# Self Management for Life: Self Management Fund 2026

Small Grant Application Guidance

This guidance is for applicants requesting a maximum of £15,000 for a maximum of 12 months

If you have any questions please feel free to contact us on Fund@alliance-Scotland.org.uk

Contents
[**What is The Self Management Fund?**](#WhatIs)

[**What will it Fund?**](#WhatFund)(Self Management Fund Core Criteria)

[**2026 Priorities**](#Priorities2024)

[**Grants Available**](#GrantsAvailable)

[**Who Can Apply**](#WhoCanApply)

[**What Can Be Funded**](#CanFund)

[**What Can’t Be Funded**](#CantFund)

[**How To Apply

What Happens Next?**](#NextSteps)

[**Help Available**](#help)

[**Key Dates**](#keydates)

[**About the Online Form**](#AboutForm)

[**FAQs**](#FAQs)

[**Sample Application & Help Notes**](#SampleApp)

## What is the Self Management Fund?

The Self Management Fund was created by the Scottish Government in response to recommendations made in the [Gaun Yersel!: the Self Management Strategy for Scotland.](https://www.alliance-scotland.org.uk/wp-content/uploads/2017/11/ALLIANCE-SM-Gaun-Yersel-Strategy-2008.pdf) It was set up to support development of co-produced, person centred, self management activity across Scotland. Learning from the experience of disabled people, individuals living with long term conditions and unpaid carers, is central to the purpose of the Fund.

It is administered by the ALLIANCE with decisions made by an external panel.

## What will it fund?

The Self Management Fund exists to support the development of learning around self management practices. For this reason, across every round, projects are required to demonstrate;

* The project is a new idea, or a development of an existing idea.
* The idea has come from the people it is designed to benefit.
* Disabled people, individuals living with long term conditions and/or unpaid carers will be enabled to take a leadership role in the design, delivery and evaluation of the project.
* The capacity of disabled people, individuals living with long term conditions and/or unpaid carers to effectively self manage will be enhanced.
* The principles of self management identified in [Gaun Yersel!: the Self Management Strategy for Scotland](https://www.alliance-scotland.org.uk/wp-content/uploads/2017/11/ALLIANCE-SM-Gaun-Yersel-Strategy-2008.pdf) are at the heart of the project.

## 2026 Priorities

The Self Management for Life cycle of the fund aims to support project that put people and communities at the centre. In the 2026 round we hope to focus more clearly on two specific points of a person’s journey with a long term condition as well as health inequalities. Applications must demonstrate their project supports, guides and enables self management in one of the following ways:

1. Work that aligns with secondary prevention by working to embed self management soon after a long term condition or disability is identified, or early in someone’s unpaid caring role.

*We will prioritise projects which have the potential to identify and target the point at which intervention improves outcomes, and/or understand the degree to which their work is reducing harm. Beneficiaries do not need to have an official diagnosis, but all projects will be expected to demonstrate how their work is tailored to, and reaching, people at this* [*early stage.*](https://publichealthscotland.scot/about-us/what-we-do-and-how-we-work/public-health-approach-to-prevention/the-three-levels-of-prevention/)

1. Work that seeks to address health inequalities while increasing the self management capacity of people with long term conditions, disabilities and/or unpaid caring responsibilities who experience these inequalities.

*We will prioritise projects which target the drivers of* [*health inequalities*](https://www.scotpho.org.uk/comparative-health/health-inequalities/introduction/) *and increase beneficiaries’ capacity to overcome these challenges. Work that temporarily mitigates the impact of health inequalities, for example through the provision of financial aid, will not be considered a fit for this priority.*

1. Work that develops the self management capacity of people living with long term conditions, disabilities, and/or their unpaid carers, whilst awaiting health or social care support.

