people living with ARBD and is the first of it’s kind for this condition.
* This was developed through funding via the Self Management Fund and although this has been designed for people living with ARBD the comprehensive and holistic approach provides valuable learning for providing self management support.
* An ALLIANCE Live with some of the people who worked on the toolkit’s development will be shared shortly and the toolkit itself can be downloaded in the meantime.

Link: <https://www.alliance-scotland.org.uk/blog/news/leading-mental-health-charity-launches-unique-first-of-its-kind-recovery-toolkit/>

Contact email: smns@alliance-scotland.org.uk

**Women’s Health Plan**

* The ALLIANCE led engagement relating to lived experience for the Scottish Government Women’s Health Plan.
* Due to the Pandemic no in-person engagement was possible, so this included a survey in August 2020, followed by online events and calls in January 2021.
* The Women’s Health Plan is due to be published within the first 100 days of the new government.

Survey Report: <https://www.alliance-scotland.org.uk/blog/news/report-on-womens-health-survey-published/>

Events Report: <https://www.alliance-scotland.org.uk/blog/news/womens-health-events-report-published/>

Contact email: grace.beaumont@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

Self Management team: 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/>