

Self Management Fund 2025 – Grant Announcement

The ALLIANCE has awarded £1.9 million of Scottish Government funding to 31 projects through the 2025 round of the Self Management Fund, Self Management for Life, Round 2.

Priorities for this round are:

1. Supporting people at an early stage in their journey with a long term condition, disability or unpaid caring responsibility, to develop their ability to self manage.
2. Reducing barriers to accessing health and social care support and services, to enable self management for people living with long term conditions, disabilities and/or unpaid carers.
3. Developing the self management capacity of people living with long term conditions, and/or their unpaid carers, while they wait for a specialist health or social care intervention.

The organisations, projects and grant awarded are outlined below.

Application Name	Organisation	Project Description	Location	Grant Award
Enhancing self management through peer mentoring	Perth Autism Support SCIO	The development of the Autistic Parent Peer Connect will specifically focus on the unique needs of Autistic parents. This specialised program will offer tailored support and resources, addressing the distinct challenges faced by Autistic parents. This initiative will provide one-to-one peer mentoring, allowing individuals who prefer not to join large groups to receive personalised support.	Perth and Kinross	£14,572
Autistic and ADHD Adult peer support group	Central Wellbeing SCIO	Weekly peer support group for adults who have newly discovered they have autism and/or ADHD. It will give people the time and space to meet each other, share their experiences and coping techniques, all in a supportive and understanding environment. The participants will be people 18+, living in the Falkirk area, who are in the early stages of their neurodivergence journey - they have recently realised they were neurodivergent.	Falkirk	£8,767
FibroidCare Companion	The Period Place	The FibroidCare Companion project is a community-driven initiative designed to support minority ethnic women in Aberdeen who struggle with uterine fibroids, a condition that disproportionately impacts Black women and other minoritised groups. This project combines the development of a self-management toolkit, the FibroidCare Companion App with Fibroids Fireside Chats to empower women and foster community engagement. The Fireside Chats, held every other month, will create a safe and supportive space for women to share lived experiences, engage with healthcare professionals and volunteers, and address key barriers like stigma and misinformation. Insights from these chats will inform the app's design and wider community strategies.	Aberdeen City, Aberdeenshire	£14,990
Neurodivergent Adult Support Programme	DIFFERabled Scotland SCIO	The Neurodivergent Adult Support Programme will be facilitated by DIFFERabled staff and volunteers for Neurodivergent adults at an early stage of their neuro-developmental self-management journey . They will meet every two weeks to undertake a programme of activities supporting self management.	East Dunbartonshire, East Renfrewshire, Glasgow City, Inverclyde, Renfrewshire, South Lanarkshire, West Dunbartonshire	£14,480
Shaping Self Management	Lorn and Oban Healthy	12-month development of recently launched Elevate programme, aimed at strengthening self-management capacity in clients. This project will involve	Argyll and Bute	£14,995

support to early intervention	Options Limited	regularly gathering client feedback on the most useful classes, identifying the components of the programme that best support self-empowerment and lasting healthy behaviours (e.g., education sessions, home programmes, and social connections), and establishing Peer Support champions to assist clients transitioning out of Elevate who still seek support. The project will be delivered in partnership with Atlantis Leisure Centre.		
BEARL (Building Emotional Awareness for Resident Living)- Healthy Parents Carers Programme for Parents and carers of disabled children (ASN focused)	Sereniti	Healthy parents carers are aimed at local groups and charities to run these programmes to be able to make it readily available to required communities. Sereniti will be running this group in Aberdeen and Shire, starting with their existing parents group. Each course consists of 12 modules, delivered either in 2 or 3.5 hourly sessions, and can be run during the school term or holidays.	Aberdeen City, Aberdeenshire	£13,350
Adelphe Care Collective	The Adelphe Community Outreach	The Adelphe Care Collective will operate across Fife, Edinburgh, and Livingston, Scotland, supporting ethnic minority families navigating long-term conditions, mental health issues, disabilities, and unpaid caregiving roles. Activities will include biweekly support group meetings (virtual and in-person) and monthly workshops designed to empower participants with self management skills and reduce healthcare access barriers. The project will involve individuals living with long-term conditions, unpaid carers, and their families.	Edinburgh City, Fife, West Lothian	£15,000
Taking Creative Care	Art in Healthcare	Taking Creative Care will be a co-designed course aimed at equipping individuals with tools for self-management through art. Art in Healthcare will collaborate with Community Mental Health Teams across Scotland, targeting individuals on waiting lists for psychological therapies. They will place particular emphasis on reaching those in rural areas, where access to services is limited and those who find it challenging to participate in groups. The course will be designed with flexibility in	Scotland-Wide	£10,560

