

# Self Management Fund 2021 Resilience, Recovery and Development



**120**  
Applications received

**49**  
new self management funded projects announced at ALLIANCE Annual Conference 2021

At the opening of Equally Valued: Equally Connected, the 2021 ALLIANCE Annual Conference, 49 new self management funded projects were announced by Humza Yousaf MSP, Cabinet Secretary for Health and Social Care and Professor Ian Welsh OBE, Chief Executive of the ALLIANCE.

This investment from the Self Management Fund, administered by the ALLIANCE, is made possible by the continued support and investment from the Scottish Government of £2 million annually, as well as an additional investment of £150,000 from the William Grant Foundation.

Projects include Thistle Foundation who will work to support people living with Long Covid and Scottish Ballet who will develop a resource package to support families living with neurological conditions who can't join in group sessions to be able to get involved in dance from their bedside.

“ These projects reflect the substantial need that has arisen as a result of the pandemic and the restrictions taken which has led many children and adults living with long term conditions to experience a deterioration in their overall health and wellbeing. ”  
Professor Ian Welsh OBE

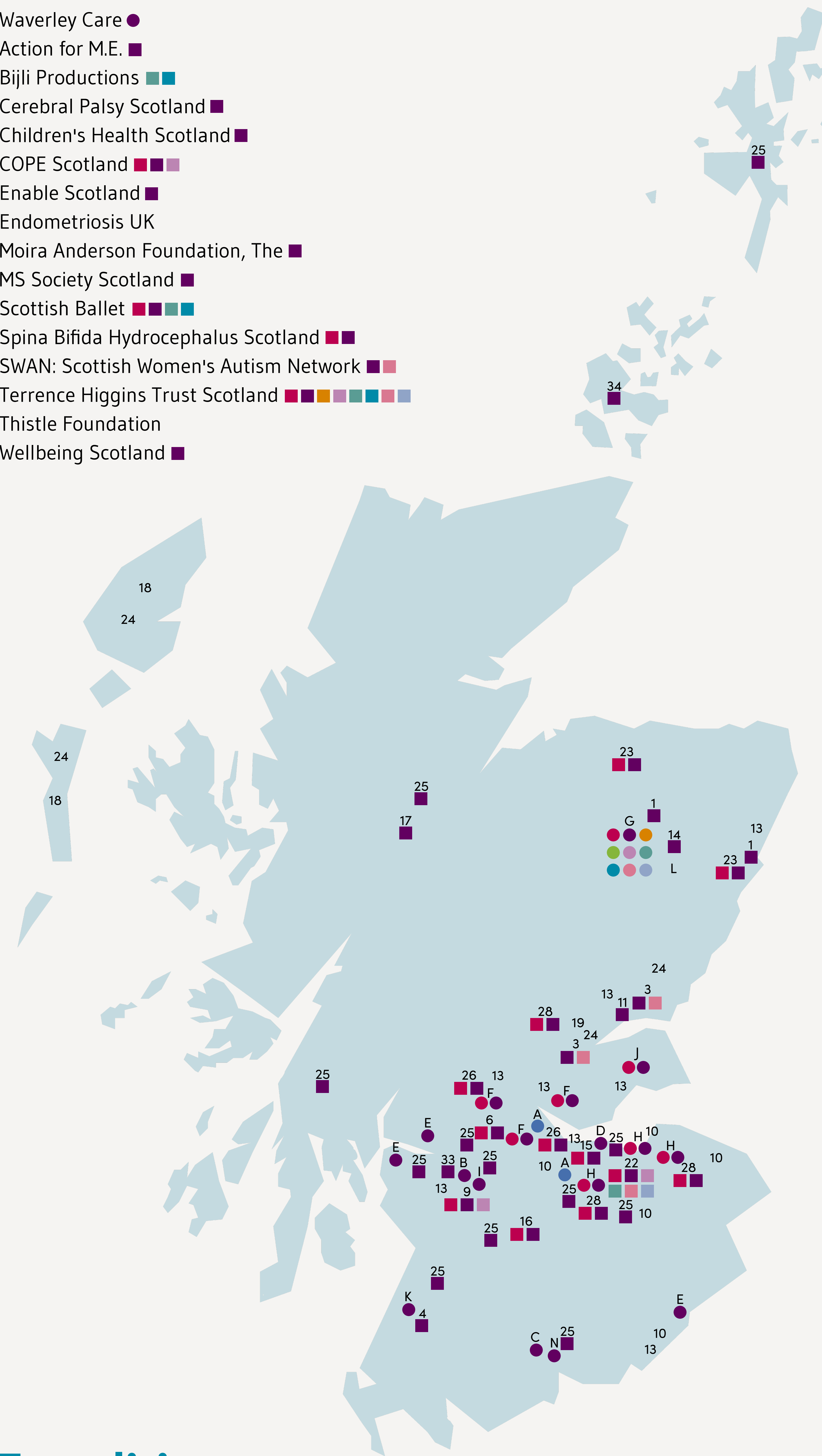
The impact of the pandemic on children and young adults' health and emotional wellbeing was a recurring theme in the applications received resulting in a range of projects being invested in. Children's Health Scotland will develop an online group programme for children aged between 10 and 17 and PLUS (Forth Valley) Limited will work with young adults (21+) to feel better able to cope with the impact of COVID-19 to rebuild their confidence, resilience and improve their wellbeing.