*We will prioritise condition-specific projects that target people who are at risk of worsening health outcomes due to the length of time they are waiting for care. As the focus of this priority is to support people while on waiting lists, applications that aim to cut waiting lists by adding capacity to existing services, will not be considered a fit for this priority.*

While it is possible for a project to meet more than one priority, projects are no more likely to be successful if they meet multiple priorities. Therefore, we are asking applicants to focus their applications on the priority they feel their project demonstrates the strongest fit with. We hope that this change will support applicants to tell a clearer story of the change they hope to make.

## Grants Available

**Small Grants** – A single stage application process, awarding up to **£15,000** for up to 12 months.

**Large Grants** – A two stage application process, awarding up to **£120,000** for up to 36 months.

## Who can apply

Constituted not-for-profit organisations, such as charities, CICs, and community groups with;

* A minimum of three Directors/Trustees/Board Members, the majority of whom receive no payment from the organisation.
* A bank account in the name of the organisation that requires dual authorisation for transactions.
* Appropriate safeguarding policies and procedures.
* A governing document which contains:
	+ A charitable dissolution lock.
	+ Charitable objectives and powers aligned with the activity proposed.
	+ Stipulations ensuring that no more than 49% of board members can be paid for services either in their capacity as a board member or as a staff member.

## What can be funded

Projects which:

* Are new work, or a development of existing work for the applicant organisation.
* Take place in Scotland.
* Support one or more of the following;
	+ Disabled people,
	+ People living with one or more long term conditions; including people living with persistent, life-changing consequences following acute medical events (such as heart attack, stroke or cardiac arrest),
	+ Unpaid carers,

## What can’t be funded

* Unconstituted groups, individuals, public sector organisations, for-profit companies (including CICs limited by shares), or groups that do not meet governance requirements. Such groups can be partners in projects, but cannot hold a grant themselves. Additionally, public sector organisations, such as the NHS, schools or local authorities cannot benefit financially from projects.
* Work that does not meet the Self Management Fund’s core criteria.
* Work that does not meet one of the 2026 priorities.
* Organisations in receipt of an existing Self Management Fund award, unless their existing grant will be fully completed and reported upon before their project start date.
* The purchase, repair or refurbishment of capital items such as vehicles, buildings, land, or single items of equipment exceeding £2,000.
* Existing work or activity, although a proportional contribution to core costs to support expanded activity is appropriate.
* Costs incurred, or committed to, before a decision on the application is reached.
* Speculative costs such as contingency.
* Costs related to the sale or purchase of alcohol.
* Activity taking place outside of Scotland, including overseas trips.
* The repayment of loans or payment of debts.
* The advancement of religion or politics. Faith-based organisations that meet eligibility criteria are welcome to apply for activity, provided the proposed activity is sufficiently separate from their faith promotion and can demonstrate both engagement and benefit beyond their existing faith community.
* Work that focusses on or promotes a specific medication.
* Work that takes place within school curriculum time or that is used to evidence pupils’ meeting outcomes under curriculum for excellence.

How to apply We would strongly recommend applicants contact us prior to making an application to discuss their proposed projects in more detail as more than 30% of applications to the 2025 round were considered to not demonstrate a fit with the core criteria and a telephone call could have saved these applicants significant time. Even projects which show a clear fit with basic criteria can benefit from talking through aspects which might strengthen an application further and the Self Management Team would be happy to discuss your plans and provide guidance where they can.

Both our Small and Stage 1 grant application forms can be found here [smfscotland.grantplatform.com](https://smfscotland.grantplatform.com/) and you will be required to create an account with Good Grants to be able to proceed.

**If you lack regular internet access or have other reasons for requiring an offline version of the application form, please contact Chris Dempster** **on 0141 404 0231 to discuss alternatives.**

To complete your application, you will be required to attach your organisation’s governing document, two letters of support and:

**For groups which have been running for over two years**

Your last two sets of annual accounts

**For groups which have been running for two years or less**

Three months’ bank statements. If you are unable to provide three months statements please contact fund@alliance-scotland.org.uk to discuss prior to making an application.
and
Organisational management accounts or equivalent document.

