



PRESENTS

# SELF MANAGEMENT MARKETPLACE SMW2018

Monday 1st October,  
11am - 3pm  
Grassmarket Community  
Project, Edinburgh

# THANK YOU TO OUR CONTRIBUTORS

**Changing Faces  
Community Renewal  
Nari Kallyan Shango  
Versus Arthritis  
Chest Heart & Stroke Scotland  
House of Care  
Moira Anderson Foundation  
Eden Project Communities  
Action For M.E  
Terrence Higgins Trust  
Amanda McKinlay  
School of Innovation, GSA  
Lothian Peer Support Group, Bipolar  
Scotland  
Edinburgh Health and Social Care  
Partnership: Long Term Conditions  
Programme**



# Agenda

11am	<b>Arrivals and Networking</b>
11.30	Welcome and Event Open <ul style="list-style-type: none"><li>• Rhona Millar, Network Development Officer, <u>Self Management Programme</u>, the ALLIANCE</li></ul>
11.40	Networking Activity
12.10	Roundtable Discussions: Part 1 <ul style="list-style-type: none"><li>• Changing Faces</li><li>• Versus Arthritis</li><li>• Community Renewal</li><li>• Nari Kallyan Shango</li><li>• Terrence Higgins Trust</li></ul>
1.00	<b>Lunch and browsing stalls</b> <ul style="list-style-type: none"><li>• Innovation School at Glasgow School of Art</li><li>• Amanda McKinlay</li><li>• Lothian Peer Support Group</li><li>• Edinburgh HSCP: Long Term Conditions Programme</li><li>• The ALLIANCE</li></ul>
1.50	<b>Return to roundtables ready for afternoon session</b>
2.00	Roundtable Discussions: Part 2 <ul style="list-style-type: none"><li>• House of Care</li><li>• Chest Heart &amp; Stroke Scotland</li><li>• Moira Anderson Foundation</li><li>• Eden Project Communities</li><li>• Action for M.E</li></ul>
2.50	Round Up
3pm	<b>Close</b>

**#SMMarketplace**  
**#SelfManagement**



# Stand Exhibitors

Visit during arrivals and lunch

## Innovation School at Glasgow School of Art

The Innovation School at The Glasgow School of Art addresses complex challenges through new design practices and bespoke community engagement.

We seek to create and design preferable ways of living: futures that will lead to collective wellbeing and sustainable growth for Scotland. The development and expression of collaborative creativity is our core research domain and expertise.

Because the challenges we address are complex we need to engage with a broad community of people to find the innovative solutions that will allow them to flourish. We form creative collectives of people from a diverse knowledge base: experts and businesses as well as members of the public. Only by bringing these different groups together can we start to create scenarios of how the future might look.

As a core partner in the Digital Health and Care Institute, design researchers from the Innovation School are exploring challenges in health and social care ranging from: care for people living with multiple long-term conditions, experiences of diagnosis of type 2 diabetes, communication between and within health and care professionals mediated by person-owned data, and how new technologies can support future care for asthma and atrial fibrillation.

Some examples of the work of the health and wellbeing research group can be found here: [www.futurehealthandwellbeing.org](http://www.futurehealthandwellbeing.org).

# Stand Exhibitors

Visit during arrivals and lunch

## **Lothian Peer Support Group, Bipolar Scotland**

Bipolar Scotland is a small national voluntary organisation working to provide vital support and information for everyone affected by Bipolar Disorder including partners and family. They have fifteen self help support groups throughout Scotland which are facilitated by trained volunteers with lived experience and or knowledge of bipolar. Bipolar Scotland run self-management training courses for group members and promote self-help by delivering talks to organisations, groups and schools. They also raise awareness of Bipolar and provide input to national and local committees and research projects giving members an opportunity to help inform mental health services.

For more info email: [info@bipolarscotland.org.uk](mailto:info@bipolarscotland.org.uk) or visit [www.bipolarscotland.org.uk](http://www.bipolarscotland.org.uk)

The Lothian Group is situated in Edinburgh and is one of the largest groups with an average of twenty people attending monthly meetings. Although the main function of the group is peer support they also promote wellness by sharing experiences of helpful self management tools during group discussions or hearing from speakers on various self management related topics. For more information about the group email: [info@lothianbipolargroup.org.uk](mailto:info@lothianbipolargroup.org.uk) or visit [www.lothianbipolargroup.org.uk](http://www.lothianbipolargroup.org.uk)

## **Amanda McKinlay**

"I am a wellbeing and creativity coach who has combined study in a number of areas with my own experiences of living with a chronic long term health condition to provide a range of services that help you develop your own coping tools for life. I will be offering opportunities to explore the benefits of therapeutic creativity, (which is basically a fancy way of saying using creativity to boost your wellbeing!) and also to try some guided meditations for relaxation and pain relief."

# Stand Exhibitors

Visit during arrivals and lunch

## **Edinburgh Health and Social Care Partnership: Long Term Conditions Programme**

We are a quality improvement programme team, supporting Edinburgh Health & Social Care Partnership localities to improve care and support for people living with long-term health conditions.

