
Health and Social Care Alliance Scotland (the ALLIANCE)

Self Management for Life

What we learned



Introduction



Self Management is about people living with long term conditions being in 'the driving seat'

Gaun Yersel, 2008

The Self Management Fund was created in response to recommendations made in the [Gaun Yersel: the Self Management Strategy for Scotland](#). Administered by the ALLIANCE on behalf of the Scottish Government, it was set up to support the development of co-produced, person centred, self management activity across Scotland. Since 2009, the fund has awarded over £31 million in funding to 518 projects across Scotland. Learning from the experience of people living with long term conditions, and their unpaid carers, is central to the ethos of the fund.

2024 saw the start of a new cycle of funding, titled Self Management for Life. This cycle has a broadly preventative focus looking at engaging people early in their journeys with their long term condition, disability or caring responsibilities, supporting people on waiting lists or seeking to remove barriers to accessing support.

In the first round of Self Management for Life, grantees were invited to select priorities they felt were relevant for their work. The priorities for this round were:

- 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.

The new cycle offered two levels of funding; a small grant of up to £15,000 for up to 12 months or a large grant of up to £120,000 for up to 36 months. 16 small grants were awarded, totalling £203,187. This report documents learning from the small grants.

Details of individual awards can be found in appendix 1.

No of projects

16

Total awarded

£203,187

People who benefitted **1612**

Key learning

Priority

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.

It's all about relationships!

Building communication and trust was highlighted by several projects as key to their success. Feeling Strong held informal drop-in sessions at the health centre location to build trust, not only with patients but also with centre staff making both more likely to engage. They found that linking in with existing resources and trusted organisations helps establish and legitimise a project.

PCOS Relief demonstrated, through adapting workshops, that cultural understanding and translation/ other language materials is essential for people whose first language is not English. Materials cannot just be translated into other languages, they need to

reflect cultural differences and sensitivities. Working closely with other trusted groups/ community leaders is a way to reach people who might not otherwise engage, these relationships and trust are key.

Deafblind Scotland highlighted that deciding not to have a penalty for last minute cancellations built feelings of safety and trust, which ultimately led to fewer cancellations overall. They also found that paying close attention to people and recognising when they might just be politely nodding along rather than truly understanding allowed them to adjust their approach and build trust and understanding.

“ Our time together has helped me to be more aware of my feelings and to be more aware of what I want.

Deafblind Scotland participant

Person-centred support

Deepness Ltd found that co-producing resources with people with long term conditions or disabilities can be challenging as they can experience fluctuations in health and confidence but, to accommodate this, flexibility and providing informal spaces can increase engagement. Projects where participants worked together to create a resource for others found that this built confidence and autonomy. In this way early intervention projects working with people with lived experience to create resources benefit both those who create the resource and those who use it. Even where peer support is not intentionally built in, when bringing people together around a shared experience, they will naturally share and learn from each other.

“ I've never felt listened to like this before. Being part of creating the toolkit has given me a real sense of purpose.

Deepness participant

Digital literacy remains a barrier, particularly with so many services and information online. The barrier consists of access to information as well as the ability to identify reliable information. When Red Chair Highland discovered that that access to devices was also a barrier, they looked for ways to provide/loan devices for people using their service. They also realised that some people needed additional support sessions and found a way to provide these. The project demonstrated that upskilling people in one area (e.g. digital skills) has positive knock-on effect, not just for the person's self management, but also for other services, unpaid carers and care providers.



I used to ask my daughter to do everything for me. Now I've had a video call with my doctor myself.

Red Chair Highland participant

Building confidence

The Health and Wellness Hub's Physical, Emotional, Future, Financial and Social Wellbeing (PEFFS) project provided practical, holistic support which improved WEMWBS¹ scores by an average of 12 points over the 8-week course. Peer support and lived experience leadership bolstered an already effective programme and highlighted that self management can have a huge impact on confidence alongside management of the condition.



I feel that the therapy door has been re-opened for me after an absence due to my emotional and psychological state.

Health and Wellbeing Hub participant

Healthy n Happy noticed that low pressure spaces are key to building both confidence and trust, and feeling pressure to attend sessions can negatively impact engagement. In addition, carers projects need to be flexible with times and ideally offer multiple options including evening.