Letters of support must come from individuals who are not involved in your organisation, but who know about the proposed project and can supply support for your application. If your project plan engages partner organisations, one of the letters of support should come from a representative of a partnership organisation. Letters are expected to be no more than two years old, clearly identify who has written the letter, and in what capacity they are writing (i.e. that they are a Councillor, MP, MSP, their job role if they are staff of a local organisation etc).

Please note the ALLIANCE staff members cannot provide letters of support.

Next steps

After your application is received, an ALLIANCE staff members will review the information to ensure it is complete. If any information is missing staff will endeavour to contact you as soon as possible to gather the missing information and advise you of a deadline by which the missing information should be provided. Your application may be rejected as incomplete if the information is not received within the timeframe indicated.

Following this, ALLIANCE staff will review the information to consider the project’s fit with Self Management Fund criteria. You may be contacted during this period to provide further information prior to it progressing to the GAP panel.

The Grant Allocation Panel makes decisions about which applications are successful. This decision is final and there is no facility for appealing a decision. If unsuccessful, you will receive feedback on your application.

## Small Grant applications can expect a decision by 30 May 2026.

Successful applicants will be expected to start their projects between **1st June and 1st December 2026**. Following a successful notification ALLIANCE staff will contact grantees to arrange for all grant-start paperwork to be completed and arrange Grant Setup meetings. We would expect successful applicants to meet the [Scottish Government Fair Work First Criteria](https://www.alliance-scotland.org.uk/self-management/about-the-self-management-fund/fair-work-first-guidance-for-grantees/). If you foresee any issues with this please get in contact to discuss.

Currently the fund operates a 6 monthly reporting cycle and reports are followed with a conversation with a member of the Self Management Team. While this may be a higher volume of reporting than some other funders the structure reflects our genuine interest in gaining learning from the challenges groups are facing and what they are hearing from their community. The fund wants to build relationships with funded projects and welcomes applications from groups who are eager to share learning around their successes and challenges.

## Help available

ALLIANCE staff are on hand to discuss any aspect of the application process, project ideas and/or criteria with you. Email fund@alliance-scotland.org.uk to set up a chat.

We will also be hosting a series of online Q&A sessions

* [16 October 2025 14.00–15.00](https://us02web.zoom.us/meeting/register/FUqd1TjIQ9u60Ens9fDnXA)
* [23 October 2025 18.00-19.00](https://us02web.zoom.us/meeting/register/dISP6VRPRWyMX_7KKLpU-A)
* [28 October 2025 11.00-12.00](https://us02web.zoom.us/meeting/register/FZ4cSEo-QQeNOKgvH3mH6Q)
* [11 November 2025 12.00-13.00](https://us02web.zoom.us/meeting/register/0iC547g9T8ewmwIALowPkw)

To register, please click on the session you would like to attend. If you have any issues, please contact fund@alliance-scotland.org.uk

If you require information in another format or if you require to submit the application in a different format than provided, please contact us to arrange this.

## Small Grant key dates

* Fund opens to applications: **08 October 2025**
* Fund closes to applications: **09.00AM 19 December 2025**
* Small grant determinations: **30** **May 2026**
* All projects are expected to start between **1st June and 1st December 2026**

Please note, the online portal will close automatically after the fund deadline has passed. Applications still in process will remain visible, but cannot be submitted.

## About the Online Form

The online form is hosted on Good Grants, an online application portal used by a number of grant administrators across the world. If you experience any issues, please contact Chris Dempster on chris.dempster@alliance-scotland.org.uk to discuss the problem.

There are several points which, while hopefully intuitive, we wanted to take space within this guidance to explain:

* The email address you use to sign up with will be the email address that receives any relevant notifications.
* You should be prompted to provide a phone number as part of signing up. If this does not happen, or if you need to update your contact details, this can be done in your account.
* On the first page of the form, you will be promoted to provide an Application Name, this should be treated as the Project Name field in previous forms.
* Applicants must confirm their eligibility before the full application is visible. This can be done by clicking the green “Check Eligibility” button.
* To submit your application you *must* click the green “Submit Application” button. Clicking the Purple “Save and Next” button when at the end of the form will take you to the start of the form, it *will not* submit your application.
* You are unable to transfer your application to a different user.
* After you submit your application, it will be locked for editing. If this happens before the application deadline has passed an ALLIANCE staff member will be able to change the status of your application for you.

