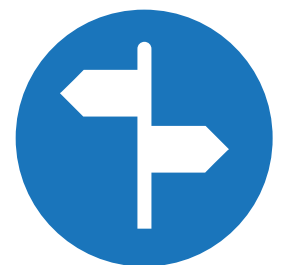


# Self Management Fund: Resilience, Recovery and Development

Lara Murray, Fund Manager  
Dora Moldovan, Development Officer



# AGENDA

Welcome and housekeeping

Applying to the Self Management Fund

Questions

Comfort break

Questions

More information, contact details and close

# Apply for a grant:



Up to £60,000



Up to 2 years

## Applications must demonstrate:

1

A new idea or a development of an idea to increase the capacity of the people of Scotland to live well with long term conditions

2

The idea has come from the people it is designed to benefit

3

People living with long term conditions, and their unpaid carers, will be enabled to take a leadership role in the design, delivery and evaluation

4

The capacity of people living with long term conditions, and their unpaid carers, to effectively self manage will be enhanced

5

The principles of self management contained in Gaun Yersel: the Self Management Strategy for Scotland, are at the heart of the project

# We are seeking projects which:

## PRIORITY 1

Provide support to people experiencing multiple forms of marginalisation, including people with sensory loss; ethnic minority communities; disabled children and young people; people with learning and intellectual disabilities; people experiencing economic deprivation; and unpaid carers.

## PRIORITY 2

Focus on a hybrid way of working and supporting digital inclusion for those who have been excluded from the move to digital services.

# Who can apply

Lead applicants and grant holders must be a third sector or community organisation

Partnership bids are encouraged but lead applicants and activity must take place within the third sector

You do not have to be a member of the ALLIANCE to apply for a grant from the Self Management Fund

If you have held a grant from the Self Management Fund before you can apply again

# Exclusions



Public sector organisations, such as the NHS or local authorities, are welcomed as project partners but cannot hold the grant or benefit financially



We are unable to support the purchase of capital items such as buildings, vehicles, refurbishment and equipment



The Self Management Fund is not able to support projects which are solely for the running costs of an organisation or existing project



Organisations may only hold one grant from the Self Management Fund at a time but you can submit more than one application

1

Completed application form including a planned project budget

2

Project plan detailing: What do you want to do? How will you do it? What difference will it make? How will you know if it is successful?

3

Two supporting statements from individuals who are not involved in your organisation but who know about the proposed project and can provide support for your application

4

Accounts and governance documents (copy of your governing document, last two sets of annual accounts, most recent bank statements, budget plans or management accounts)

5

Following submission of all required documentation, the ALLIANCE will contact the main contact provided to discuss your application as part of the assessment process

# How to apply



# Development of an existing project



- Continuation funding or core costs are not available
- If submitting an application for an existing or previously funded project, you must demonstrate that your application is for a development of that project
  - What did you learn from what did and didn't work in the previous project and how have you implemented this learning into the new plan?
  - How have you identified the new potential participants and can you evidence that the idea for the project has come from the people it will benefit?
  - What has changed in the wider landscape and how does this impact your project idea?
  - Will any new partnerships be involved?



## Five principles of self management

### **“Be accountable to me and value my experience”**

Evaluation systems should be ongoing and shaped by my experience. They should be non-judgemental and focus on more than medical or financial outcomes.

### **“I am a whole person and this is for my whole life”**

My needs are met along my life journey with support aimed at improving my physical, emotional, social and spiritual wellbeing.

### **“Self management is not a replacement for services. Gaun Yersel doesn't mean going it alone”**

Self management does not mean managing my long-term condition alone. It's about self-determination in partnership with supporters.

### **“I am the leading partner in management of my health”**

I am involved in my own care. I, those who care for me and organisations that represent me, shape new approaches to my care.

### **“Clear information helps me make decisions that are right for me”**

Professionals communicate with me effectively. They help ensure I have high quality, accessible information. They also support my right to make decisions.

# Project Plan

1  
What do you want to do?

- Describe what your project activity will be, who will benefit from it and where you will work
- Evidence that the idea has come from the people it is designed to benefit
- Using the five principles of self management as a guide, how does your proposed project support self management?
- Which of the two thematic priorities will your project address?
- If applying to develop an existing idea, you must demonstrate what is different.

2  
How will you do it?

- Include a project timeline and milestones
- Any key activities you need to complete to get started, for instance recruitment, identifying partners or training volunteers
  - Think about who needs to be involved
  - What will project activity look like on a day-to-day basis?

3  
What difference will it make?

- Identify and list project outcomes
- Have you thought about sustainability?
- What will be the legacy of your project?

4  
How will you know if it is successful?

- How will you measure your identified outcomes?
- What methods of evaluation will you use?
- How will you involve people living with long term conditions and/ or their unpaid carers in the evaluation?
- Do you have any plans for promotion and communication of what you learn from the proposed project?

# IMPORTANT DATES

**1 April 2022**

Open for applications

**27 June 2022**

Applications closed

**JULY 2022**

Assessment telephone calls  
(choice of dates will be offered)

**Week beginning  
5 September 2022**

Successful projects alerted

**1 October 2022**

Projects begin

**March 2023**

First reporting period

## MORE INFORMATION



<https://www.alliance-scotland.org.uk/self-management-and-co-production-hub/self-management-fund/>



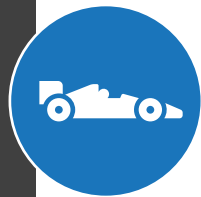
[fund@alliance-scotland.org.uk](mailto:fund@alliance-scotland.org.uk)



[@SelfMgmtScot](https://twitter.com/SelfMgmtScot)



0141 404 0231 (email first, if possible, as we are working from home)



Q&A Webinars: 3 and 24 May 2022

THANK

YOU