

# Self Management Awards



# 2023



# Introduction

The ALLIANCE, along with Gillian Mackay MSP, are delighted to host the Self Management Awards 2023 at the Radisson Blu on Edinburgh's Royal Mile on Wednesday 20 September 2023.

The annual awards celebrate good practice and promote a wide range of self management work. They also provide an opportunity for winners to network with others leading the way for self management in Scotland, to celebrate their successes and to draw the attention of MSPs and decision makers to the value and impact of self management.

## Background

Self management refers to a way of living and working that means people living with long term conditions feel more in control of their health and wellbeing. It supports and encourages individuals to access information and to develop skills to establish what is right for their condition and, most importantly, for them. Together with health professionals and with those who provide support, self management can help people to make decisions that are right for their lives.

Self management can mean people being:

- better informed about their condition(s)
- better prepared for everyday challenges
- better supported when they need it

The Self Management Awards are the centrepiece of our annual Self Management Celebration, a national awareness raising initiative highlighting self management activity across Scotland. The Self Management Programme has long been an area of partnership working between the ALLIANCE and the Scottish Government, most notably via the Self Management Fund which the ALLIANCE administers on behalf of the Scottish Government.

The Self Management Fund was a recommendation of Gaun Yersel: The Self Management Strategy for Scotland, co-produced with the ALLIANCE and its members. It was set up to support the development of co-produced, person centred, self management activity across Scotland. Learning from the experience of people living with long term conditions, disabled people and their unpaid carers, is central to the ethos of the fund. Since 2009, the ALLIANCE has distributed over £26 million and has funded 432 projects across Scotland. There are 56 projects that are currently in receipt of a grant from the Self Management Fund.

[www.selfmanagement.scot](http://www.selfmanagement.scot)

[smns@alliance-scotland.org.uk](mailto:smns@alliance-scotland.org.uk) | 0141 404 0231

# Self Management Awards

## Self Management Resource of the Year

in partnership with ALISS (A Local Information System for Scotland)

- **Moira Anderson Foundation** – Hands on Health Self Management Programme
- **Scottish Ballet Duet**
- **SWAN** : Pre Diagnosis Group



## Self Management Champion of the Year

in partnership with Humans of Scotland

- **June Dickson**
- **Michelle Howieson**
- **Amanda McBride**
- **Debbie Vithiyandandan**



## Digital Innovator Self Management Award

in partnership with the ALLIANCE Digital Hub

- **Long COVID MyTailoredTalks** – Chest Heart & Stroke Scotland, Pogo Digital Healthcare and NHS Lothian
- **Long Term Conditions Hebrides (LTCH)**
- **NHS 24 Online App**



## Self Management through the Arts

in partnership with ALLIANCE Live

- **musicALL** – Move On Up
- **Sharing A Story CIC**
- **Snowdrop Argyll**
- **Spider Arts** – Calmbulance



## Empowering Self Management Project of the Year in partnership with the Health and Social Care Academy

- Children's Health Scotland – SMS:HUB
- Dundee Volunteer and Voluntary Action – The Mental Wealth Academy
- North Highland Women's Wellbeing Hub



## Sensory Loss: Positive Self Management in partnership with the Scottish Sensory Hub

- Asif Khan
- Jennifer Murray



## Self Management in the Community in partnership with the ALLIANCE Links Worker Programme

- Health All Round – Walk with a Doc – Pete McDougall
- Moira Anderson Foundation – Positive Steps Project
- North Highland Women's Wellbeing Hub
- Penumbra Mental Health and Berwickshire Housing Association – BeWell project
- Voluntary Action Orkney – Island Self Management Group



# Self Management Resource of the Year



in partnership with ALISS (A Local Information System for Scotland)

## Moira Anderson Foundation - Hands on Health Self Management Programme

This 12-week self management programme was coproduced by clients and staff, with lived experience of long term health conditions (LTHC). It is delivered by people with LTHCs.

The course incorporates, stress management, personal development, relaxation, and elements of complementary therapy for home use. Participants learn a range of tools and techniques they can incorporate in everyday life to manage their health conditions and improve their health and wellbeing and quality of life. Benefits reported by participants include:

- Improved physical, mental and emotional health
- Increased capacity to manage health/condition
- More in control of health
- Feel more supported

[www.moiraanderson.org](http://www.moiraanderson.org)

@MAFAirdrie



Participating allowed me to look closer at my condition and I can now give answers to all of my questions. I now have the skills to manage or cope better thus improving my overall wellbeing.