		mind, offering both in-person and online options, as well as a mix of facilitated and self-directed formats to meet diverse needs.		
Coorie Cafe	WHALE Arts	Coorie Cafe will serve as an adjunct to WHALE Arts Arts and Wellbeing programme where currently 80% of participants are living with long-term conditions, mental health challenges, disabilities, and/or additional complex needs. Based in their community café, they will offer weekly drop-in sessions led by a dedicated worker. This 'Healthy Life Coach' will support participants in identifying specific challenges, accessing relevant information relating to their conditions and developing self-management tools or strategies tailored to their needs.	Edinburgh City	£14,947
Sowing the Seeds for better mental health	Trellis Scotland	Following feedback around the provision of therapeutic gardening services at another GP Practice in East Lothian through their Link Worker, the project will support people who present with mild to moderate depression, that could be helped through non-medical interventions. Trellis will work with participants to build a therapeutic gardening space and programme at a GP practice in Cockenzie, East Lothian. This will support patients to improve their wellbeing. The aim is to enable people to use gardening as an effective self-management intervention and wellbeing tool.	East Lothian	£14,663
VR Support	Cyrenians	This proposed project seeks funding to implement a transformative virtual reality (VR) program aimed at enhancing mental health and wellbeing while addressing social isolation. Utilising advanced technology like Meta Quest 3, the program offers immersive VR experiences that promote mindfulness, relaxation, and targeted exposure support. By creating personalised virtual scenarios, such as crowded spaces like supermarkets or buses, the project will help clients confront and manage their anxieties in a controlled and supportive environment. Clients can access various serene virtual environments, engage in guided meditation, and partake in mindfulness exercises to reduce stress and improve emotional control. Training in digital skills further empowers clients, equipping them for success in a digital-centric world.	Falkirk	£7,124
Clydesdale Community Initiatives	Clydesdale Community Initiatives	This Groundings programme is aimed at individuals who have recently engaged with community mental health teams due to chronically low mood, severe anxiety	North Lanarkshire, South Lanarkshire	£13,139

		<p>or depression. By offering a 'soft start' for new participants and promotes the gradual growth of self-management skills the Groundings group would:</p> <ul style="list-style-type: none"> •Provide a welcoming, low-pressure introduction to the project. •Focus on building initial confidence and social skills through small, manageable tasks. •Deliver 5 two week 'modules' that will be co-produced with the groups based on the 5 ways to well-being •The modules will specifically introduce participants to: nature therapy, self-management tools, mentoring, asset-based skills development and community engagement •Gradually introduce participants to community projects, with opportunities for feedback and personalised support. 		
Carers of West Dunbartonshire (Caring for Self)	Carers of West Dunbartonshire	<p>Caring for Self is a programme of self management activity delivered through a series of workshops which will support unpaid carers who are managing their own long-term condition(s). These might include chest, heart and stroke conditions, diabetes, mental health, arthritis etc. The workshops will be held fortnightly and will alternate across varying locations throughout the local authority and times to ensure that they are as accessible as possible to unpaid carers. Each workshop will be 2.5 hours and will begin with short, simple physical exercise and end with a short relaxation/mindfulness session. Sessions will be interactive and educational and will cover a range of holistic subjects that matter to carers. Written material will be available at each session, which will ultimately form a self-management journal for each carer.</p>	West Dunbartonshire	£9,970
Support Matters	Mairsinn (formerly Ritual Abuse Network Scotland)	<p>To develop and pilot online peer support groups for people suffering PTSD, DID, and other mental health conditions caused by childhood sexual abuse who are waiting to access mental health services or unable to access these services. Mairsinn will form a steering group of people with lived experience of the issues to gather views and plan the project. With them, they would carry out a service-user consultation and develop policies and guidance to ensure safety of those in the groups. They would advertise widely for people wishing to use the peer support group. They would agree an evaluation plan then pilot the online groups. For the</p>	Scotland-Wide	£15,000

