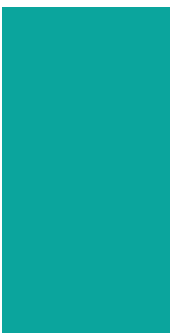


# Building on the **IMPACT**

An interim report of the Self Management  
IMPACT Fund 2013 - 2015



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An interim report of the Self Management  
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## Foreword

**The Health and Social Care Alliance Scotland have been at the forefront of the self management agenda for many years now in Scotland.** Gaun Yersel, the Self Management Strategy, was written by people with lived experience of self management and this has remained the blueprint for development in Scotland. The landscape has moved on and we are particularly pleased that self management is a prominent feature in the Scottish Government's 2020 vision. To support the implementation of Health and Social Care Integration in Scotland, the ALLIANCE have established a team to harness the rich learning that has emerged to date, and to connect people working in the self management field through the Self Management Network Scotland.

The Self Management IMPACT Fund has been instrumental in leading the way, showing the value of lived experience, co-production and 'doing things differently' in health, social care



**Ian Welsh, Chief Executive**

and wellbeing partnerships. We are delighted to present these interim findings from the current allocation of funding, but realise there is much more work that needs to be done to transform health and social care in Scotland. For the ALLIANCE, and our members, self management is the key and we will be announcing further iterations of the Self Management Fund later this year to continue to support emerging ideas and innovative ways of working.

## Background

The first allocation of the Self Management Fund was made in 2009 with 81 projects benefitting from £2 million each year. Since then the ALLIANCE has continued to support this Scottish Government investment annually.

The Self Management IMPACT Fund opened in 2013 with an additional £6 million to be allocated over three years. This Interim Evaluation Report collects together information about the 95 innovative projects which have been supported over four funding rounds. Here we also outline some emerging themes that are coming from the projects, highlight their learning and point to a full Evaluation Report which will be published in 2016, at the end of this allocation.



## The Self Management IMPACT Fund

The Self Management IMPACT Fund provides a unique opportunity for third sector organisations and partnerships to develop and strengthen new project ideas that support self management as well as building upon existing approaches. The IMPACT Fund has already demonstrated essential learning about the impact of self management:

- Even a small investment delivered using asset based approaches can lead to significant outcomes in terms of quality of life and wellbeing, building capacity within people and communities. Valuing lived experience and developing meaningful relationships has been core to the way the projects work.
- A central feature of all projects has been the involvement of people with long term conditions in the design, delivery and evaluation of the projects. Learning has also identified that adopting a flexible approach, providing choice and encouraging people to develop aspirations for the future is central to the support many people need.



**The Self Management IMPACT Fund aimed to support projects which could demonstrate a fit with themes which were highlighted as priority gaps in the first three rounds of the Fund. These were:**

### **Rounds 1 – 3**

- Self Management and Employment, Skills and Education
- Self Management and Community Development and Partnerships
- Self Management and Technology
- Self Management and Peer Support
- Self Management and Young People and Transitions



### **Round 4**

- Self Management and Unpaid Carers
- Self Management and Volunteering
- Self Management and Technology
- Self Management and Older Adults
- Raising awareness of Self Management and the 'My Conditions My Terms My Life' Awareness Raising Campaign



### **The essential Criteria for applications to the Fund were:**

- The project will build the capacity of people with long term conditions to effectively self manage
- The project will encourage new approaches to self management
- The project will enable people with long term conditions to take a leadership role in delivering and promoting self management
- The project will work together with public services to support the principles of the self management strategy

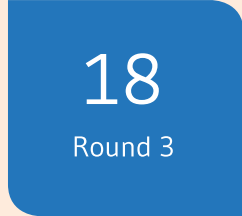
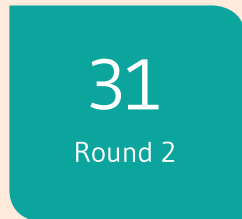
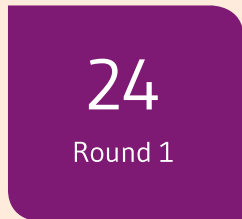
From these themes and criteria, the projects have developed their individual ideas and learning. Several common themes and shared learning points are emerging, and these will be introduced in the next section and expanded on in the full Evaluation Report. The Case Studies at the end of this report highlight these themes and provide more detail of a small selection of the projects.



# KEY FACTS

# 95

projects



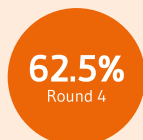
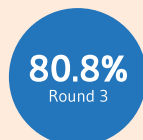
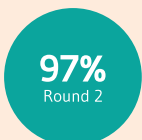
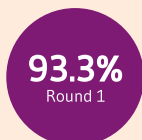
# £6m

allocated

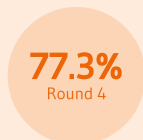
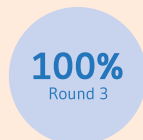