Hands on Health participant



## Scottish Ballet Duet

Scottish Ballet is Scotland's national company with a mission to inspire on stage and beyond. SB Health is Scottish Ballet's health initiative. Since 2013, we have been dancing with young people who have faced adversity and families who live with neurological conditions. With the help of these communities and our partners, we have developed seven dance health programmes.

SB Duet is a suite of digital dance resources for people with reduced mobility to share with their companions or carers. Duet can be safely accessed by those in bed, at the bedside or seated – in care homes, hospitals or at home.



Scottish Ballet Health programmes celebrate the dancer in everyone. The SB Health team is honoured to have collaborated with communities across Scotland to develop SB Duet; inspiring creativity and offering tools that empower individuals, their families and care partners to make choices about what matters to them.



[www.scottishballet.co.uk/join-in/sb-health](http://www.scottishballet.co.uk/join-in/sb-health)

@scottishballet

**SCOTTISH  
BALLET**

## SWAN : Pre Diagnosis Group

SWAN is an autistic-led charity delivering services, information and support for and by autistic women and girls and non-binary individuals across Scotland since 2012. Exploring whether one is autistic and going through the diagnostic process can be long, difficult and confusing and it can be hard to find relevant, reliable resources and information. The group is a safe space to explore what it means to be autistic and talk about diagnosis options and the experience of going through the process, asking questions and meeting others. It is a one-stop resource for everything an individual who is considering whether they might be autistic needs.



I'm so glad I came. I have really struggled with my diagnosis and have felt so isolated and overwhelmed and like no one could help, but hearing other people's similar experiences has been so helpful. You have given me more in two hours than anyone else.

Group attendee



[swanscotland.org](http://swanscotland.org)

[@SwanAutism](https://www.instagram.com/SwanAutism)



# Self Management Champion of the Year



in partnership with Humans of Scotland

## June Dickson

June Dickson has been nominated for this award because of the significant and empowering work she has done in local communities over the past few years. She has trained and empowered hundreds of people in First Aid for Mental Health qualifications which has had a ripple effect on local communities during the pandemic and the cost of living crisis.

The most significant focus has been to create a safe and supportive environment for participants which has been particularly needed throughout the ongoing challenges of the pandemic where everyone's mental health has been constantly challenged. June has also reminded everyone of the importance of the self management of their own self care and managing boundaries when supporting others.

## Michelle Howieson

Michelle is an incredible human. Very unassuming and quietly strong. She encourages, supports, and empowers those around her. Despite a lifetime of significant physical, social, and emotional challenges she has dedicated her life to helping others learn to self manage and believe in themselves and their unique qualities. Michelle has volunteered every week for the last 25 years. Accruing over 1200 hours of volunteering most of which have been focussed on helping to encourage and inspire others to self manage and spread the self management message.



I get up. I walk. I fall down. Meanwhile, I keep dancing.

Daniel Hillel



[www.environmentalhealthcic.org](http://www.environmentalhealthcic.org)

@emh\_cic



It never ceases to amaze me how the people who are in the darkest of places can step up and provide that spark of hope and inspiration for others who are struggling.





## Amanda McBride

Amanda is a member of the Long COVID Lived Experience Network at the ALLIANCE and has been living with Long COVID since 2020. She is a paramedic and caught COVID very early into the pandemic whilst out on an ambulance job at work. Since then, she was off sick from work for almost three years, living with Long COVID and isolation, with very little support outside of a close group of friends. Her Long COVID symptoms have been physical, but have also affected her mental health in a serious way. She lives with CPTSD along with her Long COVID, after the trauma of contracting COVID at her workplace.



Never give up.

## Debbie Vithiyandanan

Debbie is a young disabled woman, originally from Sri Lanka, and a member of Glasgow Disability Alliance. Debbie left Sri Lanka during the civil war and, as a disabled migrant in Scotland, has found success exemplifying self management for herself and others.

