



Health and Social Care Alliance Scotland (the ALLIANCE)

**Self Management Month
Celebrating Change
September 2022**

The ALLIANCE online Self Management Month Communications pack

#SelfManagement22 @SelfMgmtScot @ALLIANCEScot

Thank you for contributing to our campaign. This pack has been created to provide you with information required for supporting the campaign. If you have any questions, please do not hesitate to get in touch with us by emailing SMW@alliance-scotland.org.uk.

Overview

The ALLIANCE hosts a range of events to celebrate self management across Scotland annually, including a range of events, ALLIANCE Live activity and the Self Management Awards. The aim of the week is to bring people together and share learning across the Self Management Network Scotland, Self Management Fund projects and wider ALLIANCE membership.

With a growing membership of over 3,000 organisations, associates, disabled people, people living with long term conditions and unpaid carers, there will be opportunities to hear from, network, and engage with many different stakeholders.

The majority of Self Management Month: Celebrating Change will be delivered online. It will feature a range of exciting online events and workshops. The aim of the month is to bring people together and share learning across the Self Management Network Scotland, the Self Management Fund projects and the wider ALLIANCE membership. With sessions each Wednesday throughout September, we hope there will be something for everyone. Participation is free, inclusive and open to all.

To view a full list of sessions, please visit <https://bit.ly/SMMonth2022>

Self Management Month programme

	MORNING 10AM	LUNCHTIME 12PM	AFTERNOON 2PM	EVENING
7 September	<u>Being the Change</u>	<u>Self Management Network Scotland Networking event</u>		
14 September	<u>Should I go, or should I stay?</u>	<u>Living Well: Emotional Support Matters</u>		<u>DEVIANT Film Screening</u>
15 September	<u>Reducing Stigma, Emphasising Humanity</u>			
21 September <i>International fitness day</i>	<u>Make Movement Your Mission</u>	<u>Self Management Through a Digital Lens</u>	<u>Scottish Ballet Health – Dance on Prescription</u>	<u>‘Self Management: Celebrating Innovations’ hosted in collaboration with IFIC Scotland</u>
28 September	<u>LGOWIT Living Well digitally</u>	<u>From Deprescribing to Social Prescribing</u>		<u>Self Management Awards</u>

Campaign Resources

Logos for Self Management Month and Celebrating Change are below. These can be used for social media, newsletters and/or websites along with the suggested posts below.



Suggested posts

- This year Self Management week is moving to Self Management Month with the theme being 'Celebrating Change'. Join @SelfMgmtScot for a wide range of free events which will run every Wednesday throughout September. More info: <https://bit.ly/SMMonth2022> #SelfManagement22
- Find out more about self management and what it means for your health and wellbeing during @ALLIANCEscot Self Management Month with events taking place every Wednesday throughout September. @SelfMgmtScot #SelfManagement22

See events schedule here: <https://bit.ly/SMMonth2022>

- There is a wide range of FREE events taking place every Wednesday throughout September during Self Management Month. Join @SelfMgmtScot for some fun, free events and explore the value of #SelfManagement22

More info: <https://bit.ly/SMMonth2022>

- Join @SelfMgmtScot @ALLIANCEscot as they host events for #SelfManagement22 throughout September. All events are free, inclusive and open to all. Explore the full schedule at: <https://bit.ly/SMMonth2022>

Social media

Join the online conversations throughout the month:



Follow us on Twitter @SelfMgmtScot @ALLIANCEscot #SelfManagement22



Follow us on Instagram @alliance.scot



Find us on Facebook @ALLIANCEscot

Contact us

If you have any questions, please email the Self Management team at SMW@alliance-scotland.org.uk, grace.beaumont@alliance-scotland.org.uk or louise.rogers@alliance-scotland.org.uk.

About the ALLIANCE

The Health and Social Care Alliance Scotland (the ALLIANCE) is the national third sector intermediary for a range of health and social care organisations. We have a growing membership of nearly 3,000 national and local third sector organisations, associates in the statutory and private sectors, disabled people, people living with long term conditions and unpaid carers. Many NHS Boards, Health and Social Care Partnerships, Medical Practices, Third Sector Interfaces and Access Panels are also members.

The ALLIANCE is a strategic partner of the Scottish Government and has close working relationships, several of which are underpinned by Memorandum of Understanding, with many national NHS Boards, academic institutions and key organisations spanning health, social care, housing and digital technology.

Our vision is for a Scotland where people of all ages who are disabled or living with long term conditions, and unpaid carers, have a strong voice and enjoy their right to live well, as equal and active citizens, free from discrimination, with support and services that put them at the centre.

The ALLIANCE has three core aims; we seek 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.
- Support transformational change, towards approaches that work with individual and community assets, helping people to stay well, supporting human rights, self management, co-production and independent living.
- Champion and support the third sector as a vital strategic and delivery partner and foster better cross-sector understanding and partnership.

☎ 0141 404 0231 ✉ info@alliance-scotland.org.uk 🐦 @ALLIANCEscot

📘 Health and Social Care Alliance Scotland 📷 [alliance.scotland](https://www.instagram.com/alliance.scotland)

www.alliance-scotland.org.uk

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