## Pre-application Support

Percentage of all applicants in each round who accessed pre-application support

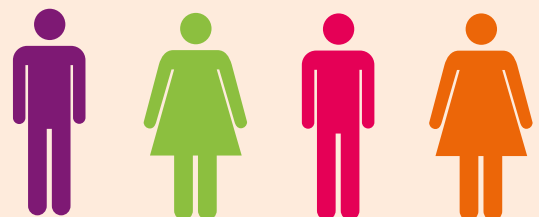


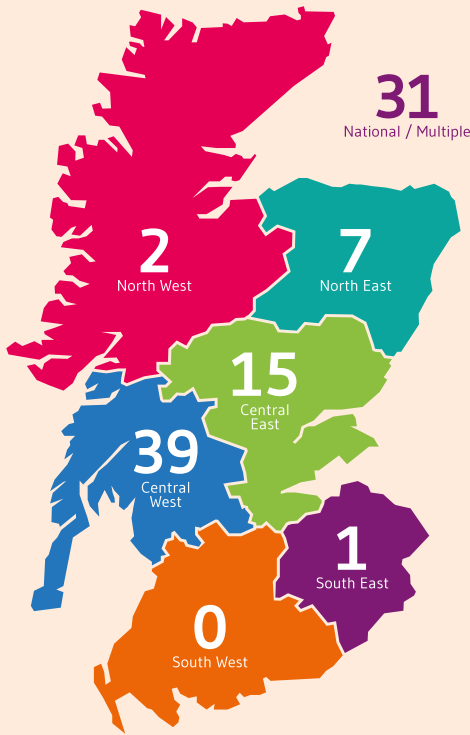
Percentage of successful applicants in each round accessing pre-application support



## Evaluation Support Sessions

66 organisations attended workshops  
6 one to one support sessions





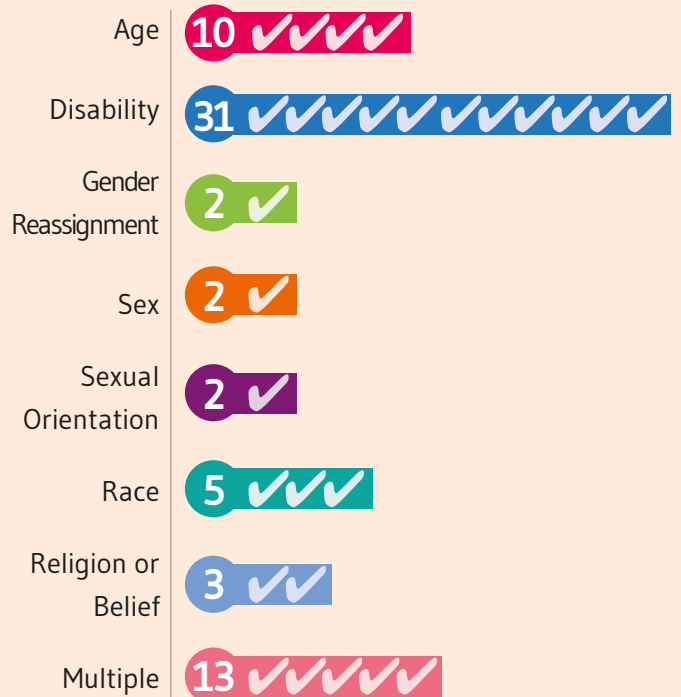
# LOCALITIES



# PARTNERS



# EQUALITIES



## Emerging Themes

We have identified seven emerging themes which are common across many of the funded projects' own evaluation reports. We will explore these in more depth with the projects during the remainder of the funding period, but the following section outlines the themes and highlights some examples within the funded projects.

### Importance of local information and support

Access to high quality information has always been central to successful self management. During this round of the Self Management IMPACT Fund, the focus for information has shifted to highlight the importance of access to local resources. Many projects have been able to develop bespoke information and support in a local context. This is not to say that national information and support has not had a role in supporting self management, but organisations have been able to make greater use of tools such as social media to make them relevant, appropriate and reactive to local needs.

**Some of the organisations whose learning has been focused on this theme are:**

- Breast Cancer Care  
(see case study on page 8)
- Castlemilk Relaxation Centre
- Lanarkshire Association for Mental Health

### Partnerships and sharing learning

Projects have been realistic and proactive in the partnership opportunities that they have taken up and fostered to support their work. Through a range of formal and informal networking, projects have been able to explore positive and sometimes negative aspects of partnership working, using their learning to link to other agencies and tackle some of the

barriers they have encountered.

**Some of the organisations whose learning has been focused on this theme are:**

- PBC FOUNDATION  
(see case study on page 12)
- Project Ability
- MS Therapy Centre Lothian

### Power of personal Experience

Personal experience is at the heart of all the Self Management Funded projects, but we have seen an increase during this allocation in how that powerful experience has been harnessed and used to benefit others. Many projects have highlighted the benefits of sharing experiences with others people who may be new to self management or ready to build self management techniques into their lives in a new way. Projects have been using the power of personal experience to raise awareness of what self management is and how it can lead to improvements in health and wellbeing in many aspects of peoples lives. Projects have developed a range of tools from the perspective of lived experience which have been used to support self management. Projects are beginning to use the learning that they are capturing from the power of personal experience to benefit a wider range of people and communities.