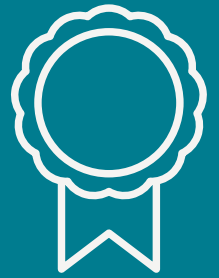
Debbie's ambition through achieving self management is to work closely with other disabled people, particularly individuals with mental health-related impairments, and support the conditions which in turn enable others to achieve self management.



If you fail at something, try to remember that you have the strength and power to turn it around next time.



# Digital Innovator Self Management Award



in partnership with the ALLIANCE Digital Hub

## Long COVID MyTailoredTalks - Chest Heart & Stroke Scotland, Pogo Digital Healthcare and NHS Lothian

Chest Heart & Stroke Scotland (CHSS) is working with NHS Lothian and Pogo Digital Healthcare to deliver a ground-breaking digital platform that brings primary care and third sector services seamlessly together for the first time.

The platform, called 'MyTailoredTalks', has been developed by Pogo Digital Healthcare and has been jointly funded by NHS Lothian, CHSS and the NHS Lothian Charity (formerly Edinburgh and Lothians Health Foundation) – with £120,000 invested in the platform so far.

It will allow GPs to refer patients automatically to CHSS's Long COVID support services and to provide tailored self management information to patients.



As a GP and someone living with Long COVID this new digital system will be hugely beneficial to patients and primary care.

It's a big breakthrough in integrated care. It gives patients direct access to support to help manage their condition.

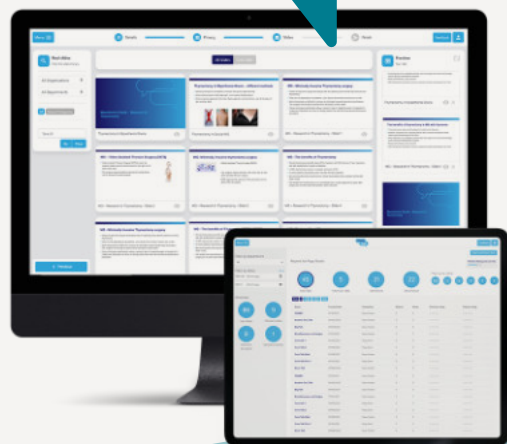
Dr Amy Small - GP living with Long COVID

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

@CHSScotland

@Pogo\_health

@NHS\_Lothian



## Long Term Conditions Hebrides (LTCH)

Long Term Conditions Hebrides (LTCH) is a non-profit, voluntary organisation set up in 2018 by people who have long term conditions (LTCs) for people who have long term conditions. LTCH provides inclusive activities to help vulnerable people help themselves. Digital technology has transformed the way LTCH supports its members. By using modern digital media LTCH has expanded the services it offers to benefit more isolated people living in rural communities on the Western Isles and beyond.



Managed Minds Make More Sense



[www.facebook.com/LongTermConditionHebrides](https://www.facebook.com/LongTermConditionHebrides)



## NHS 24 Online App

The NHS 24 Online app is the latest online offering from NHS 24, which is Scotland's provider of digital and telephone-based health and care services, such as the 111-service and NHS Inform.

The app was developed to provide the public in Scotland with an additional digital channel to access accurate and trusted health information.

NHS 24 worked in collaboration with Cluster Reply, a Microsoft Partner specialising in Azure - Empowering patients with Scotland's NHS 24 Online app (microsoft.com).

Included within the app functionality is:

- Chat with us
- Find a service
- Push notifications



Previously, people would have had a telephone call with their GP, but the app enables individuals to self-help. It provides a series of questions and a systematic approach, meaning people in remote and rural locations can self manage their problems more quickly, or make necessary plans to access a resource that cannot be available on the phone.

Until the app, we had not been able to achieve effective and comprehensive approaches to get patients to the right people, particularly in smaller systems like on Shetland. NHS 24 Online really helps us add capacity to a smaller care model by giving people help and information when they need it.

Anthony McDavitt, Director of Pharmacy for NHS Shetland and Orkney

[www.nhsinform.scot/care-support-and-rights/tools-and-apps/nhs-24-online](http://www.nhsinform.scot/care-support-and-rights/tools-and-apps/nhs-24-online)

@NHS24



# Self Management through the Arts



in partnership with ALLIANCE Live

## musicALL - Move On Up

By focusing on nurturing talent, building skills, developing confidence and bringing people together and therefore enabling participants to fulfil their potential and enjoy their lives, musicALL's work breaks down barriers, changes perceptions and tackles the exclusion young people with disabilities frequently experience.

