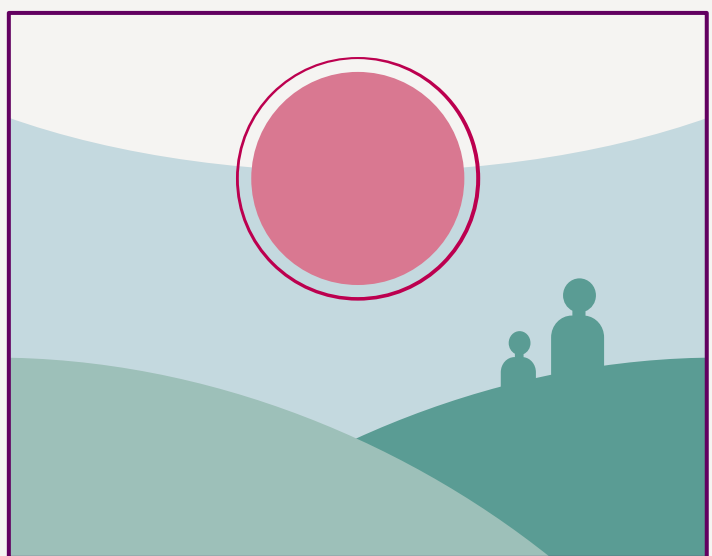
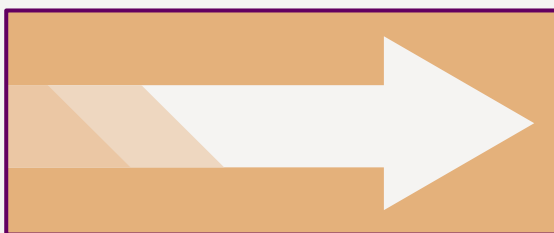
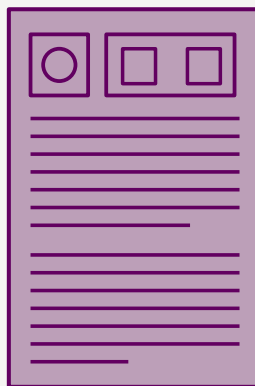
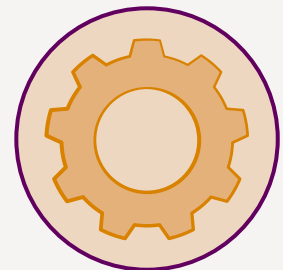
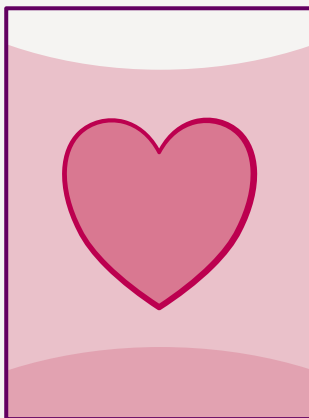


Self Management Fund 2022

Resilience, Recovery and Development





24

**new self management funded projects announced at
the Self Management Awards 2022**

New projects awarded for self management funding

The Health and Social Care Alliance Scotland (the ALLIANCE) administers the Self Management Fund on behalf of the Scottish Government to third sector and community based organisations across Scotland to develop self management activities. Since 2009, The ALLIANCE has granted over £24 million and has funded 374 projects to support the development of co-produced, person centred, self management engagements.

At the Self Management Awards 2022, Sara Redmond, Chief Officer of Development at the ALLIANCE announced 24 new projects, receiving self management funding from October 2022 as part of the second round of the 'Resilience, recovery and development' cycle of the Self Management Fund.

This investment in the Self Management Fund, administered by the ALLIANCE, is made possible by the continued support and contribution from the Scottish Government of £2 million annually. In this round of funding up to £60,000 was available for new projects providing support to people experiencing multiple forms of marginalisation, or engaging in a hybrid way of working and supporting digital inclusion. The demand for funding was five times the amount of investment available.

Projects funded include Deaf Action who will establish a Deaf Forum to provide a platform for deaf people to come together to shape their community response on specific issues; and Let's Get On With It Together (LGOWIT) who will support individuals living with long term conditions to practice self management through the Living Well Digitally project.