**Some of the organisations with learning in this area are:**

- PMR - GCA



- Action For M.E.
- Bronchiectasis Website
- Voluntary Action East Renfrewshire
- Haemophilia Scotland

## Sustainability and skills

The Third Sector is constantly evolving and reacting to changing funding streams and priorities, and projects within the Self Management IMPACT Fund are no different. However, projects have been encouraged to look at sustainability to try and minimise the loss of good ideas and initiatives when funding comes to an end. A number of projects are making renewed use of volunteers, providing different opportunities within new projects that are tailored to individuals' strengths and abilities. Projects are continuing to develop new ideas for sustainability, and the ALLIANCE Partnership and Practice team will be supporting collaboration and spreading of this learning through the Self Management Network Scotland.

### Some of the organisations whose learning has been focused on this theme are:

- Healthy N Happy
- The Coach House Trust
- Bobath Scotland  
(see case study on page 9)
- Aberdeen Foyer

## Young People

Several projects have focused on self management issues and solutions involving young people. Projects have been able to look at future provision of services linked to issues such as data ownership, prevention and independence. Projects have highlighted the importance of wider family and community support.

### Some of the organisations whose learning has been focused on this theme are:

- Mydex

- Headway Glasgow
- Bobath Scotland  
(see case study on page 9)
- Scottish Spina Bifida Association  
(see case study on page 11)

## Carers

A number of projects have been focused on issues relating to self management for carers, traditionally 'harder to reach', others have highlighted learning which may support carers in the future such as the importance of timing of support, information and intervention.

### Some of the organisations whose learning has been focused on this theme are:

- Heal The Whole Of Me
- Arthritis Care Scotland
- Carers Link East Dunbartonshire

## Adapting

Projects do not always go to plan, and the Self Management IMPACT Fund is equally as keen to support funded projects to look behind the reasons why, make appropriate adaptations and spread that learning. Projects have highlighted difficulties with sustainability, despite a desire to tackle it, and have developed resourceful ways to plan for the future. This has involved making connections and partnerships in different places, looking at future funding opportunities, making internal organisational changes and connecting with different groups. Some projects have explored alternative models for delivery and business, such as social enterprise.

### Some of the organisations whose learning has been focused on this theme are:

- Now You're Talking
- African and Caribbean Network
- WRASAC
- Scottish Spina Bifida Association  
(see case study on page 11)

## Breast Cancer Care

Breast Cancer Care works to ensure that every person affected by breast cancer has access to the best treatment, information and support.

Breast Cancer Care was funded to research self management breast cancer support and services in remote and rural areas of Scotland.



Breast Cancer Care in Scotland believes the best way to unlock vital information to support breast cancer patients to self manage is by working with other people with a lived experience who understand the unique experiences and heightened sense of isolation of people living in rural areas. Nic White knew little had been done to research support and service provision needs of breast cancer survivors in remote and rural areas of Scotland.

**“ We thought that issues like transport and connectivity would be important, but what were the real issues for people that had gone through it? ”**

The Self Management IMPACT Fund provided an opportunity to undertake collaborative research with two patient members of Breast Cancer Care's Service User Research Partnership group.

They worked with researchers at Stirling University to carry out the research using their lived experience 'resource' to make recommendations for service development.

**“ Having patient champions involved from day one helped to ensure our research was embedded in patient experience. ”**

The project aimed to point to solutions which could rebalance some of the inequalities in service provision which was mainly Central Belt focused. How could patients be better supported during and after hospital treatment? What are the potential support models and how these could be resourced? What role might this have in Health and Social Care Integration?

**“ Lived experience plays a massive role, they can pass on understanding about the impact of diagnosis, treatment and recovery that is much more than simply about the condition itself. ”**

The charity found that people in remote and rural areas were naturally more resourceful due to challenges around transportation; co-ordination of care; and lack of joined up care planning. The research found that people wanted to come together with others in similar situations and build local capacity through volunteering.

**“ We are incredibly grateful for the ALLIANCE funding and wider support which has given a voice to people living beyond breast cancer in Scotland. ”**

The research has enabled Breast Cancer Care to plan ways to take services to people rather than take people to services. More resources are required but in the meantime they are thankful that the ALLIANCE is able to align the work of Breast Cancer Care with others in the field to amplify the evolving discussions and research.

For more information please visit

[www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

## Bobath Scotland

Bobath Scotland is a Scottish Charity devoted to improving the quality of life for children and adults with cerebral palsy.

Bobath Scotland were funded to find ways to support young people transitioning through services to self manage.



Bobath Scotland identified that a key gap in transition services was motivation. Most young people had previously engaged with services because their parents had brought them along, and suddenly they were expected to be able to know what to do to manage their conditions and their lives as adults. Stephanie and Sandra from Bobath Scotland wanted to find out what was important to the young people themselves to support them to set realistic goals independently.

**“ This was about the young people themselves - NOT their parents, and NOT us – what we thought we wanted to do was not what the young people themselves wanted. ”**

Bobath Scotland had to learn to ‘let go’ a little during the planning stages of the project. They knew that cerebral palsy didn’t always fit into obvious work-streams as a condition and that people sometimes got forgotten, leading them to dismiss themselves. They wanted to find a way to include young people in the transition process, increase their confidence and build in some social support along the way.