Through music, the Move On Up project works with young adults who have learning disability and / or are neurodivergent and are currently going through or have recently gone through the impactful transition of leaving the Additional Support for Learning (ASL) Education, to build their competencies and develop skills they can apply in other aspects of their lives.



Making people heard through great music - musicALL believes in the transformational power doing something you love and are good at can have on your life. By giving people who are disabled and neurodiverse the opportunity to find their talent, their voice, and their way to a good life.



[www.musicallscotland.org.uk/our-musicall-projects/move-on-up](http://www.musicallscotland.org.uk/our-musicall-projects/move-on-up)

@\_musicALL



## Sharing A Story CIC

Lorna Hill, Founding Director of Sharing A Story CIC leads a small community organisation in East Lothian. They use creative writing, shared reading and other creative activities and work in community settings with those at risk of social isolation.

Research shows that empowering people, through creative interventions, can build self confidence and self esteem. Their innovative sessions encourage a positive and social focus for people, in a safe and supportive environment.

Groups they have worked with include survivors of domestic abuse, the elderly, people living with dementia and their carers, people with long term physical and mental health conditions, people with acquired brain injuries and disengaged teenagers.



For me, creative writing is something that captures my imagination and my attention. It offers a chance of escapism, whether it be from pain, your condition or having been a carer for both my parents, I know I'd have loved taking part in that then too. Escapism is what I'd have taken from it then. Now, it's "me time". By being given prompts I find it opens my mind into diverting my attention from my symptoms. The creative writing sessions have given me confidence in writing little haiku poems for example, for my family and for myself. I feel the techniques Lorna taught me are my tools that are being added into my tool belt. Again, the writing prompts offer endless examples of where my mind can go. These have been invaluable to me especially on down days where my pain is high, and the foggy brain just cannot think straight.

The pride I have in myself is something I've not felt in such a long time. I feel the course really boosted my confidence, mental health and thought pattern.

Suzi



[www.sharingastory.co.uk](http://www.sharingastory.co.uk)



## Snowdrop Argyll

Snowdrop Argyll (previously MS Argyll) is situated in Lochgilphead on the West Coast of Scotland, with outreach support extending over the larger areas of Mid Argyll, Kintyre, Islay and Jura. Snowdrop's mission is to support people affected by neurological and other long term conditions, as well as anyone feeling socially isolated.

Through many centre based projects, activities and outreach services, Snowdrop support people to be in control of the management of their own conditions by providing access to:

- A wide range of complementary therapies, physiotherapy and talking therapies,
- Condition self management workshops, supportive listening and peer support,
- Accessible exercise classes,
- Community food projects,
- Music and craft activities,
- Centre outings
- Campaigning, awareness raising, speaking out and being the voice for those not being heard.

Most recently, Snowdrop have been using participatory photography as a method to empower people to self manage their long term conditions and mental wellbeing.



**A picture is worth a thousand words.**

Our participatory photography participants are guided in a gentle, creative way allowing them to use photography to represent themselves and tell their own authentic story.

[www.msargyll.com](http://www.msargyll.com)

[@msargyll](https://www.instagram.com/msargyll)



## Spider Arts - Calmbulance

Spider Arts is a community arts and wellbeing charity. The Calmbulance is a fully equipped mobile art therapy studio, that offers a calm and inviting space, where children and young people can explore their emotions through play and art-making and gain the confidence and skills to cope with their difficulties.

The Calmbulance ensures that all children in and around Glasgow have access to the mental health support they need and are not unfairly disadvantaged due to lack of availability of services in their area, their economic status or protected characteristics.