## FAQs

**Why does work need to be new?**The fund was established to develop new approaches to supporting self management, and learn what genuinely works when trying to support people to increase their self management capacity. We understand the challenging funding landscape that projects are operating within, however the fund would be unable to meet its core aim of developing and sharing learning if it were also seeking to sustain work already shown to be impactful.

**What counts as development?**
This is challenging to answer briefly, but for the purposes of the fund a functional definition would be “Changes to work to address or incorporate specific issues, be that through the introduction of new projects or adaptions to existing activities.”

Using this as a definition we can consider some examples:
Relocating activity to a new venue or area - This would represent a change for the organisation but without further information it would not necessarily involve any change to the work.

Increasing the volume of workshops to meet demand – This would be a change responding to a specific issue, but it is not necessarily considered a development in the work itself as much as a natural evolution of activity.

Adapting existing support to meet the needs of a new audience or community – As the nature of the support itself is changing this would represent a development in the sense that the fund is using that word, how strong a development it is would depend on how much of an adaption it was.

**What constitutes “strong development”?**The fund is focussed on new work, or developments to existing work, because it wants to add to learning around supporting self management, so a strong development is one which is seen as having the potential to generate valuable learning for other groups. While not exclusively so, there are often two factors to this

- The degree to which the proposed work is unproven.
- The degree to which the development is focussed on understanding something specific

The fact that work may be new to an organisation is undoubtedly a development, but where it is work that is already known to be impactful (for example specific peer-led activities or support) it is unlikely to generate new learning of use to other organisations. Similarly a project which does not simply seek to show that self management approaches are beneficial with reference to their specific community, but is structured in a way that it could understand the degree of benefit felt, or the point at which support is most beneficial would be generating a greater level of learning that could benefit other projects.

**My project is around developing a tool to support self management, is this eligible?**Not by itself. While the creation of a new course, tool or app that would support self management could clearly show that it’s work is new, projects must also demonstrate impact on individual’s self management capacity within the grant term. A project which solely focusses on the development of a tool is unlikely to be able to demonstrate impact on Self Management capacity and projects must demonstrate a fit with all criteria to be considered eligible for funding.

**What do you mean by “The idea has come from the people it is designed to benefit” and how do I show it in the application?**The *people* this sentence refers to are simply individuals with the specific long-term condition, disability or caring responsibility you are focussed on in, the area or community you are aiming to engage. If your work is focussed on people with fatigue-related conditions in Ayrshire it would be expected that Ayrshire residents with fatigue-related conditions would have been part of the idea coming together.

What constitutes the idea coming from people, and how it might be evidenced is more complicated. The development of a project has several stages: identification of need, development of a solution, and the tailoring of a broad solution to the specific local needs. A particularly strong project would be one that showed lived experience authentically leading in all of these areas, but this isn’t always realistic and a project which can show people with lived experience in only some of these areas would still be eligible. We regularly receive applications which propose that the tailoring to local need will be part of the funded project. This can be appropriate, but projects of this nature would have to demonstrate particularly strong engagement in the earlier stages to have a likelihood of success.

**Does that mean everyone I engage with should be part of this design phase?**Not necessarily. The focus here is on the people your work aims to benefit, not simply who you engage. There are a number of projects which engage broader than their core beneficiaries – Carer’s projects which find they have to provide activities for cared for people so that carers can engage in support, or youth focused activity which also engages with parents. Where your work involves people you wouldn’t consider to be beneficiaries, it can benefit some applications to make this clear within the application.

**How do I decide to apply for a Small or Large grant?**Applicants will have a variety of different reasons and external pressures pushing them towards small or large grant funding but from a fund perspective there are several factors which could be considered as part of the distinction.