		pilot they would plan 4 groups with a maximum of 6 people in each. These would be facilitated by a trained worker/volunteer and meet weekly for 6 weeks.		
Healthy Parent Carer - Happy Family	Contact (previously known as Contact A Family)	To deliver a new programme in co-production with parent carers who have a disability or health condition, to promote behaviours associated with health and wellbeing. The project will connect them with peers, develop their knowledge, skills and strategies to support them to increase their capacity to self-manage their health while managing caring responsibilities. This will be a 4-6 week programme involving workshops/activities and one-to-one support, (delivered online and in-person) focusing on empowering carers to self-manage their mental and emotional wellbeing. Parent carers will co-design activities and develop the programme, with a dedicated Project Steering Group representing the voices of parent carers.	Glasgow City	£97,774
The Waiting Rheum: Self Management for Children and Families	Teapot Trust SCIO	To co-produce and deliver a new peer support programme for children and young people (CYP) currently on a waiting list for a diagnosis/intervention related to a Rheumatological condition. This project aims to offer early intervention and alleviate this stress through self management skills. Stage One of the project will be a co-production process with members of Young Voices, parents, and healthcare professionals. Working as equal partners the ideas and experiences of the group will be central to fully understanding the needs of CYP and families on rheumatology waiting lists. The Young Voices (and parent/carers) will work with art therapists and youth workers to develop a programme of support. Stage Two of the project will pilot peer support groups with a series of four groups for CYP and two groups of parents/carers. Over 8 weeks, the groups (of up to eight participants) will meet online or in-person. The sessions will be evaluated, and learnings collated. Stage Three of the project will involve incorporating the learnings from Stage 2 and rolling out the groups further. In parallel to this, CYP and parent/carers involved in Stage 1 and 2 of the project will come back together to co-produce a toolkit that can be accessed by families on rheumatology waiting lists who cannot access the sessions.	Scotland-Wide	£48,968
Turnaround	The Halliday Foundation	Health related factors, particularly mental ill health and substance use are key drivers of homelessness in Glasgow and these issues are compounded by homelessness. This project is to reduce barriers to accessing health and social	Glasgow City	£93,024

		care support by recruiting and training a team of people with a lived experience of homelessness to work with The Halliday Foundation's staff and volunteer teams offering self-help services to people experiencing homelessness. They will advocate self-management concepts re the ability to maintain health, prevent disease, and cope with illness and disability so encompassing a broad range of activities including eating a healthier diet and managing stress.		
BME self management project	MECOPP	The primary aim of the project is to provide support to unpaid carers and the individuals they care for, facilitating the management of health conditions and enhancing their overall quality of life through the adoption of effective self-management techniques that prioritise early intervention. The focus is particularly directed towards early intervention strategies concerning cancer, dementia, and mental health issues prevalent in minority communities, which have been recognised as essential by MECOPP's service users. By addressing these vital areas, the project aspires to encourage individuals to self-manage their health and well-being. Furthermore, the involvement of community ambassadors is intended to create a sustainable impact, while service users will be equipped with essential IT skills to access vital resources, manage appointments, and order prescriptions, thereby tackling the challenges of digital inequality and literacy. This project aims to establish a person-centred service that operates within a human rights framework, ensuring cultural sensitivity, combating stigma, and raising awareness with the support of professionals. This culturally appropriate approach is vital for effectively engaging participants and supporting them in enhancing their health management practices.	East Lothian, Edinburgh City, Midlothian, West Lothian	£113,700
GDA AHEAD Project	Glasgow Disability Alliance	AHEAD – Actions for Health, Equalities, Autonomy & self Determination will target disabled adults including those experiencing mental ill-health, mental distress and trauma, and/or more than one long term condition, while they wait for specialist mental health and/or social care support. The project aims to develop and deliver a 12-week Self-Management Course and corresponding Peer Support Programme, codesigned with disabled people. Each participant will receive a minimum of three 1-2-1 support sessions before and after the course. Alongside this, staff will facilitate participant-led peer support groups for participants. This will be iterative and built on learning of what works throughout the project. The project	East Dunbartonshire, East Renfrewshire, Glasgow City, North Lanarkshire, Renfrewshire, South Lanarkshire, West Dunbartonshire	£119,714