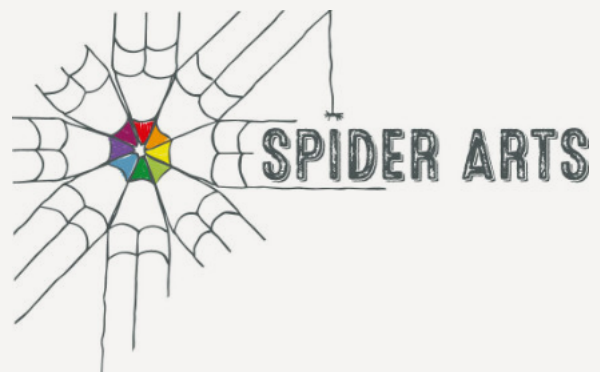


Greek philosopher Aristotle is reported to have said: “The aim of art is to represent not the outward appearance of things, but their inward significance.” This is also the purpose of art therapy; to give colour and shape to our thoughts, feelings and experiences and help us understand ourselves better.



[spiderarts.co.uk/index.php](http://spiderarts.co.uk/index.php)

@SpiderArts1





# Empowering Self Management Project of the Year



in partnership with the Health and Social Care Academy

## Children's Health Scotland - SMS:HUB

Children's Health Scotland's Self Management Skills (SMS):HUB work with Young People from across Scotland living with a health condition and we all come together for fun activities around Health and Wellbeing, which also promote friendships and social inclusion. Young people aged 9 – 17 come together for fun, Self Management and community. Meeting online once a month our SMS:HUB provides packs filled with goodies and learning. We work in partnership with several organisations, for example the Glasgow Science Centre, Village Story Telling and Relax Kids. This allows our Young People in our SMS:HUB to build a wider community and a great support network.



I really like the SMS:HUB, there is lots of people in it and I like the fact it's got younger people in it and older people in it and we do fun activities every month, it just feels more like a diverse community and I really like that.

Katie, 15



[www.childrenshealthscotland.org/services/children-and-young-people/sms-hub/](http://www.childrenshealthscotland.org/services/children-and-young-people/sms-hub/)

@ChildHealthScot



## Dundee Volunteer and Voluntary Action - The Mental Wealth Academy

The Mental Wealth Academy seeks to create one front door for individuals and organisations who wish to make the most of lived experiences of recovery and mental health challenges. The Academy is a peer led group of experts by experience and professionals focusing on developing and sharing learning about experiences of mental health, wellbeing and recovery.

For individual participants it provides personal learning, development, and accreditation opportunities.

For organisations and networks, it provides access to lived experience perspectives which can strengthen community involvement, research, and decision-making.



People affected by Mental Health problems are skilled, knowledgeable and talented, and not just on the subject of Mental Health. The Mental Wealth Academy exists to empower us to help each other and society more broadly.

Alex, MWA member



[dvva.scot/news/mental-wealth-academy](https://dvva.scot/news/mental-wealth-academy)

@DVVAscot



## North Highland Women's Wellbeing Hub

The hub is an entirely volunteer led lived experience non-profit group which is raising awareness for women's health in the Highlands and campaigning for health improvements around women's health. Under the hub they run 4 support groups for Endometriosis, Menopause, Period Health, and General women's health with over 600 members. It is a little community for women in the north offering safe spaces for women to really be themselves. Tackling inequalities, isolation, loneliness, and taboo subjects.

In just a year they have run a number of awareness raising campaigns, organised a Women's Wellness Festival, engaged in cross party groups and been featured on the Scottish evening news! Kirsteen, Rebecca and Claire all work full time, have long term health conditions and family lives.



We are overwhelmed to be finalists for this award. What started as a COVID support project has exceeded all of our expectations. We are three female volunteers who have worked together to empower, support and inform women within our remote community. It's been an incredible journey to be part of this organisation and know the power we are able to give back to women in our communities.



[www.northhighlandwwh.com](http://www.northhighlandwwh.com)

@KirsteenCampbel

@RebeccaWymer

@claire\_m\_clark



# Sensory Loss: Positive Self Management



in partnership with the Scottish Sensory Hub

## Asif Khan

Asif has a genetic eye condition and left Pakistan to seek opportunities for more independent living, and greater self management of his condition, in Scotland. Asif lived for a number of years with his foster family.

Asif has achieved success in the self management of his impairment and his life. Asif now lives independently in his own home, and has mastered the use of public transport as a visually impaired person.

Asif has greatly impressed Glasgow Disability Alliance through his development towards independent living and self management.