Learning Period
How long will it take you to understand what you’re seeing? There are some projects that won’t know what’s happening until18 months in, while others may see years two and three as less about developing their work and more about refining their approach.

How much is already known
Do you know enough to commit to your proposed activity for multiple years? Are you confident from the information you already have that the proposed approach and budget is appropriate? Do you have the relevant experience as an organisation to understand all the risks and challenges? If not, a smaller amount of money over a shorter term could provide the opportunity to test and learn without undertaking as significant a risk or commitment.

Strength of development
While this is always dictated to a degree by the level of demand on the fund, it is expected that the level of development shown in a small grant application would be lower than that in a large application, so cases where a group is looking to bring work known to be impactful to their community, or demonstrate that an approach is beneficial without particular analysis of the degree of benefit felt, could still be successful within the small grant programme

**My project is less than 12 months, can I still apply?**There is no minimum project term, and it is possible to apply for funding over a shorter term. Applicants should remember that the fund is focussed on developing learning and a project seeking funding for a shorter grant term would need to be able to demonstrate both a strong potential for gaining learning within the proposed term, as well as a justification for why the condensed term is preferable to other potential models for testing their idea. Staff will be unable to advise how much a project should apply for however, it might benefit applicants to remember that the maximum investment would equate £1,250 per month, and the average Small Grant request in 2025 equated to £12,598. It is likely that the panel will bear this in mind when considering requests.

**Can my budget include a contribution to overheads?**Yes, it is wholly appropriate to include a proportional contribution to your core running costs that are necessary for the project. There is a very strong preference for applicants to do this using a [Full Cost Recovery](https://www.ncvo.org.uk/help-and-guidance/running-a-charity/financial-management/planning-and-budgeting/project-budgeting-full-cost-recovery/full-cost-recovery/) approach as opposed to a flat percentage management fee, as a management fee is based on an understanding of your project costs, not your overhead cost and may not be reflective of the actual cost incurred. However, the fund does recognise that there can be circumstances where a management fee is a less time intensive approach to a similar outcome. The fund will consider supporting management fees on a case by case basis where they are seen as fair and reasonable within the context of the work proposed, but will cap management fees at 10% of total request, and would expect any organisation seeking a greater contribution towards overheads to use a Full Cost Recovery approach.

**Can I include a contingency in my budget?**A contingency is a flat percentage applied to a budget in case of unexpected costs. It is speculative, and in theory may not be incurred, but can be applied across any budget line. With single year funding the fund would expect project to have an understanding of their potential costs and contingency budget lines will be removed from requests before applications progress to panel.

**My application is a partnership between multiple organisations, who should be the applicant?**Applications should be made by the lead partner, in the majority of cases the lead partner is obvious, but questions to consider would be

* With which organisation did the idea originate?
* Who has been the driving force behind the plan to date?
* Who will be leading work if the application is successful?
* Which organisation’s safeguarding or grievance policy would cover activity?
* Which organisation is responsible for paying invoices?
* Which organisation is responsible for monitoring, evaluation and reporting?

**What if I am unsatisfied with the outcome?**Outcomes are final and there is no facility for appealing a decision. We hope to support all unsuccessful applicants with feedback to strengthen any future applications.

**What if I miss the deadline?**Deadlines play an important role in managing our work to be able to effectively administer the fund. We understand that there are a variety of reasons why an application deadline might be missed, and while we would like to provide a level of flexibility it is also important that the process is fair to all applicants.

If you have missed the deadline please email fund@alliance-scotland.org.uk as soon as possible, but no later than 09.00AM on Monday 22December. Your email should confirm that you still wish to progress an application and provide a brief reason the deadline was missed. Staff will make a determination on whether late applications will be permitted dependent on the volume of requests for late submissions and staff capacity at the time.

It is likely that requests for late submissions will be permitted or declined as one single group, but If demand is particularly high we may only accept late submissions from people with applications already in process, so it is recommended that you start an application in the portal even if you plan to draft it offline. The reasons applicants have missed the deadline will not influence the decision, our only reason for requesting this information is to better understand the reasons deadlines have been missed, so you need tell us nothing further than a single sentence factual statement.