Feeling Strong also demonstrated that early intervention at point of rejection from CAMHS reduced anxiety and related issues for the young people. However, with GPs being reluctant to refer to CAMHS the presence in the health centre for young people created a link with the service and an opportunity which otherwise may have been missed. The service felt that building confidence is an important aspect of the project.

Self management principle: I am the leading partner in the management of my own health

Empowering people to take control through building their confidence is a key part of the self management principle "I am the leading partner in the management of my own health" and a core part of this round of projects.

¹ <https://warwick.ac.uk/services/innovations/wemwbs/>

Priority 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.

Most projects funded under this priority focussed on barriers such as racialised health inequalities, poverty or deprivation, and the stigma around, or impact of existing long term conditions. Two projects took a more systemic view, looking to break down barriers within systems themselves. These are digital literacy (Red Chair Highland) and increasing thresholds for referrals to CAMHS (Feeling Strong). Overall, learning shows that flexibility is key to overcoming or removing the barriers targeted through this priority.

Third sector flexibility to address the issue

Feeling Strong were focussed on the high number of young people who had had their referral to CAMHS rejected, with the project offering an alternative for these young people. However, they soon discovered that in a number of cases either GPs were not referring to CAMHS those who they felt “might” be rejected, or the young people were aware they were likely to be rejected and so weren’t requesting the referral in the first place. The project therefore allowed young people to self-refer into the project (relaxing their original criteria of young people who had already been rejected from CAMHS), reducing the administrative burden for statutory partners and the potential for delay and stigma for the young person.

Self management principle: Self management is not a replacement for services. Gaun yersel does not mean going it alone

These projects demonstrate the self management principle “Self management is not a replacement for services. Gaun yersel does not mean going it alone” by responding directly to the needs of the people they were working with, changing their approach to provide the support that was needed.

A similar challenge was faced by Inclusive Images. Initially, two distinct client groups were planned but partners were referring individuals who were far earlier in their recovery journey than had been planned for, so the Inclusive Images facilitator had to deal with unexpected topics and challenges with this group and a number of people dropped out as they weren’t ready to address some of the topics. Going forward, the group adapted their plans, working with a smaller number of participants on a weekly (rather than fortnightly) basis and found this worked better as it provided more regular structure and was more focused.

Focus on strengths instead of barriers

Both projects seeking to address stigma focussed on using participants' strengths, rather than directly tackling the barriers they were seeking to overcome. For Inclusive Images this was through recognising the recovery journey that the participants had been on and the fact that they had worked hard and had the strength, commitment, and resilience to get to where they are now. For Recovery Coaching, this centred around discussing individuals' core values and strengths with relation to identity, through 1:1 discussions. Both projects complemented this with peer support and self management tools. These were valued and important within the package of support, but success may have come through support that did not seek to change narratives, but replace them with more positive alternatives. Correcting the negative self-perception that comes from internalised stigma requires on some level, an acceptance of a core truth in the original position around which the details are tweaked. Instead, these projects supported participants to build their own competing narrative, one rooted in their values and strengths.

“ For years, I was walking about going what's going on, and nobody could understand me and I couldn't explain how I felt; but then taking a picture of something that's made me feel the total opposite – it's as if I can talk and be understood.

Inclusive Images participant

Self management principle: I am a whole person and this is for my whole life

These projects embodied the self management principle “I am a whole person and this is for my whole life” by taking a whole person approach to supported self management, including support for physical, emotional, social and spiritual wellbeing.

Provide different avenues for support

Projects focusing on those experiencing income inequality in this round have mainly worked with parent carers. These individuals face a wide range of challenges and unpredictable lives making identifying and keeping them engaged with the projects particularly challenging. Barmulloch Community Development Company (BCDC) found that while attendance at their peer sessions was low, engagement with staff for support and signposting through email, phone and text were far higher. Indigo Childcare enjoyed significant success in offering a range of services including training, stay-and-play and 1:1 support.

SMILE Children's Charity reported that flexibility was crucial, structuring work in a way that accepts that last minute cancellations will happen and mitigating the effect by maintaining a short notice cancellation list so that the space was used, while offering the carer a different appointment. Expanding into evening appointments significantly increased attendance and accessibility for carers who juggle multiple responsibilities. While this has been very successful for SMILE, it has only been possible due to their relationship with the holistic therapy practitioner, who was willing and able to offer this flexibility.

