

National Update Summary, Highland Self Management Forum, Thursday 7th September 2023

Grace Beaumont, Programme Manager, Health and Social Care Alliance Scotland (the ALLIANCE)

Self Management Week and Awards

- Self Management Week will be 18-21 September this year
- The Self Management Awards will take place in Edinburgh on 20 September and will be streamed live online
- Book your place at events now to secure your spot!

Website page: <https://www.alliance-scotland.org.uk/blog/news/self-management-week-2023-programme-of-events/>

Contact email: smw@alliance-scotland.org.uk

Self Management Fund

- The ALLIANCE has announced another round of Resilience, Recovery and Development funding, with new projects starting in October.
- Projects that cover highland include Pain Association, developing a digital interactive supported self management programme, Venture Trust, providing clinical outdoor therapy to people facing multiple barriers to services and MySelf-Management, equipping young people with self management techniques.

Website page: <https://www.alliance-scotland.org.uk/blog/news/new-projects-announced-for-self-management-funding-3/>

Contact email: fund@alliance-scotland.org.uk

Women's Health

- A new report on women and girls' experiences of various forms of discrimination, and the impact that these experiences have on their health and health outcomes has been published by Scottish Government.
- The ALLIANCE was involved in this research as part of our ongoing work on the Women's Health Plan.

Website page: <https://www.alliance-scotland.org.uk/blog/news/womens-experiences-of-discrimination-and-the-impact-on-health-publication-of-research-findings/>

Rural mental health in Scotland: Cost of living survey

- The National Rural Mental Health Forum, run by the mental health charity Change Mental Health, aims to inform the Scottish Government how the cost-of-living crisis is impacting the mental health of people who live in remote and rural Scotland.
- Change Mental Health is inviting people who live in Scotland's rural and remote communities to complete a survey on mental health and the cost-of-living crisis.

Website page: <https://www.alliance-scotland.org.uk/blog/news/rural-mental-health-in-scotland-cost-of-living-survey/>

Black History Month

- October is Black History Month with the theme 'Saluting our Sisters and Matriarchs'
- The ALLIANCE is celebrating women across our networks.
- Look on our website at how to get involved.

Website page: <https://www.alliance-scotland.org.uk/blog/news/the-alliance-and-community-groups-mark-black-history-month-2023/>

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Useful Contacts

Should you like further information on any of the above please feel free to contact any member of the Self Management team on by email:

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Self Management team: smns@alliance-scotland.org.uk

Useful Resources

Gaun Yersel: The Self Management Strategy for Scotland

Written in 2008, Gaun Yersel was the first strategy written by people with long term conditions and not policymakers. Over ten years on it is still widely referenced and utilised. The strategy is a helpful resource for developing our understanding of what self management means: <https://www.alliance-scotland.org.uk/blog/resources/gaun-yersel/>