Sara Redmond, Chief Officer of Development at the ALLIANCE said



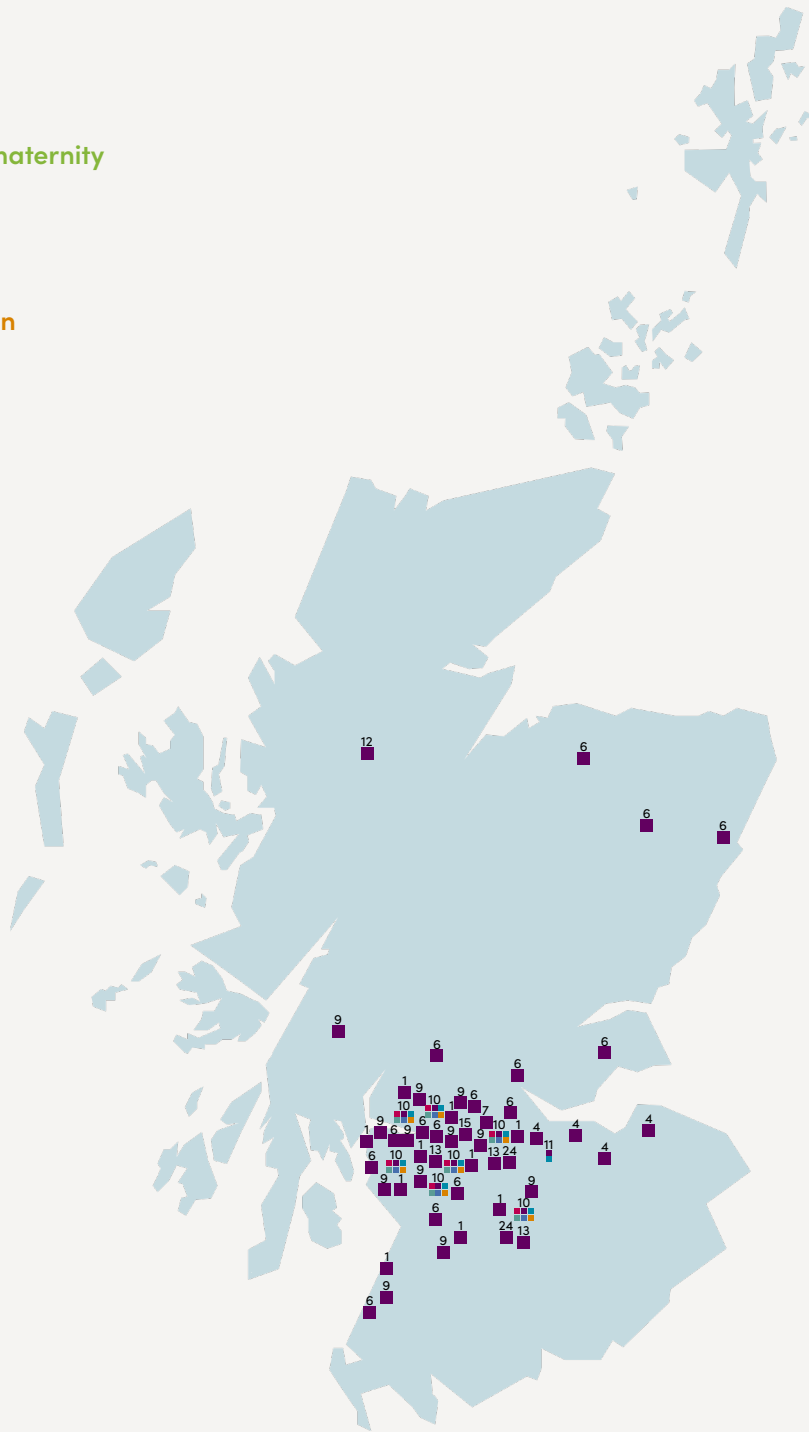
The level of demand for this round of the Fund demonstrates the range of work being undertaken and needed within our communities to support people to live well.

The continued investment by Scottish Government into the Self Management Fund for Scotland is welcome and comes at a crucial time for third sector organisations. The ongoing challenges from the cost of living crisis is placing additional pressures on people living with long term conditions, disabled people and unpaid carers and is impacting on their health and wellbeing.



