# **National Update Summary, Highland Self Management Forum Meeting, Thursday 11th March 2021**

## **Rhona Millar, Senior Development Officer – Self Management Programme, Health and Social Care Alliance Scotland (the ALLIANCE)**

## **Self Management Week and Awards 2021**

* Save the date: Self Management Week will be 27September – 1 October and will be themed ‘My Wellbeing, My Life’
* Self Management Awards will be opening for nominations next month – keep an eye out for the announcement!
* We are establishing a Self Management Week Steering Group and if this is something you would be interested in please get in touch.

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

**Self Management and Co-production Special Interest Group**

* The Self Management and Co-production Special Interest Group, led by IFIC, is an international special interest group looking to generate and share learning of self management approaches across the globe.
* It is free to join, and open to all, and is currently shaping up the 2021 workplan. If there is any interest to join the SIG, there will also be an opportunity to shape the priorities of the group.
* The SIG launched in 2019 and the ALLIANCE are one of the international moderators, responsible for Scotland moderation. The SIG runs a range of webinars, blogs, case studies and is aiming to develop an evidence base.

Self Management and Co-production Special Interest Group: <https://integratedcarefoundation.org/special-interest-groups-sigs/self-management-and-co-production>

Contact email: [IFICscotland@integratedcarefoundation.org](mailto:IFICscotland@integratedcarefoundation.org)

**Discover Digital**

* Discover Digital is an initiative to raise awareness of digital tools that support wellbeing through a variety of activities and events.
* Partners are looking to establish a permanent source of Discover Digital information which could be available digitally or in analogue form for Scotland’s citizens who wish to understand how better to use technology and digital tools in their self management and in their health and care interactions.
* ALLIANCE drafted a document to cover the topics of digital self management, technology enabled care and digital tools for interacting with the NHS and social care, as well as signposting to trusted tools and services. We felt it was particularly important for this document to cover the general principles and potential benefits of digital health and care, focusing on skills and confidence first, before inviting users to find out what tools are already out there.
* We are now looking for organisations who could help us bring this content to a varied audience for feedback and further iteration. We want to understand people’s needs with regards to digital health and care skills, review whether the existing content meets these needs and hear what improvements could be made inviting users to find out what tools are already out there.
* The ALLIANCE can offer small grants to up to five organisations to carry out this engagement, between April and June, amounting to a maximum of £1,750 for each organisation. This is intended to cover any resource and costs incurred by the organisation delivering the engagement. We are aware that third sector organisations, grassroots groups and communities are often best placed to hold these conversations but might not have the necessary resource in these testing times.
* Particularly keen to hear from organisations working with people and families on low income, people and families from minority ethnic backgrounds, older people, people living in remote communities, people with communication support needs, care leavers, disabled people and people living with long term conditions or people who experience sensory loss.
* The deadline for this is the 22nd March.

Further info: <https://www.alliance-scotland.org.uk/blog/news/discover-digital-get-involved-to-help-us-build-a-resource-for-scotlands-people/#expanded>

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

**People at the Centre Programme**

* The Cabinet Secretary invited the ALLIANCE as a member of the Mobilisation Recovery Group to lead engagement work with people in Scotland to ensure there is a wide person centred focus from the outset of remobilisation efforts and, from the perspective of people who access support and services, that the voice of lived experience is heard.
* The People at the Centre programme undertook an engagement process towards the end of 2020 to capture views through a range of engagement activities, reaching over 1000 people across all of Scotland’s 32 local authorities.
* The final report is now available to read which explores the themes that have come out of this work.
* More reports are available in different languages and there are summary versions available on the ALLIANCE website.

People at the Centre – MRG Report: <https://www.alliance-scotland.org.uk/wp-content/uploads/2021/02/Health-Wellbeing-and-the-COVID-19-Pandemic-Final-Report.pdf>

People at the Centre Programme webpage: <https://www.alliance-scotland.org.uk/people-and-networks/people-at-the-centre-engagement-programme/#expanded>

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

**Digital Citizen Panel**

* The Digital Citizens Panel is a new initiative that will work closely with Health and Social Care Partnerships (including their citizen engagement staff), local authorities, Third Sector Interfaces (TSI) and organisations to identify people from across Scotland who can offer input, supporting the aim of ‘empowering citizens to better manage their health and wellbeing, support independent living and gain access to services through digital means’.
* If you can share insight and views to help shape the work of this panel or would like to be involved with this panel please contact the team.
* The team are particularly keen to hear from:
  + Organisations who are supporting people digitally – whether that’s through befriending projects that have adapted the way they deliver
  + Individuals who have had experiences of utilising digital to access health and care services
  + Explicit concerns or needs individuals need developers to consider when creating digital tools – we know people are digitally excluded but what can do to make digital tools for all (making digital a possibility, but using it would still be personal choice)

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

**Harm to Hope**

* On Tuesday 9th March, the Scotland Reducing Gambling Harm programme and the Moray Wellbeing Hub delivered an event exploring gambling harms in the north of Scotland. This event was looking at the scale of gambling harm across this area and how we can encourage hopeful rather than harmful behaviours.
* Received great feedback on this so are looking to develop this area of work in the North of Scotland. If this is something you are interested in getting more information on or being involved in please contact the team.

Event page: <https://www.tickettailor.com/events/moraywellbeinghub/486486> (please note, this event has passed but is included to provide further context)

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

**Coaching for Wellbeing: supporting resilience and morale (external opportunity)**

* Coaching for Wellbeing is a digital coaching service for health and social care staff during COVID-19. The emphasis of this service is to recognise the importance of wellbeing at a time of crisis and uncertainty.
* The coaching is delivered by qualified and experienced coaches all of whom have experience of working with and coaching those who work in health and social care services. This service is managed by NHS Education for Scotland in partnership with Know You More, a digital coaching organisation, who will provide the website for you to sign up and be matched with a coach.
* This may be something you want to take up if you want to be more active in caring for your health and wellbeing but aren’t sure where to start, want to make the most out of your strengths and preserve your energy, or if you are supporting other colleagues or team members during the COVID-19 pandemic.

Coaching for Wellbeing Information Pack: [Coaching for Wellbeing Information Pack](https://www.promis.scot/wp-content/uploads/2020/12/Coaching-for-Wellbeing-Information-Pack.pdf)

Sign up for Coaching support: <https://www.knowyoumore.com/wellbeingcoaching/>

## **Useful Contacts**

Should you like further information on any of the above please feel free to contact the Self Management team on 0141 404 0231 or by email:

Rhona Millar, Senior Development Officer – [rhona.millar@alliance-scotland.org.uk](mailto:rhona.millar@alliance-scotland.org.uk)

Louise Rogers, Development Officer – [louise.rogers@alliance-scotland.org.uk](mailto:louise.rogers@alliance-scotland.org.uk)

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

Lara Murray, Fund Manager – [lara.murray@alliance-scotland.org.uk](mailto:lara.murray@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. 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/>

**Managing Wellbeing from Home**  
This has been populated by Self Management Network Scotland members, signposting to a range of resources that members have found to supporting their self management and wellbeing during lockdown: <https://www.alliance-scotland.org.uk/self-management-and-co-production-hub/managing-wellbeing-at-home/>