Full details of all the projects receiving funding are available to download on the ALLIANCE website.

## Areas covered

### Scotland-wide :

- Waverley Care ●
- Action for M.E. ■
- Bijli Productions ■■
- Cerebral Palsy Scotland ■
- Children's Health Scotland ■
- COPE Scotland ■■
- Enable Scotland ■
- Endometriosis UK
- Moira Anderson Foundation, The ■
- MS Society Scotland ■
- Scottish Ballet ■■
- Spina Bifida Hydrocephalus Scotland ■■
- SWAN: Scottish Women's Autism Network ■■
- Terrence Higgins Trust Scotland ■■
- Thistle Foundation
- Wellbeing Scotland ■



## Equalities

- Addiction Recovery
- Age
- Disability
- Gender reassignment
- Marriage and civil partnership
- Pregnancy and maternity
- Race
- Religion or belief
- Sex
- Sexual orientation

Funding has been provided by the Self Management Fund for Scotland administered on behalf of the Scottish Government by the Health and Social Care Alliance Scotland (the ALLIANCE) with support from the William Grant Foundation.

## Starter grants ●

Up to £5,000 - Up to 12 months  
Small grants enable organisations to conduct research, a feasibility study or a test of change for an idea to support self management in Scotland.

- A. 1st Step Development Ventures ●
- B. Beatroute Arts ●
- C. Dumfries and Galloway ME and Fibromyalgia (DGMEFM) Network ●
- D. Edinburgh Development Group ●
- E. Equal Futures ●
- F. Forth Valley Sensory Centre ●●
- G. Grow Free Community Foundation ●●●●●●●●
- H. Into Work Limited ●●
- I. Nemo Arts ●
- J. STAND (Striving Towards A New Day) ●●
- K. The Conservation Volunteers ●
- L. Waulkmill Menagerie Petting Farm
- M. Waverley Care ●
- N. Wigtownshire Women and Cancer ●

## Builder grants ■

Up to £60,000 - Up to 24 months  
A larger grant to enable organisations to either create a new service or develop an existing idea to support self management in Scotland.

- 1. Aberdeen Foyer ■
- 2. Action for M.E. ■
- 3. Autism Initiatives ■■
- 4. Ayrshire Children's Services CIC ■
- 5. Bijli Productions ■■
- 6. Carers Link East Dunbartonshire ■■
- 7. Cerebral Palsy Scotland ■
- 8. Children's Health Scotland ■
- 9. COPE Scotland ■■
- 10. Crohn's and Colitis UK
- 11. Dundee Volunteer and Voluntary Action ■
- 12. Enable Scotland ■
- 13. Endometriosis UK
- 14. Grampian Opportunities ■
- 15. Health All Round (HAR) ■■
- 16. Healthy Valleys ■■
- 17. Highland Third Sector Interface ■
- 18. Long Term Conditions Hebrides
- 19. Mindspace Limited
- 20. Moira Anderson Foundation, The ■
- 21. MS Society Scotland ■
- 22. Networking Key Services Ltd ■■
- 23. North East Sensory Service ■■
- 24. Pain Association
- 25. PAMIS ■
- 26. PLUS (Forth Valley) Limited ■■
- 27. Scottish Ballet ■■
- 28. Sleep Scotland ■■
- 29. Spina Bifida Hydrocephalus Scotland ■■
- 30. SWAN: Scottish Women's Autism Network ■■
- 31. Terrence Higgins Trust Scotland ■■
- 32. Thistle Foundation
- 33. Visibility Scotland ■
- 34. Voluntary Action Orkney ■
- 35. Wellbeing Scotland ■

## Range of projects