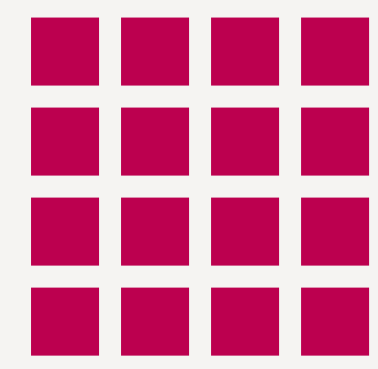


# Self Management for Life

**198**  
Applications received

**£1.8 million**

**32** new self management projects funded



16 small



16 large

“ We are pleased to announce such a strong and diverse portfolio of projects though this new round of funding. Supported self management is an essential component of care for people to live well and the emphasis on prevention in this round will mean people have access to the benefits of self management at an earlier stage in their journey. ”

Sara Redmond, Chief Officer of Development at the ALLIANCE

## Types of Grants:

### Small:

Average duration 11 months; Average grant award £12,700

1. Barmulloch Community Development Company
2. CTSI (Clackmannanshire Third Sector Interface)
3. Deafblind Scotland
4. Deepness Ltd
5. Feeling Strong
6. Glasgow the Caring City
7. Healthy n Happy
8. Inclusive Images Ltd
9. Indigo Childcare Group
10. PCOS Relief
11. Recovery Coaching Scotland CIC
12. Red Chair Highland
13. SMILE Children's Charity
14. The Health and Wellness Hub
15. West Lothian Drug and Alcohol Service
16. West Lothian Youth Action Project

### Large:

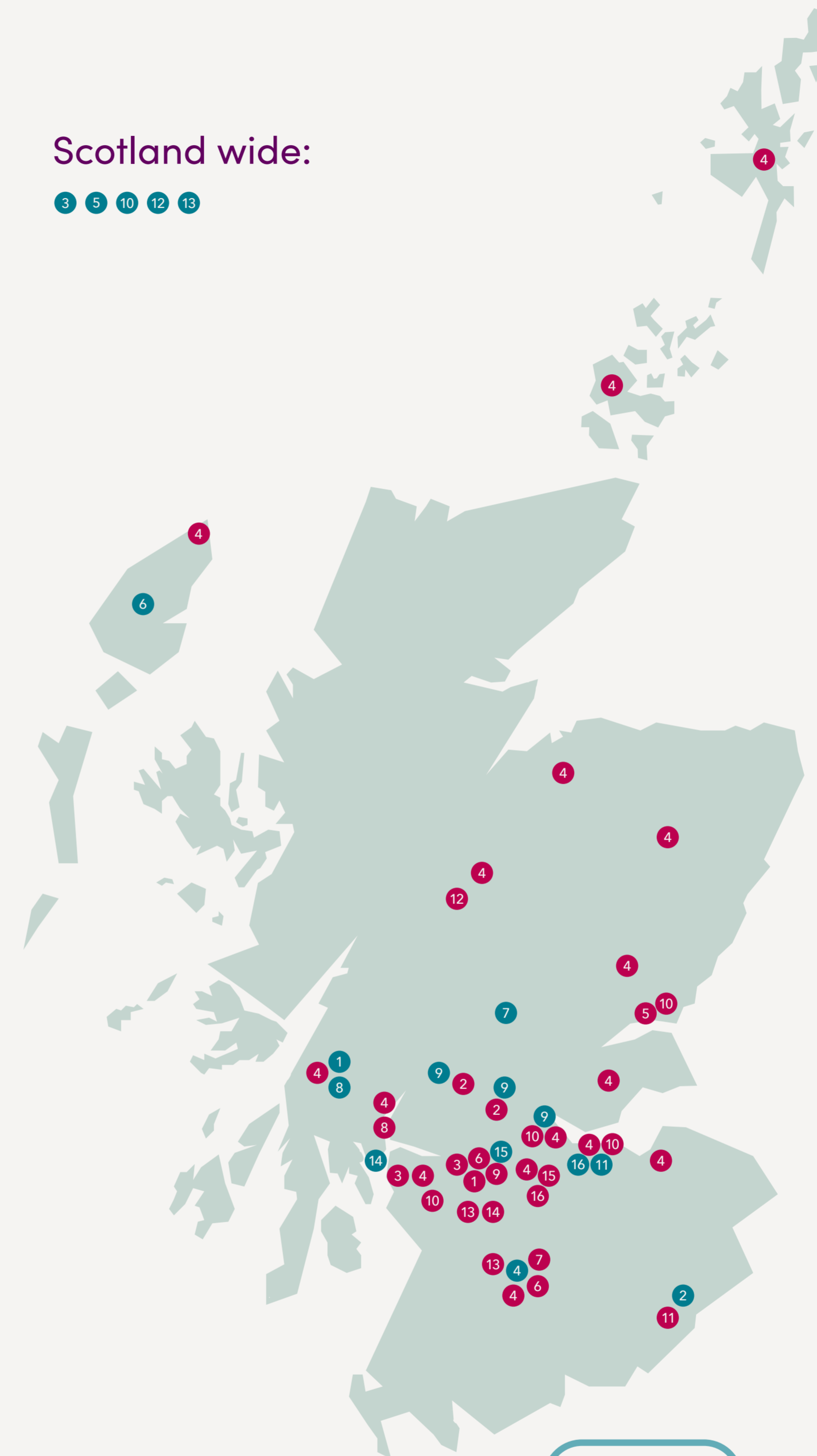
Average duration 36 months; Average grant award £100,300

1. Argyll Wellbeing Hub
2. Cheviot Youth
3. Finding Your Feet (FYF)
4. Healthy and Active in East Kilbride Ltd
5. In Control Scotland
6. Long Term Conditions Hebrides
7. Mindspace
8. Multiple Sclerosis Centre, Mid Argyll
9. PLUS (Forth Valley) Limited
10. Profound and Multiple Impairment Service (PAMIS)
11. Rowan Alba
12. Scottish Union of Supported Employment
13. Sense Scotland
14. Stepwell Consultancy Ltd.
15. Strathclyde Wing Hong Elderly Group
16. With Kids

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)

## Scotland wide:

3 5 10 12 13



## Self Management for Life Priorities:

- 1 Supporting people living with, or who might be at risk of developing, long term conditions to be better able to self manage and/or reduce risk factors.
- 2 Supporting people who experience barriers to accessing health and social care support and services, due to geographical, social, or economic factors to feel better able to self manage through direct support or support to access services.
- 3 Supporting people who are waiting for a specialist health or social care intervention or rehabilitation support through enabling them to develop self management capabilities while awaiting treatment.
- 4 Supporting disabled young people or young people living with long term conditions or unpaid carers to understand the importance of self management and to develop skills which maximise their health and wellbeing.

## For more information contact:

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

[www.alliance-scotland.org.uk](http://www.alliance-scotland.org.uk)