“ I am completely relaxed when I leave and able to help myself relax more at home.

SMILE participant

Gender specific focus

There were two projects with learning specifically relating to men that is worth noting. Red Chair Highland, whose project aimed to reduce digital literacy barriers to support people to utilise digital health tools, found that only around one third of their participants were male. Red Chair Highland believe this discrepancy arose because technology is considered a masculine area, meaning men are less likely to access support. There is an internalised perception that they should already be skilled in these areas and as a result there is a greater degree of shame in admitting that they are not.

This was in contrast to Feeling Stong's Mental Health Support project, where 72% of beneficiaries in the Peer Coaching and Listening Service were male, and their "Good Food, Good Mood" project, which was initially an open call, became an entirely male group. The project lead noted several factors that led to this, primarily a combination of male volunteers being visible within the service overall, and a Men's Mental Health group targeting an older age range being not only co-located in the same building but being active and visible to the younger men who were accessing support, complemented by the fact that the counselling staff were all female and which may have meant that young men felt less pressure to "front strength". While not a reason why the service engaged more men than women, the project also shared that the immediacy of support was important specifically for young men as the demographic most likely to disengage during a wait period.



Priority 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.

It became clear that the majority of projects selecting this priority were not specifically targeting their work on those awaiting health and social care support, as envisaged when writing the priority. Although all projects demonstrated learning relevant to other priorities, the learning relevant to priority three was more an additional benefit than targeted.

Flexibility of approach

Self management principle: Be accountable to me and value my experience

This flexibility and nimbleness of approach is common across the third sector and Self Management Fund projects, but these projects demonstrated the self management principle “Be accountable to me and value my experience” by adapting plans to fit with the needs of the participants, showing the importance of ensuring that all projects follow the principles of person-centred care.

Although projects had planned their activity, the majority of them demonstrated a degree of flexibility in response to the needs and asks of their participants. For example, The Health and Wellness Hub offered both complementary therapies and a structured programme, which helped build resilience and confidence while staying as well as possible while waiting for treatment. They also moved quickly from a planned digital toolbox to supporting active engagement through a WhatsApp group in response to the group’s needs.

Building relationships and trust

A number of projects shared the importance of building relationships and trust with their participants, across all priorities. With regards this priority specifically, the importance of building these relationships was increased, as being on a lengthy waiting list already made individuals feel vulnerable. Red Chair Highland found that an effective way to build this trust was through allowing participants as many sessions as they needed to become confident before starting to explore the kinds of digital tools planned by the project.

Priority 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

Although several projects which selected this priority did not appear to directly target it, there are themes and learning which emerged from the work on this priority.

Providing a variety of ways to engage

A range of different options for involvement were offered by BCDC, Feeling Strong and Indigo Childcare Group, ranging from 1:1 support, formal courses and learning, peer support and keeping in touch via email/WhatsApp if unable to physically attend. Indigo found the combination of both structured learning and informal peer support the most effective route for engagement along with ensuring that all the support offered was accessible and flexible to reflect the challenges faced by this group.

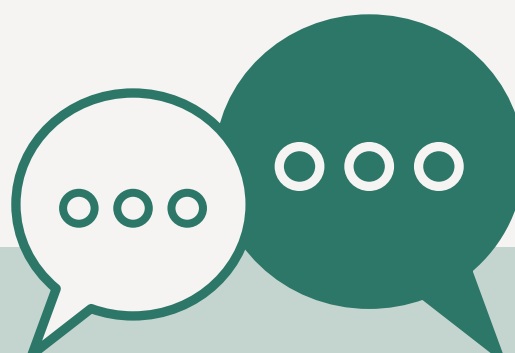
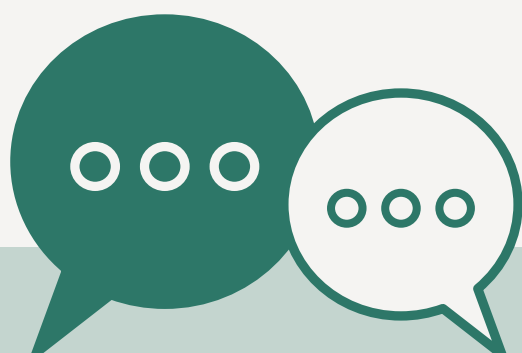
“ A safe space to express feelings, offload with peers, and share good and bad experiences.