		team will use a trauma informed approach, enabling disabled people to explore self-help strategies to better manage mental distress, anxiety, low mood and suicidal thoughts. Participants will develop better understanding of trauma and mental health, and learn coping skills and strategies to manage their mental health conditions and mental distress, while waiting for specialist input.		
Aberdeen Foyer - Self Management For Life Funding Application 20205	Aberdeen Foyer	This project will provide therapeutic support to remand prisoners at HMP Grampian, a group disproportionately affected by mental health challenges. Remand prisoners commonly experience issues with substance misuse and present with a range of mental health conditions. Many have endured significant adverse childhood experiences/trauma, which contribute to long-standing interpersonal difficulties that often manifest in their offending behaviour and interactions with staff/other prisoners. These challenges create barriers to self-regulation and make it difficult to access or engage with support. Integrative psychotherapy, including Person-Centred Therapy, Cognitive Behavioural Therapy, and other approaches will enable individuals to develop self-regulation strategies/coping mechanisms to manage their mental health, reduce distress, improve their ability to self-manage in custody and after release. Therapy will be delivered on-site within the prison, offering 1:1 sessions/group workshops that combine psychoeducation with facilitated peer discussions. Therapy sessions will continue in the community if client is liberated mid-therapy, supporting transition. By reducing barriers to mental health support, the project will empower individuals to manage their long-term conditions, improve their resilience, develop self-efficacy in navigating mental health challenges.	Aberdeen City, Aberdeenshire	£119,093
Creative Steps - Connect/Create/Contribute	The Portal Arts	The Creative Steps programme offers a three-step progression model which meets people at their point of need. The model is informed by and builds on the strengths of participants so they can improve their wellbeing and advance to the next step at an appropriate pace, becoming more confident in their skills and being more self-directed. Step 1 is for people with a newly diagnosed mental health condition or who haven't previously engaged with The Portal Arts. Step 1 activities are based at place of treatment and participants are referred onto classes through their medical practitioner, building on well-established connections with Community Links Workers, Occupational Therapists and GPs in	Glasgow City	£87,560

		four local practices. Step 2 offers year-round peer supportive groups in The Portal Arts multifunctional community arts hub. Groups are facilitated by artists, in active collaboration with participants, who are involved in activity design, planning and evaluation. Participants build relationships, develop new skills in a familiar setting and build their confidence to progress into Step 3 classes or make further connections within the community. Step 3 focuses on wider community involvement, including community events and partnership projects. This project is to launch and develop a group of Volunteer Advocates from Step 2 and Step 3 participants to co-facilitate Step 1 outreach groups with trained artists, enabling newly diagnosed participants to build relationships and progress their self-management skills within the programme.		
Pre and Post Diagnostic Self-Management of Cognitive Impairment/ Dementia	Deepness Ltd	Early intervention in cognitive decline can significantly impact long-term outcomes for individuals at risk of or living with dementia. While considerable resources exist for later-stage dementia care, there is a critical gap in self-management tools for those in the pre-diagnostic phase and immediately following diagnosis. Project Objectives: 1.Develop and validate a pre-diagnosis self-management toolkit that helps individuals: Monitor cognitive function, Implement lifestyle modifications Build cognitive reserve, Navigate healthcare systems effectively 2.Create a post-diagnosis toolkit that supports: Adaptation to diagnosis, Daily living strategies, peer support, Future planning, Family and caregiver involvement. Expected Outcomes: 1.Improved quality of life for individuals in both pre and post-diagnosis phases 2.Reduced anxiety and increased confidence in self-management 3.Better prepared healthcare providers 4.Clearer pathways for diagnosis and support 5.Enhanced family and caregiver understanding 6.Measurable improvements in daily functioning	Scotland-Wide	£115,110
Bipolar Scotland Momentum Works	Bipolar Scotland	To provide early intervention self-management support focused on the workplace, equipping individuals with the knowledge, tools and confidence to tackle bipolar specific workplace challenges to minimise triggers leading to episodes of illness. Bipolar Scotland will deliver: 1. Individual Workplace Support – One-to-one peer support for individuals struggling with bipolar-specific workplace challenges. 2. Drop-in Sessions for Students – Providing structured peer-support on university/college campuses to help students with bipolar prepare for employment.	Scotland-Wide	£117,120