With Glasgow Disability Alliance, I have sought out and found opportunities to develop myself, add my voice to shaping policy, and to connect with other disabled people from BAME communities - and I have gained new skills, new confidence, and new connections which enable me to live independently as a disabled person.

I have volunteered as a fundraiser for RNIB, and have organised peer-support groups for visually impaired people. Together, disabled people can challenge and overcome intersectional barriers, creating conditions for independent living and individual and collective self management by disabled people.

[gda.scot](http://gda.scot)

[@GDA\\_online](https://twitter.com/GDA_online)



## Jennifer Murray

Jennifer Murray is a remarkable individual who has made significant contributions to Deafblind Scotland. Jennifer is fully blind and has hearing loss. Jennifer has volunteered her time to provide peer support and mentorship in digital technology. This nomination acknowledges the personal sacrifice she has made to improve the lives of deafblind individuals.

Jennifer's enthusiasm and ambition in sharing her expertise with members is commendable. She has consistently demonstrated reliability and passion in her role as a volunteer. Jennifer's commitment to empowering others through digital technology is truly inspiring, and her contributions have had a lasting impact on the lives of deafblind individuals within the organisation.



I decided to get involved in the self management project to empower and enable others like myself to feel digitally connected, live independently and to reduce feelings of isolation.

I understand the importance of the use of technology which is life changing in various ways and I'm passionate about sharing my experiences and knowledge with other Deafblind people thus enhancing their quality of life.

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

@dbscotland



# Self Management in the Community



in partnership with the ALLIANCE Links Worker Programme

## Penumbra Mental Health and Berwickshire Housing Association – BeWell project

The BeWell partnership between Penumbra and Berwickshire Housing Association (BHA) provides a highly innovative and different form of tenancy support to people whose mental health needs are impacting on their ability to manage their tenancy. BHA fund Penumbra to provide support to tenants at risk of tenancy loss. A small team work intensively with individuals to identify their own outcomes and self management approaches. There are no time limits, no set hours, and no pre-defined outcomes or indicators – everything is built on the relationship with the tenant and understanding what works for them. It is built on a fundamental value base that when people are supported in respectful relationships which prioritise what they think matters rather than service led outcomes, people are more than capable of identifying what self-managing and taking control of their lives looks like.



You have to fight through some bad days to earn the best days of your life.

Individual supported by the BeWell service



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

@penumbra\_scot



## Moira Anderson Foundation - Positive Steps Project

MAF provides support for people affected by child sexual abuse. Most people they see suffer from long term health conditions due to past experiences. Positive Steps is a self management project, offering a range of support for adults with long term health conditions, including individual support, complementary therapies, a 12-week self management programme and peer support. Services are delivered from their premises in Airdrie, North Lanarkshire, various locations in Glasgow and virtually. They see people Scotland wide.

The project and services have been informed by people living with LTHC's, they are delivered by people with LTHC, and make a huge positive impact on the lives of individuals living with LTHC's, their families and carers. The project has been running now for 8 years, directly reaching approximately 1000 people, helping them to self manage and take control of their health and their lives. In addition, this project has a positive impact on the lives of families, friends and communities.



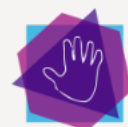
As I stepped across the threshold into the healing light, I had never felt so safe before, and I wept and it felt so right.

Client



[www.moiraanderson.org](http://www.moiraanderson.org)

@MAFAirdrie



Moira Anderson  
FOUNDATION

Tackling Childhood Sexual Abuse Together

## North Highland Women's Wellbeing Hub

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In just a year they have run a number of awareness raising campaigns, organised a Women's Wellness Festival, engaged in cross party groups and been featured on the Scottish evening news! Kirsteen, Rebecca and Claire all work full time, have long term health conditions and family lives.



As three friends who all work full time, have our own health struggles & spend our spare time chatting about all things women's health- we are blown away to even be shortlisted for this award. Seeing more projects focusing on women's right to good health can only be a good thing for the future. We are fighting hard to move past "It's just Women's Troubles" and to open-up conversation for all ages and genders, especially in rural areas. Thank you to everyone who has voted for us and we wish the best of luck to the other finalists, you're all amazing.