**“ If people can be supported to self manage their own condition and their own lives they have a greater understanding of what they can do and are given confidence to do more. ”**

Bobath Scotland planned their project carefully, taking account of logistical issues like exams, holidays and staffing to establish a group dynamic that would be supportive, cohesive and enhancing. They needed to ensure that the right kind of supports were in place for people too, to allow maximum input.

**“ We were led by the young people, but we worked alongside them rather than provide a menu of services for them to choose from. ”**

Bobath Scotland quickly found that the young people themselves were keen to show other people living with conditions how to ‘do’ self management. The young people suggested making movies to spread the word and reach others who perhaps felt like they did.

**“ We are learning pro-actively as we go along, taking the lead from the people we support. ”**

Bobath Scotland have found this way of approaching their work to be quite freeing, allowing them time to listen and respond to the needs of those they support, on this project as well as planning others. Bobath Scotland know that they wouldn’t have been able to develop this approach and evolve as an organisation without the Self Management IMPACT Funding, and plan to continue working in this circular way to plan, deliver and learn more effectively.

For more information please visit [www.bobathscotland.org.uk](http://www.bobathscotland.org.uk)

## Evaluation Support Scotland



Evaluation Support Scotland (ESS) was established in May 2005 and launched formally in January 2006. ESS is a registered Scottish Charity.

ESS is partially funded by the Scottish Government and generates income from workshop and support programmes.

Since the beginning of the Self Management Fund, the ALLIANCE has partnered with Evaluation Support Scotland to provide workshops and support to funded projects. During the first three rounds of the IMPACT Fund, Martha Lester-Cribb has delivered packages of four sessions to 66 projects.



**“ We share an ethos with the ALLIANCE, not only about an honest, positive, flexible and proportionate approach to evaluation and why it’s important, but also in the way we work. ”**

For Martha evaluation can keep us all motivated by helping find out if we are making the difference we want to make. The ALLIANCE partnered with ESS to help projects understand the power of evaluation, to share what they are doing with those involved and to dispel myths around reporting and monitoring.

**“ We don’t need to reinvent the wheel – the ALLIANCE has trusted me as the expert to bring the self management projects together to share and learn. ”**

Martha has found that by working together, projects have discovered that they have the confidence to be innovative and find new ways of working, new ways of demonstrating the difference they’ve made. Initially projects were fearful of ‘getting it right’ for the funder, but over time felt more able to understand that the ALLIANCE was interested in knowing their ideas about reporting too.

**“ Funders are human beings too and don’t want to be reading a 30 page report of stats and graphs as much as projects don’t want to write that! ”**

Martha has particularly enjoyed the mutually trusting relationship that the partnership with the ALLIANCE has been based upon, with a shared understanding of ‘what it’s all about’. This has allowed issues to be ironed out as they have arisen, and also for challenges to be looked at in terms of opportunities for future learning and development.

**“ The sessions produced much more than we expected, they were so productive and the projects so enthusiastic – it’s been a lovely area to work in, building on people’s passions on a very real level. ”**

There is potential to do so much more together to support projects, now and in the future, not only to demonstrate their impact but also to design appropriate and inclusive tools to do so, and to share good practice. Bringing people together, getting different people involved and showcasing different approaches is what the ALLIANCE and ESS are both about, and we plan to keep building on this relationship.

For more information please visit

[www.evaluationsupportscotland.org.uk](http://www.evaluationsupportscotland.org.uk)

## Scottish Spina Bifida Association



The Scottish Spina Bifida Association (SSBA) provides information, support, projects and advice on all aspects of spina bifida and hydrocephalus.

SSBA were funded to explore what employability means for the young people they supported who were undergoing transition into adulthood.



Deborah Roe from The Scottish Spina Bifida Association knew that due to the nature of the lifelong, complex condition that young people accessing paediatric services were well looked after. However for young adults leaving care many fell into a 'black hole' of services.

**“ Our previous services were probably quite reactive, families tended to come to us, so the opportunity to apply to the Self Management IMPACT Fund let us trial a different approach. ”**

The gaps that SSBA identified were around the skills, knowledge and empowerment to self manage effectively, as well as the perceived barriers and different views around employability. Following some initial research with a group of young people, they felt that the Self Management Fund would be a perfect match.

**“ The young people in the group wondered if employers would understand their needs, and understand the need for self management. ”**

Funding from the ALLIANCE enabled SSBA to support the young people to be in control of the project and ensure the project happened in a fun way. Being involved in this way supported them to gain new skills and confidence as well as providing valuable insights for SSBA in terms of what was needed for an ongoing service.

**“ The benefits were for the young people and the organisation equally, a very positive relationship at all levels but really strong unexpected outcomes for the young people especially. ”**

The group looked at employability opportunities in wide terms, not just traditional employment but a variety of vocational and volunteering models that were important to the group, whatever it meant to them as individuals. The project challenged perceptions of the condition too through community outreach and involving carers and parents in a different way to before.

**“ We see the ALLIANCE as 'not just a funder' but as a partner supporting valuable research focused on impact – so not a usual funding relationship, but challenging us to do things differently while understanding the issues faced in the sector. ”**

SSBA have valued being connected into the wider ALLIANCE network of self management funded projects to share their findings and to learn from, and be supported by others. These connections are crucial to further develop and sustain this area of work for SSBA, while further reinvestment is important, it is also important that this learning does not disappear.