		<p>3. Peer-Led Advocacy & Mentorship – Peer mentors will support individuals facing specific workplace challenges, helping them develop self-advocacy skills to request reasonable adjustments, challenge stigma, and navigate workplace issues. 4. Crisis & Transition Planning – Supporting individuals to create personalised workplace crisis plans, helping them recognise early warning signs and develop strategies to manage potential challenges. 5. Guidance for Self-Employment & Freelancing – Offering practical advice for individuals considering self-employment, helping them create sustainable routines and manage their workload in a way that supports their mental health. 6. Creation of Resources & Good Practice Guides – Developing materials, guides, and case studies to help individuals and employers create supportive, bipolar-friendly workplaces. 7. Workplace Training - Equipping employers with the tools and understanding to create healthier, more supportive workplaces where individuals with bipolar can thrive (funded separately).</p>		
Better Lives Partnership	Better Lives Partnership	<p>Better lives partnership work with young people with a variety of neurological conditions, who have expressed an interest in accessing sport. Some are keen to try outdoor water sports, others would like to learn how to access and use their local gym and pool facilities. What they have in common is the lack of understanding of how to access and use facilities independently. This project will give them the knowledge and opportunity to start their fitness journeys and the impetus to carry on with their good habits going forward in life.</p>	Dumfries and Galloway	£60,000
Bright Paths - Indigo Families Navigating Uncertainty Together	The Indigo Childcare Group	<p>Building on learning from 2024 pilot, Indigo ASN Pre-Diagnosis Support we will achieve this through delivery of Bright Paths – Families Navigating Uncertainty Together. Bright Paths will deliver the following: 12 parents fully trained in the Cothú approach to neuro affirming parenting per term over 3 years. 10 peer-network support sessions for families at different stages/experience supporting each other. 12 coffee mornings/year over 3 years where “graduates” of Cothú can share their learning, experiences and challenges of practising the strategies in their own families and benefit from peer support. 5 Self-Management Stay and Plays /year. 25 1-1 specialist Family Support Planning Sessions/year over 3 years. 2 trainers will refresh their Cothú Programme knowledge plus 1 new practitioner will be trained in the delivery of Cothú to reach more families and</p>	Glasgow City	£96,957

		meet demand and test the principle of the trainer being a familiar practitioner to families from their nursery/school aged childcare setting.		
By Your Side (Dementia)	Age Scotland	Research shows there is a lack of culturally appropriated services for ethnic minority communities in Scotland. By Your Side will engage and consult with these communities to learn about their experience and understanding of dementia. Age Scotland will work with the Dementia Friendly Communities Network, SEMOP forum, and our ethnic minority community member groups to connect with people living with dementia and their unpaid carers. A lived experience panel of up to 10 volunteers will be established to advise throughout the development, delivery and evaluation of By Your Side. They will use this learning to co-produce a culturally appropriate programme enabling and empowering people from ethnic minority communities to better understand dementia, self-manage their condition of living with dementia, and understand their rights, access to benefits and support systems available. Age Scotland will work with communities to build a portfolio of tools, resources and training that directly address the needs identified in the consultation, which will be available in multiple languages.	Scotland-Wide	£120,000
Living Well with Aphasia – Supported Self-Management Programme	Chest, heart stroke Scotland	The project will support people in Lothian and Grampian with aphasia and communication difficulties following stroke to access a formalised 12-week programme of supported self management. Project coordinators will: recruit and train volunteers to support delivery, including those with lived experience of aphasia; develop, test and deliver accessible course materials with participants; liaise with referrers including NHS clinicians and allied health professionals; implement robust impact and evaluation measures. The programme will: ensure better understanding of stroke and aphasia itself ; support beneficiaries to cope better, improve mental well-being, reduce isolation and make informed choices about their health and care and set and achieve long- and short-term goals. By providing a supportive peer environment the course will improve their confidence in using communication strategies and reduce feeling of loneliness and isolation whilst building upon people with aphasias abilities using a variety of self-management strategies tailored to the service user.	Aberdeen City, Aberdeenshire, East Lothian, Edinburgh City, Midlothian, Moray, West Lothian	£96,862

