



Health and Social Care Alliance Scotland (the ALLIANCE)

**Self Management Week
23 – 26 September 2024**

Self Management Awards Communications Pack

#SelfManagement24 @SelfMgmtScot @ALLIANCEScot

This pack has been created to provide you with information required for promoting the Self Management Awards. If you have any questions, please do not hesitate to get in touch with us by emailing SMW@alliance-scotland.org.uk.

Overview

The ALLIANCE hosts a range of events to celebrate self management across Scotland annually, including a range of events, ALLIANCE Live activity and the Self Management Awards. The aim of the Awards is to highlight some of the very best practice being demonstrated across Scotland, raise the profile of Self Management and share learning across the Self Management Network Scotland, Self Management Fund projects and wider ALLIANCE membership.

With a growing membership of over 3,500 organisations, associates, disabled people, people living with long term conditions and unpaid carers, there will be opportunities to hear from, network, and engage with many different stakeholders.

This year, our Self Management Award Ceremony will again be sponsored by Gillian MacKay MSP and held in the Garden Lobby at the Scottish Parliament on Wednesday 25 September.

Award categories

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.

[Moira 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.

Key dates

Date	Activity
15 May	Self Management Awards open to nominations
19 June 10am	Self Management Awards close to nominations
7 August	Shortlist announcements and People's Vote for Self Management in the Community goes live
4 September	People's Vote closes
25 September	Self Management Awards Ceremony

Web article/newsletter article text

Self Management Awards 2024

The Self Management Awards 2024 are open for nominations from 15 May - 19 June.

Who do you know that made a difference for people in Scotland this year? Maybe someone you know has shown exceptional self management in the face of adversity, or a project has provided exceptional support for you to self manage. Celebrate their achievements at the Self Management Awards by nominating the people and projects you know who have contributed the most to self management in Scotland over the past year.

The nomination form is available to download [here](#), along with full category criteria! **The deadline for submitting your nominations is 10am Wednesday 19 June.**

Campaign Resources

Logos for Self Management Awards Week are below. These can be used for social media, newsletters and/or websites along with the suggested posts below. ALT Text is included.



Suggested Social Media Text – Awards General

Nominations are now open for the Self Management Awards 2024! With seven categories to choose from, you can nominate a project, organisation or individual. Find out more here: <https://bit.ly/3QMpe50> Closing date 19 June. #SelfManagement24

The [@ALLIANCEscot](https://www.alliancescot.org.uk) @SelfMgmtScot Self Management Awards 2024 are open for nominations! With seven categories to choose from, you can nominate a project, organisation or individual. Submit your nomination by 10am 19 June. More info here: <https://bit.ly/3QMpe50> #SelfManagement24

The @ALLIANCEscot @SelfMgmtScot Self Management Awards celebrate innovative and impactful self management work across Scotland. Download a form

here and submit your nomination to one of our seven categories by 19 June:
<https://bit.ly/3QMpe50> #SelfManagement24

Suggested Social Media text – Category specific

Self Management in the Community

An opportunity to highlight projects, local communities or individuals who have created improvements to support people to live well within their community. Self Management in the Community award @SelfMgmtScot @ALLIANCEscot #SelfManagement24 More info here: <https://bit.ly/3QMpe50>

Self Management Resource

Nominate now for Self Management Resource! Celebrate resources that add value to the lives of individuals, enable staff to deliver services more effectively and provide invaluable information, and support @SelfMgmtScot #SelfManagement24 More info here: <https://bit.ly/3QMpe50>

Self Management Digital Innovator

Know of individuals or organisations who have found innovative ways of helping people self manage using digital technology? Nominate them for Self Management Digital Innovator! @SelfMgmtScot @ALLIANCEscot #SelfManagement24 More info here: <https://bit.ly/3QMpe50>

Self Management Champion

The Self Management Champion award celebrates people who are helping to encourage and inspire others to self manage and spread the self management message. @SelfMgmtScot @ALLIANCEscot #SelfManagement24 More info here: <https://bit.ly/3QMpe50>

Empowering Self Management Project

Has your project empowered individuals, groups or communities to take control over their lives and health? Nominate it for the Empowering Self Management Project award @SelfMgmtScot @ALLIANCEscot #SelfManagement24 More info here: <https://bit.ly/3QMpe50>

Sensory Impairment: Positive Self Management

The Sensory Impairment: Positive Self Management award aims to raise the profile of the good self management work being done in the sensory impairment sector throughout Scotland. Nominate now @SelfMgmtScot @ALLIANCEscot #SelfManagement24 More info here: <https://bit.ly/3QMpe50>

Self Management through the Arts

We want to celebrate all the work being done to bring people to the arts and bring the arts to people. Who could you nominate for the Self Management through the Arts award? @SelfMgmtScot @ALLIANCEscot #SelfManagement24 More info here: <https://bit.ly/3QMpe50>

**Empowering
Self Management
Project**

**Self
Management
Resource**

**Self
Management
Champion**

Sensory Impairment: Positive Self Management



Self Management Digital Innovator



Self Management through the Arts



Self Management in the Community



Social media

Join the online conversations



Follow us on X @SelfMgmtScot @ALLIANCEscot #SelfManagement24



Follow us on Instagram @alliance.scot



Find us on Facebook @ALLIANCEscot

Contact us

If you have any questions, please email the Self Management team at SMW@alliance-scotland.org.uk, barbara.flynn@alliance-scotland.org.uk or louise.rogers@alliance-scotland.org.uk.

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.

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The ALLIANCE is supported by a grant from the Scottish Government. The ALLIANCE is a company registered by guarantee. Registered in Scotland No.307731. Charity number SC037475. VAT No. 397 6230 60.