Equalities

- Age
- Disability
- Pregnancy and maternity
- Race
- Religion or belief
- Sex
- Sexual orientation
- None specified









Areas covered :

1. Beatson Cancer Charity ■
4. Deaf Action ■
6. Epilepsy Connections ■
7. Equal Futures ■
9. Glasgow Children's Hospital Charity ■
10. Glasgow Disability Alliance ■■■■■■
11. Health in Mind ■■
12. Highland Community Care Forum ■
13. Lanarkshire Deaf Club ■■
14. Let's Get on With It Together (LGOWIT) ■
15. musicALL ■
24. The Haven ■

Scotland-wide :

- Bipolar Scotland ■
- Changing Faces ■
- Deafblind Scotland ■■
- Finding Your Feet ■
- Playlist for Life
- Quarriers WQSEC ■
- Scottish Families Affected by Alcohol & Drugs (SFAD)
- Sense Scotland ■
- Stroke Association ■■
- SupportED (The Linda Tremble Foundation)
- Talk Lipoedema ■■
- The Guide Dogs for the Blind Association ■

1 Beatson Cancer Charity		£58,325.79
<p>The Beatson Cancer Charity's Specialist Health and Work Service (SHAWS) helps people affected by cancer to manage workplace disadvantages that hinder them returning to, remaining in, or retiring well from employment. Practitioners work with individuals to identify their needs and aims, then deliver bespoke one-to-one practical support, coaching and supported self management including return-to-work planning, goal setting, confidence, stress, communication and employment rights. In their funded project, the organisation will introduce workshops delivering psychological support, equipping people with the tools to manage the emotional and mental health challenges throughout their cancer journey.</p>		
Cancer		
2 Bipolar Scotland		£60,000.00
<p>Bipolar Scotland has identified a need for a post-diagnostic service for people diagnosed with bipolar disorder in Scotland. Newly diagnosed individuals are currently underrepresented and the need for an intervention service is prevalent. The new service will address this need and co- produce an intervention service that specifically supports individuals emotionally, financially and practically following their diagnosis.</p>		
Bipolar		
3 Changing Faces		£56,172.00
<p>The organisation will introduce a free, future-proof skin camouflage service, empowering adults, and children over five, to self manage a large range of long term appearance-related conditions. Through specialist creams and powders, the techniques to apply them, and emotional support, individuals will have the choice and control over how they look day to day, supporting their mental health by building their confidence and self-esteem.</p>		
People with visible differences		

4 Deaf Action		£42,600.00
<p>The Deaf Forum is a new initiative which will empower deaf people to take a leading role in addressing the issues which they identify as important to enhance their capacity to live well with deafness. The project will be deaf-led, designed and delivered by individuals with lived experience. The Forum will also act as a channel through which stakeholders (including key supporters in self management) can reach out to the deaf community. This two-way process will provide both a platform for the community's priorities to be addressed, and for individuals to shape the community's response to relevant issues.</p>		
Sensory		
5 Deafblind Scotland		£58,575.00
<p>The SensAble Project - Improving Transitions for people acquiring a second sensory loss will be early intervention focused, helping people to retain as much of their existing coping strategies, skills, and support networks as possible but also to adapt and learn new ways of navigating the world. The project will facilitate access to peer mentors who can walk alongside people as they transition into a second sensory loss, helping them to imagine a hopeful future; increase participants' social connectivity via assistive technology; enable participants to learn new communication skills and be a source of emotional support.</p>		
Sensory		
6 Epilepsy Connections		£60,000.00
<p>The Epilepsy Wellbeing & Connection Programme (Well Connected) will be an online epilepsy self management programme which will connect isolated people with epilepsy and living across Scotland. Delivery will be via Zoom, with digital support provided if needed, on a three session per week basis for approximately 24 weeks per programme. The programme is developed from input and feedback of service users to include a wide range of topics and activities that increase awareness of epilepsy, build resilience and mental wellbeing, and improve connectedness and self-confidence.</p>		
Epilepsy		

7 Equal Futures**£60,000.00**

Equal Futures was established in 2002 by a group of parents who had a loved one with a learning disability or autism. The organisation's focus is for autistic individuals and for those living with a learning disability to have equal access to social opportunities and lifelong friendships, and support to help them live their best lives. From the funding received, Equal Futures will establish a new service in North Lanarkshire where they have identified an unmet need and attracted 13 new referrals to the support services.