We work with health and social care teams to deliver the principles of the Many Conditions One Life action plan by:

- supporting people to explore self management and a personal outcomes approach 'What matters to me'
- enabling people to access health and care information and to better manage many conditions
- involving individuals, carers and families as equal partners in a holistic approach to improving physical & mental health and social wellbeing, and
- helping to build personal resilience through peer support

We aim to shift the balance of care into the community and shape capacity to meet demand. We have developed a community respiratory hub to provide: an acute response for people with Chronic Obstructive Pulmonary Rehabilitation (COPD), a specialist nursing service promoting anticipatory care, and a community Pulmonary Rehabilitation service supporting people with physical activity and lifestyle management.

Within the health and social care partnership, our programme leads on Anticipatory Care Planning, Technology Enabled Care and Community Falls using quality improvement and project management methodology.

We work with a range of partners including emergency services, third sector organisations, out of hours services, Lothian's House of Care Collaborative and managed clinical networks. We support the development of care pathways across Edinburgh's community, using a Whole Person, Whole Team and Whole System approach.

# Roundtable Discussions

## Morning session



## Changing Faces

Changing Faces is Scotland's only charity for everyone with a mark, scar or condition that makes them look different. Our aim is to create a future where everyone with a visible difference on their face or body has the confidence, support and opportunity to live the lives they want. Being different in a society where there is such pressure to look a certain way is extremely difficult. Changing Faces provide advice and support, we challenge discrimination, and we campaign for a society that respects difference.

Skin Camouflage is part of our Wellbeing Service. Based on a self-management approach it is available to people of all ethnicities; men, women, and children older than five.

For someone living with scarring or a skin condition that affects their confidence, specialist camouflage products can offer a way to cope. Our service helps people gain self confidence and independence. Practitioners select the best colour match for individuals' skin tone. They show clients how to apply the specialist products to improve the appearance of affected areas. Products recommended can be prescribed by GPs and dispensed free of charge by pharmacies.



**@FaceEquality**

# Roundtable Discussions

## Morning session



### Versus Arthritis

Arthritis is one of the major health issues facing people across the UK today. It affects one in six people, with over half of those living in pain every day. The impact on people with arthritis is huge as the condition slowly intrudes on everyday life – affecting the ability to work, care for a family, to move free from pain and to live independently. Yet arthritis is often dismissed as an inevitable part of aging or shrugged off as ‘just a bit of arthritis’.

The merger of Arthritis Research UK and Arthritis Care legally took place in November 2017, as both charities recognised they could have a bigger impact by combining their strengths.

Versus Arthritis will work tirelessly to defy arthritis and help people live better with the condition through all means possible. From researching new treatments and cures, to the delivery of ongoing care, support and advice as well as campaigning to increase awareness and perception change of the condition in society.

The challenge cannot be met alone. Working with volunteers, supporters, researchers, healthcare professionals and many more, Versus Arthritis will focus on:

- Providing the best-quality services, information, advice and support for people living with arthritis – whenever and however they need it.
- Campaigning to constantly challenge the current tolerance of arthritis and ensure it is recognised as a priority across the UK, receiving the investment and consideration that it deserves.
- Delivering cutting-edge research to help people live better with their condition.

And we won't stop until no one has to live with the pain, fatigue and isolation of arthritis.



**@ScotVArthritis**

# Roundtable Discussions

## Morning session



## Community Renewal

Community Renewal works with individuals, helping people to make changes and work towards their goals, whether these are to move into education, training or work, or to improve their health and wellbeing. Community Renewal also work with communities, engaging with and listening to people, assisting them to make the changes they wish to make, and helping lift communities out of poverty through deep community engagement and partnership working with a range of agencies.

Health Care Managers from Community Renewal work with people who have been referred to the service by their GP. Compassionate listening is at the centre of their work and they use Community Renewals Holistic Assessment tool to enable individuals to set goals, plan next steps and work towards change.

# Roundtable Discussions

## Morning session



## Nari Kallyan Shango

The primary aim of Nari Kallyan Shango (NKS) is to alleviate deprivation and isolation experienced by South Asian women and their families living in Edinburgh and to promote positive health and well-being among them. Our role is to make South Asian women active citizens living in Scottish society by engaging them in various activities at NKS and by supporting them to access mainly mainstream services of interest to them in Edinburgh. We believe that South Asian communities are disadvantaged and marginalised that leads to social exclusion. NKS aims to provide a range of services that would help to work towards social inclusion of South Asian women and children.

The project would strive to raise women's confidence to allow them to integrate into the wider society. NKS works on the principle of holistic approach to health and welfare where users socio-economic and health issues are addressed to improve their quality of life. A Community Development approach is used and users are encouraged to participate in all aspects of the running of the organisation.

# Roundtable Discussions

## Morning session



## Terrence Higgins Trust

Terrence Higgins Trust is the UK's leading HIV and sexual health charity. Our Scottish offices in Glasgow and Dundee offer services to people living with HIV and Hepatitis C. Our services include sexual health information and advice, rapid HIV testing, peer support and skills development opportunities for people living with HIV and/or Hepatitis C.