BCDC participant

Gender specific spaces were mentioned by Feeling Strong and Indigo as a useful tool for engagement when working with children and young people, giving a safe space to share and explore challenges. Indigo also offered childcare to aid engagement for parent carers.

“ This is the only place my son and I can come play as a family and he doesn't get judged.

Indigo participant



Self management principle: Clear information helps me make decisions that are right for me

These projects exemplified the self management principle “Clear information helps me make decisions that are right for me” by adapting their means of engagement and how information is presented to fit with the diverse needs of the participants.

Identifying invisible carers

BCDC identified challenges around identifying invisible carers, getting people to recognise and identify themselves as carers and the negative effect of this role on their own health and wellbeing. People needed time to “pre-engage” with the project, initially via text and email. Sometimes they had the best of intentions to attend but life and caring got in the way, despite efforts to mitigate this by changing session day and time. The organisation found it vital to keep people informed, even when they were unable to attend.

Healthy n Happy found that several of their potential clients were those who just ‘get on with it’ as their child was undiagnosed. They found that it was key to make sure the project was as visible as possible so they can engage with these individuals and make it clear that they are entitled to support regardless.

In a related point, Healthy n Happy highlighted an additional risk in that as carers don’t always see themselves as ‘carers’ and therefore don’t realise they are entitled to support, particularly when the cared-for person is as yet undiagnosed. This is a knock-on effect of long waiting lists on carers.

“ It was great I could bring my husband along. We’ve always enjoyed each other’s company and this caring stuff is still so new. You’ve given us so many options for things we can do together where we’re both supported.

Healthy n Happy participant

Quick and accessible support

Feeling Strong aimed to offer support as soon as possible when a CAMHS referral was refused, to take that opportunity to get the young person engaged. A key element of the project was reaching the young people where they are, by hosting the group in the health centre in the area where they lived, which was some distance from Feeling Strong's existing base. This community outreach was seen as key, but it was also important to take the time to build the relationships with and between the community to ensure success.

Offering neuro affirming support pre-diagnosis was also seen as vital by Indigo as even though not all children were ultimately diagnosed, support when challenges first started was found to be key.

Working with partners

Working closely with other partners (both statutory and third sector) was seen as both a challenge and vital to the success or failure of projects. From the start of their grant, BCDC found challenges relating to creating shared understanding with their partners. When key staff changed at the partner organisation, the commitment to supporting the project changed and the impact of working together with this group was impacted.

West Lothian Youth Action Project highlighted that challenges with bureaucratic processes, in their case around filming, but often a challenge for projects in various ways such data sharing agreements can particularly be a barrier for smaller orgs and/or shorter projects.

However, when the partnership is entered into successfully, Glasgow the Caring City found unanticipated rewards, such as expanding the range of onward destinations to the client group into whole new areas such as a community garden. Feeling Strong also found mutually beneficial partnerships, giving partners access to a whole new group of potential service users.

Early identification and engagement via schools, nurseries and other sources of Early Learning and Childcare allowed Indigo's project to become well known and making the offer through those partners can remove the additional challenge of ensuring the right people are being linked into the project via already trusted provision. They also found that by strengthening these links that individuals could feel more involved in their community if involved in other partners.

Conclusion

Across all priorities, the key pillars of effective self management support, summarised in the 5 self management principles contained in Gaun Yersel, shone through in the projects' successes; notably relationship building, flexibility and whole-person support. The third sector is well placed to provide this, with highly trusted organisations who know the communities they work with and the agility to adapt their services to changing and emerging needs. As a learning fund, the Self Management Fund aims to encourage and support projects to adapt plans, led by the people they support, and projects in this cohort such as Feeling Strong and Inclusive Images have demonstrated the rewards of this approach.