For more information please visit [www.ssba.org.uk](http://www.ssba.org.uk)

## PBC Foundation



The PBC Foundation supports people living with Primary Biliary Cirrhosis, an auto-immune disease affecting the liver.

PBC Foundation were funded to share and spread their learning around self management support with others.

Having benefitted from ALLIANCE Funding previously, the PBC Foundation knew that the Self Management IMPACT Fund would be open to considering a new way of working. Robert and Rob from PBC Foundation felt that the time was right to explore a natural progression to their condition specific work and see if they could give something back as an organisation.



“ We met other organisations working with carers, people with epilepsy and other conditions at an ALLIANCE Networking event and got chatting, it was a real lightbulb moment for us – why not work together? ”

PBC wanted to look at the needs not only of their own members, but those of the partner organisations to see what was currently available to support self management. Their bespoke solution, created with the people they were supporting, enabled a mix of condition specific and common ground information, support and resources.

“ We saw our work having a ripple effect with that of others – a real acknowledgement that we were going down the right road. ”

Being connected to a bigger network of support through the ALLIANCE meant that PBC Foundation could have many more positive impacts to tackle isolation and break down barriers for those they supported. PBC Foundation found it helpful to be part of a larger community, to support their members and themselves as an organisation.

“ When there is stigma attached to a condition, joining together to cross the boundaries and meet other people breaks down those barriers. ”

PBC Foundation have found it rewarding to see other organisations taking forward some of their learning and experience, spreading the transformative self management message to new areas and communities. Rather than continuing to work in silos, they have found it beneficial to come together and tackle some of the barriers collectively.

“ The ALLIANCE has been more like a partner in this project which is very encouraging and made us feel optimistic and more open too. ”

PBC Foundation have found working with the ALLIANCE positive and straightforward. The ALLIANCE has provided access to a melting pot of ideas, different ways of working, different ways of collecting evidence to demonstrate what works and a general enthusiasm which they've not found in other parts of the UK. PBC Foundation are confident that they can not only take that enthusiasm and learning forward but that they can contribute strongly to it, continuing their ripple effect.

For more information please visit [www.pbcfoundation.org.uk](http://www.pbcfoundation.org.uk)

## Grants and Impact Officer

Emma Goodlad is the Grants and Impact Officer with the ALLIANCE.

### Emma works to support;

- organisations to apply for the Self Management IMPACT Fund
- projects to deliver
- evaluation and reporting



Emma previously worked on another programme at the ALLIANCE, so had a good working knowledge of the Self Management IMPACT Fund projects. She hadn't appreciated the level of support that was available pre and post funding.

**“ It's been a steep learning curve getting to know the process as well as the projects, but great to be supporting them to make the most of their funding. ”**

Emma initially spent time visiting the projects to meet the people involved, to find out what support she could offer projects now, and also for new projects applying for Round 4.

**“ I could see the impact of the funding immediately, my role was to support new projects coming forward to describe their ideas clearly without putting words in their mouths. ”**

Emma found that some projects came in for meetings a little nervous and unsure if their idea was a 'good fit' with the criteria of the Fund. Through honest discussions she was able to clarify what the organisations wanted to do, how they planned to do it and crucially what would be different as a result.

**“ Once we'd established why they saw it as self management and how people with long term conditions had been involved, it was up to them to tell us simply why it was important. ”**

Emma found it rewarding when the applications came rolling in for Round 4, seeing clearly the support she had offered

reflected in the applications. Any areas that still required clarification and any gaps in information were filled in through phone calls to each project before the tough decision-making process of the Independent Grant Allocation Panel began.

**“ Being in the room for the decision day was so helpful, being able to answer their questions but also understanding why they made a decision helped me to give stronger feedback. ”**

Working with newly funded projects to get started, Emma felt that she had already been working in partnership with them for a few months as a result of the process. Emma was able to support them to get underway, perhaps in slightly different ways than they had planned, but always focused on their outcomes. Harnessing the shared outcomes of the collected projects is essential in capturing the learning generated, and using that in positive ways to make and sustain change. Emma is excited about future rounds of the Fund opening and being able to support more projects in different ways.



For more information please visit  
[www.alliance-scotland.org.uk](http://www.alliance-scotland.org.uk)  
[smns.alliance-scotland.org.uk](mailto:smns.alliance-scotland.org.uk)