Rebecca Wymer, North Highland Women's Wellbeing Hub

[www.northhighlandwwh.com](http://www.northhighlandwwh.com)

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

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

[@claire\\_m\\_clark](https://twitter.com/claire_m_clark)





## Voluntary Action Orkney – Island Self Management Group

VAO's Island Self Management Group (ISMG) is for residents of Orkney's non-linked isles living with long term conditions. The group has three main elements: educational talk, learning new self management mechanisms and facilitated peer support. The group focuses on broad interventions and empowers individuals to live their lives on their own terms. The non-linked isles can only be reached by boat or plane and as a result, group members living in these smaller, more remote island areas are unable to access many of the health and social care services offered on mainland Orkney. The online delivery of the group; bringing opportunities to increase self management awareness; skills; and relationships across geographically distanced areas, is helping to create a trusted and supportive community within a community.

This project is pioneering in Orkney as an example of how technology could connect individuals to self manage, with a shared experience of life on the non-linked islands, together for learning and peer support. The project, and the community, leads the way and builds the capacity for other services who might similarly engage with the non-linked isles.



**Distanced by geography, but connected through technology, experience and a trusted community.**

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

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



## Health All Round - Walk with a Doc - Pete McDougall

Health All Round is a community health initiative based in South West Edinburgh. They use a community development approach to improve health outcomes for local people and reduce the impact of economic and social inequalities on health and wellbeing. Walk with a Doc is part of the organisation's Go for Green service and is a walking program for everyone interested in taking steps for a healthier lifestyle. Individuals take a few minutes to learn about a current health topic from a healthcare provider, then spend the rest of the hour enjoying a healthy walk and fun conversation. The Walk with a Doc is different from other walking groups and is an innovative way of bringing the medical environment to a neutral milieu, therefore making it more accessible and targeting the current power dynamic of doctor and patient that often prevent constructive consultation between an individual and practitioner. By making the practitioner a fellow walker, individuals feel encouraged to approach them and ask questions they otherwise would not feel comfortable asking, improving their knowledge and understanding regarding their health. And, by being amongst the individuals who are accessing services, the GP better understands their needs and can engage in a more person-centred and holistic discussion as well as learning how to better embed this way of consultation into their practice.



Dr Barbara Phipps and I valued participating in this pilot medical consultation style programme where we used our general practice skills and passion for lifestyle medicine to offer support, information and facilitate meaningful behaviour change to ultimately improve health and wellbeing to the local patient population.

We thoroughly enjoyed participating in WWAD pilot project, particularly the stimulating sessions around Type 2 Diabetes and Anxiety and really believe the group consultation approach with collaborate client experience improved patient care. It also really addressed social isolation which became so damaging in the COVID pandemic. Overall we were able to take flexible and adaptable approach to the groups needs and we covered a wide variety of chronic health conditions and disabilities issues.

Dr Claire Holdsworth, NHS Lothian



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

@HealthAllRound



# About the ALLIANCE

The Health and Social Care Alliance Scotland (the ALLIANCE) is the national third sector intermediary for health and social care, bringing together a diverse range of people and organisations who share our vision, which is a Scotland where everyone has a strong voice and enjoys their right to live well with dignity and respect.

We are a strategic partner of the Scottish Government and have close working relationships with many NHS Boards, academic institutions and key organisations spanning health, social care, housing and digital technology.

Our purpose is to improve the wellbeing of people and communities across Scotland. We bring together the expertise of people with lived experience, the third sector, and organisations across health and social care to inform policy, practice and service delivery. Together our voice is stronger and we use it to make meaningful change at the local and national level. Our vision is a Scotland where everyone has a strong voice and enjoys their right to live well with dignity and respect.

The ALLIANCE has a strong and diverse membership of over 3,300 organisations and individuals. Our broad range of programmes and activities deliver support, research and policy development, digital innovation and knowledge sharing. We manage funding and spotlight innovative projects; working with our members and partners to ensure lived experience and third sector expertise is listened to and acted upon by informing national policy and campaigns, and putting people at the centre of designing support and services.

We aim to:

- Ensure disabled people, people with long term conditions and unpaid carers voices, expertise and rights drive policy and sit at the heart of design, delivery and improvement of support and services.
- Support transformational change that works with individual and community assets, helping people to live 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 cross-sector understanding and partnership.



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



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