Appendix 1

Self Management for Life 2024 small grant awards

Clackmannanshire Third Sector Interface	
Autism Peer Support Clacks and Stirling	£11,997.00
A one year project to work alongside adults with autism in Clackmannanshire and Stirling to develop a programme of peer support activities consisting of weekly drop-in sessions and monthly activities. The project encompassed both the development of the project and the activity itself and hoped to gain learning around the focus and structure that adults with autism identify as important, the challenges of delivering peer activities across such a broad geography as well as the impact of the activity on people's self management and wellbeing.	
Applicant Identified Priorities	2

Red Chair Highland	
Digital Self Management (1-1 digital support)	£14,627.00
A year long programme of group workshops and 1-to-1 support aimed at engaging people with long term conditions to be able to build digital skills that support self management. This work intended to have a greater focus not on general IT skills but accessibility features, apps or online services that support people to manage their conditions better and/or live more independently. Learning here was expected to come from building an understanding of what tools people actually find useful, how it impacts people's day-to-day, but also what things aren't working and what barriers remain.	
Applicant Identified Priorities	1,2,3,4

Barmulloch Community Development Company

Barmulloch Carer Support

£14,978.00

A year long project to create a new peer support group for carers within the Barmulloch area. The service incorporated elements of informal drop-in support as well as more structured peer support. The support was facilitated in partnership with Glasgow North East Carers. The project aimed to generate learning around the challenges in developing the carers group, local-specific issues raised, as well as any differences in who engages (i.e. Parent carers vs older carers) in the different structures of support.

Applicant Identified Priorities

2, 4

West Lothian Youth Action Project

Digital support - West Lothian

£14,144.00

A one year project working in partnership with Change Grow Live, and the West Lothian Drug and Alcohol Support lived experience group to develop content for a digital library of information around substance misuse. Content included support for people impacted by other people's use. The project hoped to develop learning around what themes the partnership identify as important for content, and what gaps there are in existing resources.

Applicant Identified Priorities

1, 2

Feeling Strong

Feeling Strong Peer Outreach Officer

£13,515.00

This six month project placed a Peer Outreach Officer in Newfield Medical Centre two days per week to support young people who had a recent CAMHS referral rejected. The role of the Peer Outreach worker offered peer support, and provided active support to identify and access further support, or more passive signposting as appropriate. As a six-month pilot the project aimed to understand what the demand on a service like this would look like and show whether early interventions are effective.

Applicant Identified Priorities

1, 2, 3, 4

Indigo Childcare Group

Indigo ASN pre diagnosis support

£5,710.00

Towards the staffing, food and creche costs of a year long project of support for carers of young neurodivergent children through a programme of COTHU sessions, quarterly stay and play and 1:1 support. The project hoped to generate learning around what aspects of support families engaged with, and what helped, as well as the 1:1s as well as learning around the broader challenges faced by families with young neurodivergent children.

Applicant Identified Priorities

2, 4

PCOS Relief

PCOS Relief EM Educational Workshop

£14,600.00

This one year project aimed to deliver a programme of three workshops on PCOS to four separate cultural communities in Scotland. The content of each session was tailored to the specific needs of the women from each community. The project hoped to develop learning around what elements require adaption for which communities, the degree to which the tailored content improved engagement from women within these communities, as well as the degree to which the workshops overall improved people's self management, mental health and wellbeing.

Applicant Identified Priorities

2, 4

The Health and Wellness Hub

physical, emotional, future, financial and social Wellbeing programme (health)

£12,024.00

A one year programme to support people on waiting lists for, or undergoing, cancer treatment to improve their wellbeing and self management skills. The project had a specific focus on filling gaps in existing support and used individual personal plans to identify specific needs and goals, which could include peer groups, holistic therapies, and benefits advice as examples. The project aimed to build learning around what the gaps in support currently are, how meeting these gaps impacted on people on waiting lists specifically, the content and impact of the digital toolbox developed, as well as from the experiences of cross referral between groups.