Learning disability**8 Finding Your Feet****£34,327.00**

Finding Your Feet supports families in Scotland affected by amputation or limb absence through a range of free sporting initiatives and social inclusion projects designed to positively affect both physical and mental wellbeing. The project will provide personalised support for amputees at the start of their amputation journey. Services will include delivery support plans, in-hospital visits and small group social sessions across Scotland.

Unpaid carers**9 Glasgow Children's Hospital Charity****£58,400.00**

The funded project, the only provision of its kind in Scotland, will work to support individuals and families affected by rare, low prevalence and undiagnosed conditions, and the healthcare professionals who work with them. The provision will improve the standard of care received by children and their families who attend hospitals in the West of Scotland by developing local solutions that allow effective and coordinated implementation of rare disease policies. The organisation will do this by increasing awareness and knowledge of rare conditions, enhance available support, improve the care and increase the participation of people with rare conditions in multi-centre research.

Children and young people

10 Glasgow Disability Alliance**£60,000.00**

GDA Wellbeing will support disabled people to understand, improve and sustain better mental and physical health and wellbeing. The project will provide a range of telephone, online, hybrid and in-person holistic, evidence-based wellbeing supports: one to one telephone support; professional supports, e.g. counselling, life-coaching, physical activities; online and in-person self management focused group sessions e.g. sleeping well, coping with anxiety, physical exercise, mindfulness, meditation, relaxation, pain management; and peer support groups that enable people to meet others facing similar barriers and issues, including intersectional peer groups.

Learning disability**11 Health in Mind****£59,827.00**

The funded project, Equally Connected West Lothian, will promote self management skills by providing the tools, knowledge and support to people from ethnic minority communities throughout West Lothian who are experiencing mental health problems, helping them realise and achieve their full potential. Individuals will be able to access individual and group support, enabling people to overcome barriers of access to community resources, reduce isolation and develop self management skills. The project will help people connect with their local community and live the life they want to live.

Ethnic minority**12 Highland Community Care Forum****£58,325.79**

The project will work to identify unpaid adult and young carers experiencing long term health conditions by building a better understanding of their needs in relation to support. The organisation will enable this by providing one to one support, a platform for unpaid carers to be heard, investigate and promote a better understanding with professionals in terms of allocation of SDS regarding CFP budget versus carers budget, and ascertaining where unpaid carers belong in the eyes of the NHS.

Unpaid carers

13 Lanarkshire Deaf Club**£60,000.00**

The organisation will deliver and develop a dedicated service for deaf people over the age of 50 who are based in Lanarkshire and surrounding areas. This service will offer support and activities to community led groups to reduce loneliness and isolation; opportunities to share information on topics of interest and learning opportunities to develop digital skills based on the needs of individuals.

Sensory**14 Let's Get on With It Together (LGOWIT)****£59,977.00**

The funded phase two of the Living well Digitally project will build on work to support people with long term conditions practice self management digitally. The project will include digital peer support and topic-based sessions, co-design materials with young people to support delivery, in- person intergenerational group sessions to expand service user knowledge of technology and delivering self management sessions to upskill young carers and help them gain confidence in accessing reliable resources in health and wellbeing online.

Digital**15 musicALL****£50,000.00**

musicALL will deliver a project for 20 young adults who have learning disabilities, physical disabilities, or are neurodivergent and are living in and around Glasgow, giving them the opportunity to be part of a band in a professional music setting. Participants will practice and rehearse in their band roles, develop their abilities to work together and perform, increase their confidence and self-esteem, and develop new friendships and relationships. musicALL will work in partnership with young people's support networks encouraging and supporting their aspirations not only musically, but in other areas of their lives.