If you are afforded the opportunity to make a late submission you will be informed of a deadline by which your application should be received. Your application must be complete and submitted with all relevant attachments by this revised deadline. No further extensions will be granted.

## Small Grant Sample Application

What follows is a sample application containing commentary designed to support potential applicants. To make your own application log in to our online platform here [smfscotland.grantplatform.com](https://my.goodgrants.com/account/9a9c3780-2611-424f-9dd5-ef53440273ab) or contact Chris Dempster on 0141 404 0231 to discuss alternative formats.

Part one – Eligibility
Before progressing with a full application please confirm the following

please note a Community Interest Company limited by shares is not considered to be non-profit making, as it distributes profits through dividends.

|  |  |
| --- | --- |
| We are a registered charity, constituted community group, or not-for-profit company. | [ ]  |
| We have a minimum of three Trustees/Board members. | [ ]  |
| We maintain appropriate safeguarding processes and can provide a copy of our safeguarding policy. | [ ]  |
| The project we are requesting grant for will support one or more of the following;* Disabled people
* People living with one or more long term conditions; including people living with persistent, life-changing consequences following acute medical events (such as heart attack, stroke or cardiac arrest)
* Unpaid carers
 | [ ]  |
| We hold a bank account in the organisation's name, that requires dual authorisation for transactions. | [ ]  |
| 50% or more of our Trustees/Board are volunteers. | [ ]  |
| Our proposed work will take place in Scotland. | [ ]  |
| Our proposed project represents either new work, or a development to existing work | [ ]  |

Applicants must be able to answer in the affirmative for all eligibility questions to be considered eligible

Part Two – About You

As we may need to contact you to discuss your application, the main contact should be someone who has been active in the development of your project.

Online applicants will not be asked for this information as it will come from your user account.

|  |  |
| --- | --- |
| Application Name  |  |
| Main Contact Name |  | Role/Job Title |  |
| Phone Number |  | Email Address |  |

Part Three – About Your Organisation

|  |  |  |  |
| --- | --- | --- | --- |
| Organisation Name |  | Date Established | Click or tap to enter a date. |
| Registered Address | this should match your record with Companies House or the Office of the Scottish Charity Regulator. | Registered Post Code |  |
| Correspondence Address (If Different) |  | Correspondence Post Code |  |
| Legal Status | Choose an item. | Please add Charity/CompanyNumber, or specify “other” |  |
| Please tell us about your organisation's general activities and, if relevant, previous work with disabled people, people with long term conditions and/or unpaid carers. (150 words) | You may wish to include your current geographical area of benefit, current programme of activity, and types of support available, operating hours, an indication of the number of people you currently support.The ALLIANCE only supports the administration of the fund, and a group’s involvement with The ALLIANCE is not considered in the allocation process. The Grants Allocation Panel is independent of The ALLIANCE, and applicants are advised to not assume knowledge of their previous activity when approaching this question.  |

Part Four – About Your Project

Small grants have a maximum duration of 12 months.
While there is no minimum duration, the Grants Allocation Panel will consider potential impact, learning and risks when prioritising applications. An application seeking to deliver a short term project would need to show significant potential for impact and learning to be considered competitive.