 **@THTScotland**

# Roundtable Discussions

## Afternoon session



## Chest Heart & Stroke Scotland

Everyone has the right to live life to the full. After a diagnosis of a chest or heart condition or a stroke, many people experience fear and isolation and struggle with the impact on their lives. Chest Heart & Stroke Scotland won't stand for that. The care and support we deliver every day ensures people can live the life they want to.

Voices is our advocacy training programme supporting people to get involved in health and social care at a strategic level, helping patients and professionals to plan better services together. COSMIC (Champions of Self-Management In Care) is a two hour workshop that aims to give people a better understanding of what self-management is all about, how to make it work well for them and how they can promote it to others. There will be COSMIC taster sessions at the Self-Management Marketplace on 1 October.



@CHSScot

# Roundtable Discussions

## Afternoon session



Scotland's House of Care

## House of Care

House of Care, part of the Self Management and Co-production Hub hosted at the ALLIANCE works to make care and conversation planning routine for people with long term conditions and support self management.

Scotland's House of Care offers a useful, locally adaptable framework. It builds a shared understanding of the critical success factors required to turn the rhetoric of health and social care, and primary care policies, into every day implementation.

It does this through practitioner training which develops a person centred ethos while building skills and leadership, underpinned by supported self management principles.

It strengthens patient and staff health literacy capabilities, and builds knowledge of and relationships with local community assets and resources.

Scotland's House of Care programme is a collaboration between the ALLIANCE, six partnership areas across Scotland (Lothian/Thistle Foundation, Greater Glasgow & Clyde, Tayside, Lanarkshire, Ayrshire and Arran, and Grampian), the Scottish Government and Year of Care Partnerships.



@HOCScot

# Roundtable Discussions

## Afternoon session



## Moira Anderson Foundation

The Moira Anderson Foundation supports people who have been affected by child sexual abuse. We support all ages and genders and are unique in that our services are available to the whole family, not only those who have experienced abuse.

We are based in Airdrie, North Lanarkshire, although we see people from all over who are able to travel to our premises in Airdrie. We offer some outreach services, working in partnership with appropriate organisations, enabling ease of access to services for identified client groups.

Services available include; individual support, therapeutic interventions e.g. Counselling, CBT, Thoughtfield Therapy, Art Therapy and group work. Our Positive Steps Project provides a holistic range of support for our adult clients presenting with long term health conditions and offers; complementary therapies, a self-management programme and peer support.



# Roundtable Discussions

Afternoon session



## Eden Project Communities

Eden Project Communities exists to connect people to each other and to the places they live. Both through campaigns such as The Big Lunch, where we invite people to sit down to share food with neighbours during the first weekend of June, and ongoing network activity- bringing people together to share ideas and learning in local exchange hubs - we aim to inspire and support people to take positive action in their communities.

Our ambition is to see regular Big Lunches – in streets, gardens, town centres, public buildings - and exchange hub activity taking hold in every neighbourhood of Scotland.



@EdenCommsScot

# Roundtable Discussions

## Afternoon session



### **Action for M.E.**

Action for M.E. takes action to end the ignorance, injustice and neglect faced by people with M.E. We do this by meeting need now to improve the lives of people with M.E. while taking action to secure change for the future, Alongside providing information, support and advice to people to help improve their health and well-being, Action for M.E. works with professionals to enhance the care and support that people with M.E. receive and funds pilot research projects to advance knowledge of the illness.

Action for M.E. regularly runs short and long-term projects aimed at supporting people with M.E. in addition to our usual information and support work, awareness-raising and research support. Here you can find information on some of our current projects and what they mean for people affected by M.E.



**@actionforme**

# Self Management Network Scotland

Self Management Network Scotland (SMNS) is a free network open to anyone with an interest in self management. The network has grown to over 600 members across all of Scotland's 32 local authorities since it began four years ago. SMNS aims to share learning and best practice of self management approaches and raise its profile. We hold a number of networking events throughout the year, share updates through a monthly bulletin and share learning through case studies and blogs. Network members can meet with the Self Management team to exchange knowledge and tease out connections. If you are not already a member of the Self Management Network Scotland please email [smns@alliance-scotland.org.uk](mailto:smns@alliance-scotland.org.uk) or call 0141 404 0231 for more information.

## Self Management Week

Self Management Week 2018 takes place from the 1st – 5th October this year, with the theme of 'Gaun Yersel!'

Self Management Week takes place every year to raise awareness and showcase the huge benefits self management can bring to people's lives.

We want to take the opportunity throughout Self Management Week to celebrate our experiences of those who have embraced self management in their lives and those supporting and championing self management approaches in what they do.

There are a number of events happening across Scotland to celebrate Self Management Week as well as activity on social media and the ALLIANCE website.

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



# Notes...



# Notes...



# Thank you for joining the Self Management Marketplace



**0141 404 0231**



**smns@alliance-scotland.org.uk**



**@SelfMgmtScot**  
**@ALLIANCEscot**



**ALLIANCE**  
HEALTH AND SOCIAL CARE  
ALLIANCE SCOTLAND  
people at the centre



**Self Management  
Network Scotland**