| Funding Round | Organisation                                       | Timescale | Condition  | Theme   | £ Allocated |
|---------------|--|-----------|--|---|-------------|
| 1             | Aberdeen Foyer                                     | 3 years   | Mental Health  | Self Management and Employment, Skills and Education    | £189,531.30 |
| 1             | Action for ME                                      | 1 year    | ME   | Self Management and Technology                          | £27,749.40  |
| 1             | Arthritis Care Scotland                            | 2 years   | Generic  | Self Management and Peer Support                        | £122,826.20 |
| 1             | Breast Cancer Care                                 | 1 year    | Breast Cancer  | Self Management and Community Development/ Partnerships | £5,000.00   |
| 1             | Carr Gomm  | 2.5 years | Generic  | Self Management and Community Development/ Partnerships | £210,000.00 |
| 1             | Clydeside Action on Asbestos                       | 3 years   | Asbestos Related Conditions                          | Self Management and Community Development/ Partnerships | £155,400.00 |
| 1             | Deafblind Scotland                                 | 1 year    | Deafblind  | Self Management and Employment, Skills and Education    | £5,000.00   |
| 1             | East Lothian Cardio-Pulmonary Rehabilitation Group | 3 years   | Stroke, Heart, Lung disease, Diabetes, Risk of Falls | Self Management and Peer Support                        | £30,240.70  |
| 1             | Healthy n Happy Community Development Trust        | 1 year    | Generic  | Self Management and Peer Support                        | £71,480.00  |
| 1             | Highland Third Sector Partnership                  | 3 years   | Generic  | Self Management and Community Development/ Partnerships | £142,067.10 |
| 1             | LGBT Health & Wellbeing                            | 2 years   | Mental Health  | Self Management and Peer Support                        | £82,250.00  |
| 1             | MS Centre Mid Argyll                               | 3 years   | Generic  | Self Management and Community Development/ Partnerships | £201,738.60 |

Table Key

Starter

Small

Main

Strategic



|   |   |         |                       |  |                      |
|---|---|---------|-----------------------|--|----------------------|
| 1 | MS Therapy Centre Lothian                     | 2 years | Generic               | Self Management and Community Development/<br>Partnerships | £68,922.00           |
| 1 | Muscular Dystrophy Campaign                   | 2 years | Neuromuscular         | Self Management and Young People/<br>Transitions           | £39,751.60           |
| 1 | Mydex CIC                                     | 1 year  | Generic               | Self Management and Technology                             | £5,000.00            |
| 1 | Nari Kallyan Shango                           | 3 years | Generic               | Self Management and Community Development/<br>Partnerships | £74,739.00           |
| 1 | Pain Association                              | 3 years | Chronic Pain          | Self Management and Community Development/<br>Partnerships | £88,900.00           |
| 1 | Pink Ladies 1st                               | 3 years | Mental Health         | Self Management and Peer Support                           | £204,060.00          |
| 1 | Reach Community Health Project                | 3 years | Mental Health         | Self Management and Community Development/<br>Partnerships | £169,397.90          |
| 1 | Scottish Communities for Health and Wellbeing | 3 years | Mental Health         | Self Management and Community Development/<br>Partnerships | £206,500.00          |
| 1 | Speak Easy Lanarkshire                        | 3 years | Head and Neck Cancers | Self Management and Peer Support                           | £68,240.90           |
| 1 | The Haven                                     | 2 years | Lymphoedema           | Self Management and Community Development/<br>Partnerships | £82,509.70           |
| 1 | Visibility                                    | 2 years | Visual Impairment     | Self Management and Peer Support                           | £56,234.50           |
| 1 | Waverley Care                                 | 3 years | Blood Borne Viruses   | Self Management and Peer Support                           | £152,496.40          |
|   |   |         |                       |  | <b>£2,460,035.30</b> |

| Funding Round | Organisation                                     | Timescale | Condition                           | Theme   | £ Allocated |
|---------------|--|-----------|-------------------------------------|---|-------------|
| 2             | Angus Cardiac Group                              | 2 years   | Generic                             | Self Management and Community Development/ Partnerships | £86,780.00  |
| 2             | Aspire2gether                                    | 1 year    | Blood Borne Viruses                 | Self Management and Community Development/ Partnerships | £4,641.95   |
| 2             | Bobath Scotland                                  | 1 year    | Cerebral Palsy                      | Self Management and Young People/Transitions            | £17,360.00  |
| 2             | Bronchiectasis                                   | 1 year    | Bronchiectasis                      | Self Management and Employment, Skills and Education    | £2,000.00   |
| 2             | Castlemilk Relaxation Centre                     | 2.5 years | Generic                             | Self Management and Community Development/ Partnerships | £4,340.00   |
| 2             | Diabetes Scotland                                | 2 years   | Diabetes                            | Self Management and Community Development/ Partnerships | £183,122.00 |
| 2             | Eczema Outreach Scotland                         | 2 years   | Eczema                              | Self Management and Peer Support                        | £107,511.00 |
| 2             | Falkirk & District Association for Mental Health | 2 years   | Mental Health                       | Self Management and Community Development/ Partnerships | £165,513.00 |
| 2             | Fife Employment Access Trust                     | 2 years   | Mental Health (severe and enduring) | Self Management and Employment, Skills and Education    | £156,004.00 |
| 2             | GASP (Glasgow Asthma Support Peers)              | 1 year    | Severe Asthma                       | Self Management and Employment, Skills and Education    | £4,140.00   |
| 2             | Grampian Opportunities                           | 2 years   | Generic                             | Self Management and Community Development/ Partnerships | £169,252.00 |
| 2             | Haemophilia Scotland                             | 1 year    | Bleeding Disorder                   | Self Management and Peer Support                        | £19,805.00  |
| 2             | Headway Glasgow                                  | 1 year    | Acquired Brain Injury               | Self Management and Young People/Transitions            | £4,950.00   |
| 2             | Lanarkshire Association of Mental Health         | 1 year    | Mental Health                       | Self Management and Employment, Skills and Education    | £19,521.00  |
| 2             | Momentum Skills                                  | 2 years   | Acquired Brain Injury               | Self Management and Peer Support                        | £78,559.00  |
| 2             | New Horizons Borders                             | 2 years   | Mental Health                       | Self Management and Peer Support                        | £131,408.00 |