Applicant Identified Priorities

1, 2, 3

Inclusive Images Ltd	
Reflections of Me	£14,758.00
A one year pilot project working in partnership with Stepping Stones and Alternatives Community-based Recovery to use participatory photography to record people's personal recovery journeys with a view to creating recovery photo journals to add to people's recovery toolkits. The project hoped to gain learning around the impact of this project on the distinct groups of participants with experience of substance misuse or mental health conditions and whether there are particular points of people's recovery journey where the tool could be most useful.	
Applicant Identified Priorities	1, 2

Deepness Ltd	
Retaining or Reclaiming our Autonomy despite having a Dementia Diagnoses	£13,597.00
A one year project working with people with dementia to develop a toolkit and online course focussed on supporting people who have recently been diagnosed with dementia to build skills and strategies for retaining their independence. While the majority of the funded period focused on the development of the content it was planned to include a test of the final product. The project hoped to develop learning from people with lived experience, of what helped them retain autonomy, as well as developing learning around how this information can be shared with others.	
Applicant Identified Priorities	1

Glasgow the Caring City	
Skills Barn+	£15,000.00
A one year pilot working with young people with long term conditions who had recently left school to develop a range of soft and hard skills that will support young people's self management and overall development, complimented by 1:1 sessions led by the young person's own goals and aspirations. Learning was gained from the relative interest in and impact of the different sessions, how content might shift for an older age range, and any differences in engagement and retention compared to the school-aged group.	
Applicant Identified Priorities	4

SMILE Children's Charity

SMILE Children's Charity

£14,935.00

A year long project aiming to support unpaid carers of children with disabilities and long term conditions through holistic therapies aiming to support their immediate wellbeing as well as supporting carers to build their own knowledge of relaxation tools which could be used at home. The project hoped to develop learning around the impact of the holistic therapies, and broader support the types of therapies carers engage with, and the degree to which the skills are brought into people's homes to support people more long term. But from an organisational perspective there would also be learning around managing a transition from an online group to in-person delivery, as well as understanding and managing demand on the service.

Applicant Identified Priorities

2

Healthy n Happy

The Compass Project

£14,916.00

The Compass Project was designed to guide vulnerable people through challenging times, offering targeted support for carers and those with long term conditions/disabilities, who are at higher risk of mental health problems. Providing a range of timely and tailored support services designed to fortify protective factors surrounding health and well-being, thereby preventing issues from escalating and increasing resilience/capacity. Achieved through 12 carer support sessions designed to build peer networks with regular educational inputs (advocacy/housing/legal rights/finance/benefits); 12 group wellbeing sessions (mindfulness/yoga/reiki/arts/gardening); 3 social events for carers, their cared for person, and support networks.

Applicant Identified Priorities

1, 4

Deafblind Scotland

The Next Chapter

£14,712.00

Focussing around Renfrewshire and Glasgow (with a specific focus on minoritised communities in Glasgow) this one year project worked with people who are or are at risk of developing dual sensory loss to better support that transition through a combination of skills building, emotional support and information provision. Learning was gained through the experiences and challenges in building trust with groups that have often been overlooked in support, the ways in which approaches to issues or engagement need to change for different communities (if at all) as well as learning from the new rehabilitation approach's impact on people's independence and wellbeing.

Applicant Identified Priorities

1

West Lothian Drug and Alcohol Service

West Lothian Drug and Alcohol Service

£5,674.00

This project involved a new approach for WLDAS in the promotion/sustainment of self management in the use of alcohol/substance by WLDAS clients whilst they are on their waiting list for counselling or as follow up work following discharge from our service. Project involved the recruitment of 5 volunteers from the local community who have lived life experience. In addition it was expected that this approach would also increase appointment attendance of clients and reduce re referrals thus increasing the number of clients WLDAS is able to see. Following training, the volunteers called clients on the waiting list or who have been discharged to offer support with their self management.

Applicant Identified Priorities

3

Recovery Coaching Scotland CIC

What's next?

£8,000.00

A one year project aimed at developing a new programme of support for people in recovery from Mental Health issues and/or substance misuse in and around Hawick. The support aimed to be distinct from their existing recovery café or training support by providing more structure and focus than the Café model, whilst not requiring as long or intensive a commitment that the existing training support needs. The project hoped to develop learning around whether this intermediate level of support is beneficial, and if there are any themes that could be identified as to what point of a person's recovery it is most useful. The project also hoped to develop a toolkit of resources that are effective in this semi-structured space.

