

## Self Management Awards 2024

Browse this year's Self Management Award categories and nominate the people and projects you know who have contributed the most to self management in Scotland over the past year.

**Self Management in the Community** – *in partnership with the [ALLIANCE Links Worker Programme](#).*

*The shortlist for this award will open to public vote.*

Self management is about working in partnership with services that can support individuals to be in the driving seat and have a meaningful role in decisions affecting them. This award is an opportunity to highlight projects, local communities or individuals who have worked to create improvements to support people to live well within their community.

This could be initiatives or activities that encourage community empowerment, grow community capacity or encourage local communities to adopt self management approaches.

This award is open to individuals, public libraries, local groups, organisations, projects and people working across health, social care and the third sector.

[Moir Anderson Foundation's Positive Steps](#) project was the 2023 winner of this Award. Positive Steps offers a range of support for adults with long term conditions, including individual support, complementary therapies, a 12-week self management programme and peer support.

**Self Management Resource** – *in partnership with [ALISS \(A Local Information System for Scotland\)](#)*

This award recognises the resources (on and offline) that genuinely add value to the lives of individuals, enable staff working in health and social care to deliver services more effectively and provide invaluable information, support and advice on self management.

Previous winners have included a Flare Card for people living with Crohn's and Colitis to help them recognise flare symptoms and seek appropriate support, tailored online resources to support children and young people living with Long Covid and our 2023 winner was [SWAN](#) and their support group for autistic women and non-binary people as they go through the process of diagnosis.

**Self Management Digital Innovator** - *in partnership with the [ALLIANCE Digital Hub](#).*

Digital tools have changed the way many people self manage and can provide support that would not be otherwise possible. What have you seen this year that has stood out as an innovative in the use of digital technology?

This award is for individuals or organisations who have found innovative ways of helping people self manage using digital technology. Examples of innovation could be finding new ways of working digitally, creative uses of existing technology, or reaching out to new audiences through digital means.

2023 winner Long Term Conditions Hebrides ([LTCH](#)) provides inclusive activities to help vulnerable people help themselves. Digital technology has transformed the way LTCH supports its members, allowing them to expand their services to benefit more isolated people living in rural communities on the Western Isles and beyond.

**Self Management Champion** - *in partnership with [Humans of Scotland](#).*

This award celebrates people who are helping to encourage and inspire others to self manage and spread the self management message, along with anyone who has made positive change to their lives by taking a self management approach; living their life better, on their terms.

Who do you know that encourages individuals to self manage? Who has championed ideas that add value to your work or life? Do they campaign in a way that raises the profile of self management as key role in recovery journeys? Will their story inspire others?

This award is open to everyone.

**Empowering Self Management Project** – *in partnership with the [Health and Social Care Academy](#).*

This award aims to highlight the success of any self management project with an empowerment focus in Scotland.

This award demonstrates the difference such projects make to improve people's lives, build self management capacity and help to transform health and social care. If your project has empowered individuals, groups or communities to take control over their lives and health, then this is a great way to have it recognised and celebrated alongside the people who made it happen. We want to hear from projects where people felt listened to and been able to change/influence the things that matter most to them! This award recognises projects working in partnership and the role that individuals and communities play in the design and delivery of support and services.

This award is open to any project which focusses on empowering the people it supports through self management.

Our 2023 winner was [Children's Health Scotland's SMS:Hub](#), where young people with a health condition aged 9 – 17 come together for fun activities around Self Management and community, promoting friendships and social inclusion.

**Sensory Impairment: Positive Self Management** - *in partnership with the [Scottish Sensory Hub](#).*

This award aims to raise the profile of the good self management work being done in the sensory impairment sector throughout Scotland. Do you know someone who is supporting people with sensory impairment to positively self manage? Someone who has challenged and changed disabling barriers to inclusion of, and participation by, people with sensory impairment in various aspects of everyday life? Someone who is managing their own sensory impairment exceptionally well and deserves to be celebrated?

Jennifer Murray, 2023 winner, is a remarkable individual who has made significant contributions to [Deafblind Scotland](#). Jennifer is fully blind and has hearing loss. She has volunteered her time to provide peer support and mentorship in digital technology and made personal sacrifices to improve the lives of deafblind individuals. Jennifer's contributions have had a lasting impact on the lives of deafblind individuals within the organisation.

This award is open to anyone with personal and/or professional involvement in the sensory impairment sector across Scotland.

**Self Management through the Arts** – *in partnership with [ALLIANCE Live](#).*

This award celebrates people or projects who support people, to take part in, watch or otherwise use the arts to support self management.

Do you know a person or project that puts on musical theatre performances? Teaches music? Created a space for people to express themselves through drawing and painting or crafts? We want to celebrate all the work being done to bring people to the arts and bring the arts to people.

The 2023 winner of this award was [Spider Arts](#), a community arts and wellbeing charity, for their “Calmbulance,” 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.

This award is open to any people or projects using the arts (including visual arts, theatre, music) to support self management.

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