|   |                                       |         |  |  |                      |
|---|---------------------------------------|---------|--|--|----------------------|
| 2 | No Strings Attached                   | 2 years | Asthma   | Self Management and Young People/Transitions               | £58,393.00           |
| 2 | Now You're Talking                    | 1 year  | Mental Health                                      | Self Management and Peer Support                           | £19,875.00           |
| 2 | Pain Concern                          | 2 years | Chronic Pain                                       | Self Management and Peer Support                           | £95,550.00           |
| 2 | PAMIS                                 | 2 years | Learning Disabilities                              | Self Management and Technology                             | £197,778.00          |
| 2 | PBC Foundation                        | 1 year  | Generic  | Self Management and Community Development/<br>Partnerships | £8,562.30            |
| 2 | PMR-GCA                               | 1 year  | Polymyalgia Rheumatica<br>and Giant Cell Arthritis | Self Management and Employment, Skills and<br>Education    | £4,580.00            |
| 2 | Project Ability                       | 1 Year  | Mental Health                                      | Self Management and Peer Support                           | £19,300.00           |
| 2 | SAMH                                  | 2 years | Mental Health                                      | Self Management and Employment, Skills and<br>Education    | £99,896.00           |
| 2 | Scottish Infected Blood<br>Forum      | 1 year  | Hepatitis C  | Self Management and Peer Support                           | £20,000.00           |
| 2 | Solar Bear                            | 2 years | Mental Health                                      | Self Management and Young People/Transitions               | £49,969.00           |
| 2 | Scottish Spina Bifida<br>Association  | 1 Year  | Spina Bifida and Hydrocephalus                     | Self Management and Young People/Transitions               | £5,000.00            |
| 2 | Support in Mind Scotland              | 2 years | Mental Health                                      | Self Management and Community Development/<br>Partnerships | £189,965.00          |
| 2 | Thistle Foundation                    | 2 years | Generic  | Self Management and Peer Support                           | £155,877.00          |
| 2 | Voluntary Action<br>East Renfrewshire | 1 Year  | Generic  | Self Management and Community Development/<br>Partnerships | £4,100.00            |
| 2 | WRASAC                                | 1 year  | Generic  | Self Management and Peer Support                           | £20,000.00           |
|   |                                       |         |  |  | <b>£2,103,752.25</b> |

| Funding Round | Organisation                                | Timescale | Condition     | Theme   | £ Allocated |
|---------------|---|-----------|---------------|---|-------------|
| 3             | African and Caribbean Network               | 1 year    | Generic       | Self Management and Community Development/ Partnerships | £14,618.00  |
| 3             | Ayrshire Community Trust                    | 2 years   | Generic       | Self Management and Community Development/ Partnerships | £92,631.17  |
| 3             | Bowel Cancer UK                             | 2 years   | Bowel Cancer  | Self Management and Community Development/ Partnerships | £62,430.00  |
| 3             | Carers Link East Dunbartonshire             | 2 years   | Generic       | Self Management and Technology                          | £63,612.00  |
| 3             | The Coach House Trust                       | 1 year    | Mental Health | Self Management and Employment, Skills and Education    | £20,000.00  |
| 3             | Community Renewal Ltd                       | 2 years   | Mental Health | Self Management and Employment, Skills and Education    | £119,454.00 |
| 3             | COPE Scotland                               | 2 years   | Generic       | Self Management and Community Development/ Partnerships | £80,197.50  |
| 3             | Deaf Connections                            | 2 years   | Hearing Loss  | Self Management and Technology                          | £82,575.00  |
| 3             | Heal the Whole of Me                        | 1 year    | Generic       | Self Management and Peer Support                        | £11,700.00  |
| 3             | Health in Mind                              | 2 years   | Mental Health | Self Management and Peer Support                        | £87,708.00  |
| 3             | Healthy N Happy Community Development Trust | 2 years   | Generic       | Self Management and Peer Support                        | £108,882.00 |
| 3             | Healthy Valleys                             | 1 year    | Mental Health | Self Management and Young People/Transitions            | £18,810.00  |
| 3             | Hope Café                                   | 2 years   | Mental Health | Self Management and Peer Support                        | £49,705.50  |
| 3             | Moira Anderson Foundation                   | 1 years   | Generic       | Self Management and Employment, Skills and Education    | £17,777.00  |

|   |                            |         |                    |   |                      |
|---|----------------------------|---------|--------------------|---|----------------------|
| 3 | Mindspace Recovery College | 2 years | Mental Health      | Self Management and Employment, Skills and Education    | £113,269.20          |
| 3 | Revive MS                  | 1 year  | Multiple Sclerosis | Self Management and Community Development/ Partnerships | £8,642.00            |
| 3 | RNIB                       | 2 years | Sight Loss         | Self Management and Peer Support                        | £45,995.25           |
| 3 | Work4 ME                   | 1 year  | Generic            | Self Management and Peer Support                        | £19,990.00           |
|   |                            |         |                    |   | <b>£1,017,996.62</b> |