Applicant Identified Priorities

1, 2

About the ALLIANCE

The Health and Social Care Alliance Scotland (the ALLIANCE) is the national third sector membership organisation for the health and social care sector. We bring together over 3,500 people and organisations dedicated to achieving our vision of a Scotland where everyone has a strong voice and enjoys the right to live well, with dignity and respect. Our members are essential in creating a society in which we all can thrive, and we believe that by working together, our voice is stronger.

We work to improve the wellbeing of people and communities across Scotland by supporting change in health, social care and other public services so they better meet the needs of everyone in Scotland. We do this by bringing together the expertise of people with lived experience, the third sector, and organisations across health and social care to shape better services and support positive change.

The ALLIANCE has three core aims.

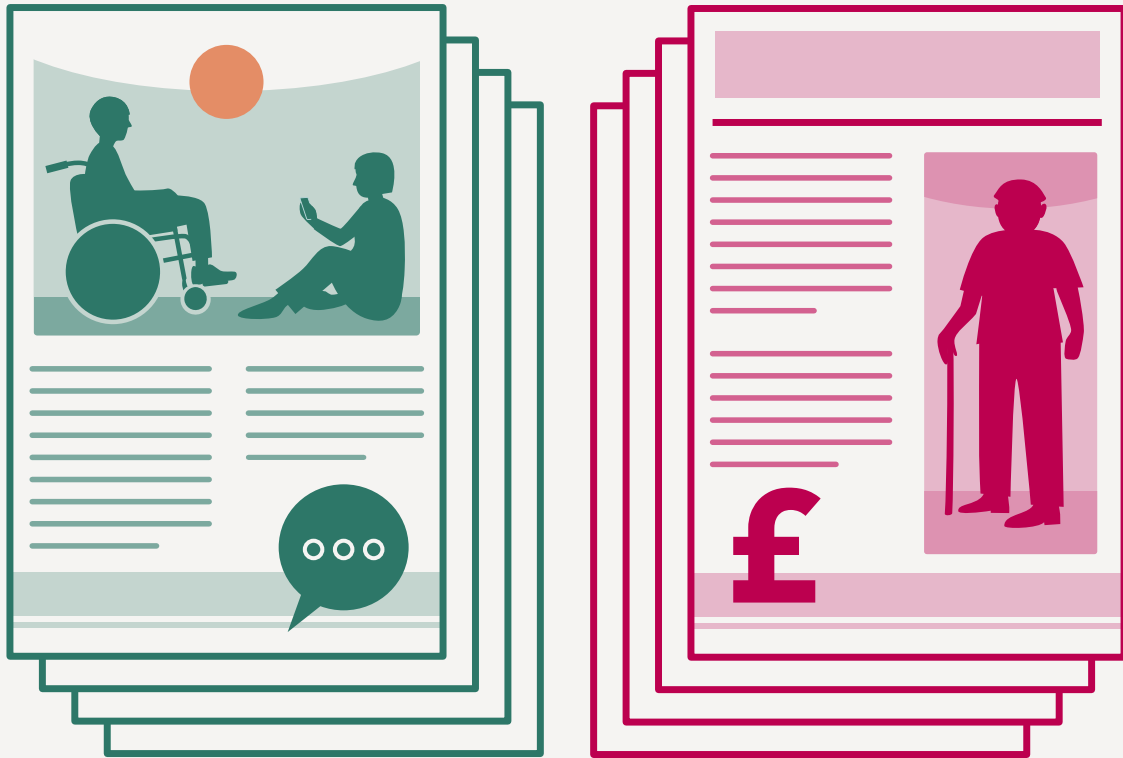
We seek to:

- **Empower people with lived experience:** we ensure disabled people, people with long term conditions, and unpaid carers are heard and that their needs remain at the heart of the services and communities.
 - **Support positive change:** we work within communities to promote co-production, self management, human rights, and independent living.
 - **Champion the third sector:** we work with, support and encourage co-operation between the third sector and health and social care organisations.
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The ALLIANCE is committed to upholding human rights. We embed lived experience in our work and aim to ensure people are meaningfully involved at every level of decision-making.

Working together creates positive, long-lasting impact. We work in partnership with the Scottish Government, NHS Boards, universities, and other key organisations within health, social care, housing, and digital technology to manage funding and develop successful projects. Together, our voice is stronger, and we can create meaningful change.



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