|  |  |  |  |
| --- | --- | --- | --- |
| Duration of Project (in months) |  | Preferred project start date | Click or tap to enter a date. |
| Please select the category, or categories, that best describes the people you hope to support  |
| [ ]  People Living with Addiction[ ]  People with Mental Health Conditions[ ]  Unpaid Carers  | ☐ People Living with Cancer [ ]  People with Neurological Conditions | [ ]  Disabled People[ ]  People with Physical Health Issues | [ ]  People with Long Covid[ ]  People with Sensory Impairment [ ]  Other |
| Projected number of beneficiaries |  |
| Please use this space to provide any further detail you feel is necessary (100 Words) | For example if your project is working with particular Neurological Conditions you may wish to specify here. If your project is working with multiple distinct beneficiary groups (i.e. people who have been identified as pre-diabetic and people identified at risk of heart disease) you may wish to provide estimated beneficiary figures for each |
| What area/s of Scotland will your project cover? (Select all that apply) |
| [ ]  Scotland-wide[ ]  Aberdeen City[ ]  Aberdeenshire[ ]  Angus[ ]  Argyll and Bute[ ]  Clackmannanshire | [ ]  Dumfries and Galloway[ ]  Dundee City[ ]  East Ayrshire ☐ East Dunbartonshire[ ]  East Lothian | [ ]  East Renfrewshire[ ]  Edinburgh City[ ]  Falkirk[ ]  Fife[ ]  Glasgow City [ ]  Highland | [ ]  Inverclyde[ ]  Midlothian[ ]  Moray[ ]  North Ayrshire[ ]  North Lanarkshire[ ]  Orkney Islands | [ ]  Perth and Kinross [ ]  Renfrewshire[ ]  Scottish Borders[ ]  Shetland Islands[ ]  South Ayrshire | [ ]  South Lanarkshire [ ]  Stirling[ ]  West Dunbartonshire [ ]  Western Isles[ ]  West Lothian |

Part Four – About Your Project

There is no requirement for projects to be directly tackling an equality or inclusion issue. Answering no will not negatively impact your application.

|  |  |
| --- | --- |
| Do you consider your project to address issues of equality and/or inclusion | Choose an item. |
| **If Yes - Considering the**[**Equality Measurement Framework**](https://www.researchgate.net/figure/The-Equality-Measurement-Framework-Core-Building-Blocks_fig2_265245321)**, which type of inequality will the project target?** |
| [ ]  Age[ ]  Disability | [ ]  Gender reassignment[ ]  Marriage and civil partnership | [ ]  Pregnancy and maternity[ ]  Race | [ ]  Religion or belief[ ]  Sex | [ ]  Sexual orientation |
| Other (Please specify) |  |
| Please outline how your project seeks to tackle any inequality identified above. (100 words) | In answering this question, please detail not only the barriers your beneficiaries face, but the ways in which you hope your work will support people to address these.  |
| Will your project engage volunteers in the active delivery of work? | Choose an item. | If yes please indicate the number of volunteers your hope to engage  |  |
| Which of the Self Management For Life priorities will your project meet?If your work is targeting equality and/or inclusion please select only the protected characteristics your project will be specifically focussing on.If you believe your application fits more than one priority please select the priority with which you feel your application can demonstrate the strongest fit. The reasons for requiring applicants to select only one priority are discussed in the ***2026 Priorities*** section of this document |
| [ ]  Work that aligns with secondary prevention by working to embed self management soon after a long term condition or disability is identified, or early in someone’s unpaid caring role. [ ]  Work that seeks to address health inequalities while increasing the self management capacity of people with long term conditions, disabilities and/or unpaid caring responsibilities who experience these inequalities.[ ]  Work that develops the self management capacity of people living with long term conditions, disabilities, and/or their unpaid carers, whilst awaiting health or social care support.   |
| Please provide a brief description of your proposed project. (200 words) | Please include the following• Where the project would take place, the regularity and frequency of activity • What activity will look like, any key stages in development or milestones of delivery. • Who will be involved (people who access your support/service, staff, volunteers, partner organisations). |
| Please tell us what aspect of this project represents new activity or a development of existing activity and why this new element is important? (200 words) | The Self Management Fund can only support new work of developments of existing activity. It is unable to fund continuation of work.You can find more information on how the fund defines development in the FAQs section above. |
| Please tell us how you identified the need for the work, and who has been involved in its development to date (200 words) | Where a project starts, and who was involved is an important part of your story. Please remember GDPR, and do not disclose individuals’ names or personal circumstances, but naming partner organisations would be appropriate if relevant. If surveys or consultations are part of your answer here, please do not include the surveys themselves in your submission documents, these can be requested at a later point if they are felt to be necessary. |
| If your project involves other organisations or statutory bodies as partners, please use this space to provide further detail. (100 words)  | There is no requirement to work in partnership but where partners are key to delivery, we would expect an application to outline; Who the proposed partners are, and what their role in the project would be.An indication of how progressed conversations are at time of application and, where partnership agreements are not already in place, how your project may adapt if agreements are not reached. |
| Are there any risks to the success of your project that you've already identified? (150 words) | If these relate to key activities that must be completed before the project could start (for example, recruiting new staff posts, training volunteers or identifying partners.) please indicate expected timelines.For these, and other risks identified, please provide any relevant information on how the project would adapt and/or any steps identified that could mitigate these risks. |
| Please use this space to tell us how disabled people, individuals living with long term conditions and/or unpaid carers will take a leadership role in the design, delivery and evaluation of the project?(200 words)  | A strong application will be able to show the voice of lived experience across all phases of the project. The programme requires applicants to show not just that you hope to involve people, but what structures or processes are (or will be) in place to ensure this. It is important to ensure that people are authentically supported to engage in these processes, which may have an impact on certain budget lines. |
| **How does your project meet the** [five self management principles](https://www.alliance-scotland.org.uk/wp-content/uploads/2022/03/FIVE-PRINCIPLES-OF-SELF-MANAGEMENT-WORD.docx)**?**(500 words)  | It is important that an application demonstrates a fit with all five principles, and additional word count has been provided in this question to afford the space to do so.  |