| Funding Round | Organisation | Timescale | Condition | Theme | £ Allocated |
|---------------|--------------|-----------|-----------|-------|-------------|
|---------------|--------------|-----------|-----------|-------|-------------|

|   |                               |        |              |  |            |
|---|-------------------------------|--------|--------------|--|------------|
| 4 | Action for M.E.               | 1 year | M.E.         | Self Management and Volunteering                             | £25,902.00 |
| 4 | Action on Hearing Loss        | 1 year | Hearing Loss | Self Management and Older Adults                             | £15,000.00 |
| 4 | Carers of West Dunbartonshire | 1 year | Generic      | Self Management and Unpaid Carers                            | £5,400.00  |
| 4 | Carers Scotland               | 1 year | Generic      | Self Management and Unpaid Carers                            | £14,763.75 |
| 4 | Dochas Carers                 | 1 year | Generic      | Self Management and Unpaid Carers                            | £7,600.00  |
| 4 | Fairway Advocacy              | 1 year | Neurological | Awareness Raising of Self Management and the MCMTML Campaign | £19,978.00 |
| 4 | Firsthand Lothian             | 1 year | Generic      | Self Management and Unpaid Carers                            | £15,958.00 |

|   |  |        |                             |  |                      |
|---|--|--------|-----------------------------|--|----------------------|
| 4 | Haemophilia Scotland                   | 1 year | Blood Disorders             | Self Management and Technology                               | £40,000.00           |
| 4 | Hearing Link                           | 1 year | Hearing Loss                | Awareness Raising of Self Management and the MCMTML Campaign | £20,000.00           |
| 4 | Homelands Trust Fife                   | 1 year | Generic                     | Self Management and Unpaid Carers                            | £11,073.75           |
| 4 | Inverclyde Community Development Trust | 1 year | Autistic Spectrum Disorders | Self Management and Volunteering                             | £13,000.00           |
| 4 | LGBT Health and Wellbeing              | 1 year | Generic                     | Awareness Raising of Self Management and the MCMTML Campaign | £15,000.00           |
| 4 | Mental Health Network                  | 1 year | Mental Health               | Self Management and Volunteering                             | £40,000.00           |
| 4 | NUS Scotland                           | 1 year | Mental Health               | Self Management and Volunteering                             | £12,000.00           |
| 4 | PASDA                                  | 1 year | Autistic Spectrum Disorders | Self Management and Unpaid Carers                            | £18,678.00           |
| 4 | PBC Foundation                         | 1 year | PBC                         | Self Management and Unpaid Carers                            | £13,884.11           |
| 4 | Positive Choices                       | 1 year | Generic                     | Self Management and Older Adults                             | £14,899.50           |
| 4 | RAMH                                   | 1 year | Mental Health               | Self Management and Volunteering                             | £15,000.00           |
| 4 | Stroke Association                     | 1 year | Stroke                      | Self Management and Technology                               | £31,708.50           |
| 4 | Talking Mats                           | 1 year | Dementia                    | Self Management and Unpaid Carers                            | £37,830.00           |
| 4 | West Dunbartonshire CVS                | 1 year | Generic                     | Self Management and Volunteering                             | £15,184.00           |
| 4 | Work4ME                                | 1 year | Generic                     | Self Management and Volunteering                             | £26,629.50           |
|   |  |        |                             |  | <b>£429,489.11</b>   |
|   |  |        |                             | <b>Grand total allocated for all projects</b>                | <b>£6,011,273.58</b> |

| Round        | Opened   | Deadline      | Decisions | Project Start | Applications Received | Successful Applications | Money Requested       | Money Returned    | Money Allocated      |
|--------------|----------|---------------|-----------|---------------|-----------------------|-------------------------|-----------------------|-------------------|----------------------|
| <b>One</b>   | Oct 2012 | 14th Dec 2012 | Feb 2013  | Apr 2013      | 90                    | 24                      | £14,599,955.59        | -                 | £2,460,035.30        |
| <b>Two</b>   | Apr 2013 | 13th Jun 2013 | Sept 2013 | Oct 2013      | 68                    | 31                      | £5,723,916.97         | £5472.09          | £2,103,752.25        |
| <b>Three</b> | Oct 2013 | 20th Dec 2013 | Mar 2014  | Apr 2014      | 52                    | 18                      | £4,626,855.62         | £5,850.00         | £1,017,996.62        |
| <b>Four</b>  | Oct 2014 | 19th Dec 2014 | Mar 2015  | Apr 2015      | 83                    | 22                      | £3,268,737.96         | -                 | £429,489.11          |
|              |          |               |           | <b>Totals</b> | <b>293</b>            | <b>95</b>               | <b>£28,219,467.14</b> | <b>£11,322.09</b> | <b>£6,011,273.28</b> |

## 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. It brings together over 1,200 members, including a large network of national and local third sector organisations, associates in the statutory and private sectors and individuals.

The ALLIANCE's 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.

### GET IN TOUCH

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