<p>Aberlour Wellbeing Project</p>	<p>Aberlour Child Care Trust</p>	<p>Aberlour supports over 1,000 unaccompanied young people annually through the asylum seeking process. There are statutory mental health services for unaccompanied young asylum seekers, however the young people are often either excluded from support for their mental health, receive inappropriate support for their needs or are waiting too long to be seen, leading to avoidable crises. This project aims to help young people as early as possible and provide self management support specific to their unique needs through three distinct workshops: (1) Art Therapy – a safe space to explore experiences and feelings through creativity; (2) Sleep Group – coping strategies to manage nightmares and irregular sleep patterns; and (3) a Girls Wellbeing Group – a safe space to encourage girls to voice and explore their thoughts and feelings. By taking part in these workshops, the young people will (1) learn coping strategies to manage their stress and anxiety; (2) have their feelings, extraordinary experiences and cultures recognised; (3) increase resilience and confidence; (4) reduce their isolation and be able to access help.</p>	<p>East Ayrshire, East Dunbartonshire, East Renfrewshire, Glasgow City, Inverclyde, North Ayrshire, North Lanarkshire, Renfrewshire, South Ayrshire, South Lanarkshire, West Dunbartonshire</p>	<p>£105,090</p>
<p>Holistic Self-Management Project for young women survivors of Childhood Sexual Abuse</p>	<p>SAY Women</p>	<p>This project will support young women survivors of CSA at an early stage in recovery by employing a Health Improvement Worker to: Support, advocate for, and facilitate survivors to attend health appointments; liaise with health services to create more accessible health services for the young women; facilitate early intervention psychoeducational mental/physical wellbeing group taking a holistic approach to young women’s development, teaching tools to manage their own health/wellbeing over 12 sessions; establish a peer support group for those who have completed the sessions to ensure continuation of implementing self-management skills; organise residential activity at Ardroy Education and Outdoor Centre; facilitate a Seasons for Change group in partnership with Ardroy. The 12 session groupwork support will cover various information and self management techniques. The Seasons for Change Group will take a holistic approach to encouraging adoption of self-management by merging physical/mental health support encouraging survivors to embrace nature as a tool for healing through monthly sessions on a variety of topics.</p>	<p>East Dunbartonshire, Glasgow City, North Lanarkshire, Renfrewshire</p>	<p>£115,596</p>
<p>My Way, Self-Management</p>	<p>Deafblind Scotland</p>	<p>My Way, Self-Management tool will be co-created based on newly endorsed ‘International Classification of Functioning’ (WHO and Deafblind International).</p>	<p>Scotland-Wide</p>	<p>£111,896</p>

<p>tool for deafblind people</p>		<p>Deafblindness impacts a wide range of life domains and leads to inequalities that can be prevented/improved with specialist support. European Deafblind community have gained consensus on a set of Deafblind Equality Indicators and the project will use these as a framework to co-create a self-management tool alongside deafblind people whilst also applying learning from best-practice examples such as Penumbra's IROC Wellbeing tool which contains a powerful yet accessible set of outcome indicators for mental health, designed to provide interactive engagement between people, practitioners/support organisations.</p>		
<p>Y Thrive</p>	<p>YMCA Tayside</p>	<p>YMCA Tayside will support pupils from seven secondary schools in Perth and Kinross which have seen over 70% increases in absences following the recent pandemic. Many of these absences are due to poor mental health. 75% of life long mental illness develops before the age of 25 and 50% before the age of 14. This service will support young people at an early stage in their journey, with what could otherwise become a lifelong condition, by enabling them to develop effective self-management. The service coordinator will liaise with the schools and Educational Psychology Service to accept referrals for those young people displaying consistent 'emotional absences'. The coordinator will meet with individual young people; coordinate 1-1 counselling sessions for them with COSCA qualified YMCA volunteer counsellors; recruit, train and support volunteer befrienders who will support a participant for up to 12 months engaging the participant in learning and positive volunteering opportunities at YMCA using the multi-media suite, craft workshop, kitchen garden, and social enterprise coffee shop, along with supporting their integration with peers in YMCAs open youth drop-ins.</p>	<p>Perth and Kinross</p>	<p>£120,000</p>