Part Five - Objectives

|  |  |
| --- | --- |
| How do you envisage this work will enhance the capacity of disabled people, people living with long term conditions, and/or unpaid carers, to effectively self manage? (200 words) | Funded projects should work to support people’s self management. While it is accepted that there are a number of indirect ways this can be achieved, activity which works with people with long term conditions without demonstrating the work’s impact on self management will not be considered a fit with the fund. Where impact is more indirect, applicants would strengthen their applications by expressly linking their activity and/or impact to expected changes, and stating the way in which these changes are hoped to increase capacity within the funding term.  |
| Please use this space to expand on how you see your project meeting the priority/priorities selected above (200 Words)  | If you believe your application meets multiple priorities you may wish to mention that here, but it would be advisable to ensure that you have clearly demonstrated your fit with your primary priority before using space to discuss secondary priorities.  |
| How will you understand the impact you are having? (150 Words)  | You may wish to include details of evaluation processes, any tools or metrics you will use to measure the level of change, and any key milestones that have already been identified. |
| What do you hope will happen at the end of the grant term? (150 words)  | Depending on the nature of your project, this might relate to • Particular things you hope to have learned or gained a better understanding of.• How work would be sustained following the funding period• How you will know your objectives have been achieved and the work is no longer required • How you plan to share learning/ensure a legacy from the work |

Part Six – Budget

Please add additional lines as required

If costs are related to staff please detail roles and hours.

You should use budget headings (i.e. Printing) as opposed to listing posters, flyers, booklets as separate items. You may be asked for more detail on how costs were arrived at during the process.

Please note this budget should represent the total cost of your proposed project, not your full organisational costs or your proposed grant spend.

|  |  |  |
| --- | --- | --- |
| Item (i.e. Room Hire) | Full Cost | Requested Amount |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| Total |  |  |

|  |  |
| --- | --- |
| If your total project costs exceeds your requested amount please use this space to expand on how the other costs will be met.  | Where additional costs are being met through other grants, or contract tendering, please indicate whether these funds are already secured for the duration and who from.Where the match funding is reliant on applications already in progress or to be made, please indicate the potential funder and expected date of outcome.Where total project costs are inclusive of in-kind support from a partner (such as providing free training, line management or venue) please indicate how progressed discussions with this partner are. We appreciate this might represent a small replication of a portion of information provided in the Partnership section.Applications requesting 100% of project costs are eligible for support. Where match funding is not already secured it is expected that applicants would have discussed the potential impact match funding not being secured in the previous question around risks to the project.  |