Children and young people

16 Playlist for Life	<input type="checkbox"/>	£59,334.00
<p>The project will aim to improve the quality of life and capacity of people living with dementia, their families and carers by helping them to use personally meaningful music playlists for life to manage the condition. The organisation will create a new community-wide Peer Support Network led by people living with dementia and their carers; new partnerships with other organisations working directly with people with dementia and unpaid carers to increase engagement with people with lived experience; and new resources to support people further with technological barriers and outline clear pathways to building a playlist.</p>		
Dementia		
17 Quarriers WQSEC	<input checked="" type="checkbox"/>	£58,522.00
<p>Quarriers will develop an online, interactive resource that promotes and supports self management for people living with complex epilepsy. A digital toolkit and application will provide accessible, holistic support, co-produced by people living with epilepsy and based on person centred goals and needs. It will increase individuals' self management capacity both enabling them to live well and ultimately relieving pressure on over-stretched NHS, health and statutory services. This further develops a pilot to embed self management practice within the WQSEC and responds to feedback from individuals that highlighted how transitioning from a clinical environment back into their community is particularly challenging.</p>		
Digital		
18 Scottish Families Affected by Alcohol & Drugs (SFAD)	<input type="checkbox"/>	£59,932.00
<p>Family members affected by substance use are often unrecognised carers and stigma is a barrier to them getting support. The funded project will test a family befriending project to help tackle this. Families will inform the project design and delivery, gaining new skills while doing so. The project will improve the overall support the organisation can offer to families, carers and to those who wish to work in family support by offering experience to move towards their goals.</p>		
Economic deprivation		

19	Sense Scotland	■	£60,000.00
<p>The funded project will provide people who have complex communication support needs and their parents and carers access to a wide variety of sessions to improve physical and mental wellbeing and support the management of their long term conditions. The programme will include a wide variety of indoor and outdoor physical activities and other healthy living sessions as well as training for parents and carers and mainstream organisations and venues, to widen the range of accessible activities open to individuals. The project will also focus on group activities providing social opportunities and peer support to further enhance health and wellbeing.</p>			
Learning disability			
20	Stroke Association	■ ■	£59,816.00
<p>Each year over 10,000 people in Scotland have a stroke and two third will be left with complex, long term disabilities that can leave them marginalised and alone. As part of the project, Community Connectors (CCs) will combat marginalisation and support stroke survivors and unpaid carers across Scotland to live the best life they can. Stroke survivors themselves, these volunteers will act as community-based facilitators and motivators, equipping stroke communities in even the most remote and rural areas of Scotland with the tools, resources and confidence they need to be the leading partner in the management of their own recovery.</p>			
Stroke			
21	SupportED (The Linda Tremble Foundation)	□	£60,000.00
<p>Caring for a loved one with an eating disorder is a challenging and traumatic journey. Supporting carers to understand eating disorders and the impact on their loved one is vital and can contribute towards recovery. The funded project will focus on what carers need to support their loved ones and to increase their knowledge and skills but equally to look after their own emotional and physical wellbeing. Carers will receive training, peer support, wellbeing support, information and one to one emotional support in a variety of formats and settings.</p>			
Eating disorder			

22 Talk Lipoedema**£46,950.00**

Talk Lipoedema will develop a hybrid peer support programme for people living with lipoedema. The project is designed and led by people with lipoedema, incorporating a therapeutic coaching model and support from professional experts. The organisation will develop evidence-informed resources for their website, supporting the delivery of peer support to 50 people newly diagnosed, or facing challenges, with lipoedema. Outcomes will be evaluated by using a variety of measures including personal story-telling, a quality of life tool, mental wellness scale, and their own lipoedema web diagram.

Lipoedema**23 The Guide Dogs for the Blind Association****£58,500.00**

The funded Guide Dogs Technology Hub will be a first of its kind in the sight loss sector and has people with vision impairment at the heart of its design and delivery. This unique community platform will be a one-stop-shop for everything technology related (including digital platforms, mainstream and assistive technologies), for individuals with vision impairment, carers and professionals. The platform will be a virtual place for individuals to be upskilled in using technology, including choosing the most appropriate apps, devices and equipment, along with troubleshooting support. It will enable individuals to effectively self manage their condition, supporting them on their journey to independence.

Digital**24 The Haven****£51,147.00**

The project will support the development of a hybrid model of self management support services for unpaid carers who provide a caring role for a loved one living with life limiting illness.

Unpaid carers

About the ALLIANCE

The Health and Social Care Alliance Scotland (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.



ALLIANCE
HEALTH AND SOCIAL CARE
ALLIANCE SCOTLAND
people at the centre

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