



Impact Report 2023-24



Wellbeing
Choice **Hope**
Confidence
everyday
Self-Management
Positive
optimistic
Future
Lifestyle



Organisational Aims

- **to advance the education of those living with long-term conditions by providing training and resources to support these individuals in managing their long-term condition.**
- **to relieve and support those living with ill health or a disability through targeted training, support networks and resources to enable them to take more control of their own health and wellbeing.**
- **to advance the health of those living with long-term conditions through the concept of self-management and wellbeing through the provision of training and resources and development of support networks.**

Our Vision

MySelf-Management aims to raise awareness of the difficulties of living with lifelong chronic conditions, help people self-manage their conditions through training, education and fun; giving people the ability to control how they live their lives better and with confidence.

Our Mission

We are an organisation, motivated to work together with other organisations to deliver a comprehensive approach to self-management for people living with long-term conditions.

We have found we can achieve more for people living with long-term conditions by sharing experiences, training, information and working together.

Our Core Values

Support - Providing support through our Peer Support (Living Better) Groups and events throughout the Highlands. Bringing people together to help support each other.

Educate – Provide training to people living with long-term conditions to enable them to self-manage. Education and promotion of the key points of self-management. We provide also web based resources, giving access to activities available in local communities to support people to self-manage.

Committed - Every event we organise, we are committed to giving the highest quality understanding to people's needs and support them accordingly

Promotion - To promote the value of self-management and it's integration in to the community in all ways possible

Welcome...

Welcome to our first annual impact report from April 2023 to March 2024. At the start of this period, we changed our name from LGOWIT and launched as MySelf-Management SCIO (Scottish Charitable Incorporated Organisation) to help us apply to key funders and launch the next chapter in our self-management mission. This was a move warmly supported by our members.



Joanne

Our first year as an independent organisation has been both exciting and one of significant change. We have spent time reinforcing our mission and structure, focusing on funding and strengthening the stability of the organisation. The early part of 2024 saw us recruit five new members of staff to support this, doubling the size of the organisation. During this time, the team has remained strongly bonded and supportive and we have been continuing to deliver services to our members.

Group membership has continued to rise steadily in this time and is expected to rise further in 2024-25 as we begin to re-engage with health professionals and other organisations to promote our services for people living with long-term health conditions. We are however aware that many people have not yet returned to in-person peer groups and events since the pandemic. We have increased our digital offer to support this and are still looking at alternative ways to engage.

In 2023-24, we secured match funding against our core funding plus funding for two large projects in this first year:

- Improving Lives – Community Fund with the National Lottery, match funding for core grants, for three years, which started in October 2023.
- Highland Youth Living Well Youth Project funded by the Health and Social Care Alliance Scotland, which also started in October 2023 for three years.
- We also secured funding for the Waiting Well project funded by and delivered in partnership with NHS Highland, starting in April 2024 for two years.

Our Digital December Forum 2023 meeting was another high point for the year, providing our partner network the chance to hear key messages from SCVO, Charity Excellence Foundation and The Scottish AI Alliance on the risks and opportunities for AI in the Third Sector.

We had many other highlights this year which I hope you enjoy reading about in this report, from Boccia tournaments to quizzes, crafting to garden visits, to name just a few.

Joanne, Manager

Our Trustees

As a newly formed SCIO, we were able to recruit three new trustees to our board, Fiona Skinner (our Chair), Evelyn Campbell and Alison MacRobbie. Between them they bring a wealth of knowledge and experience of healthcare, mental health, project planning and long-term conditions.



Fiona



Evelyn



Alison



**Putting YOU at the
centre of your wellbeing**

**MySelf-Management - the new name for LGOWIT
Please help us to spread the word!**

From April 2023-March 2024
we delivered:



Online

- A **170% increase** in the number of wellbeing sessions offered which were enjoyed by **590** members
- A **74% increase** in peer support coffee chats, including a new members-led chat, with average **10** people attending each meet-up
- A **new** series of **6** self-management learning sessions with **46** members attending
- A **new** series of **12** Long Covid peer support chats with **32** members from across the NHS Highland area benefitting
- **Highland Youth Living Well** - a **new** website that shares self-management and wellbeing skills for young people in our area (www.highlandyouthlivingwell.org)
- **3** Highland Self Management Forum online networking meetings with total participation **97**

- Users of our eLearning platforms increased to a total of **828**
- We had
 - **1,200** Facebook followers
 - **616** followers on Twitter / X
 - **3864** website hits

Our website hits have dropped off a bit this year.

Can you help us raise awareness of our new name?

In-person

- **115** Living Better peer support groups and in-person wellbeing sessions in **14** locations across Highland.
- A review of our locations based on members' input led to **2 new** services being offered in Kyle and Thrumster.
- **7** Discover Digital informal drop-in sessions around Highland benefitting an additional **17** people who needed to build their confidence going online
- Increased KyleEbike loans - up by **62%**

We have continued to see a steady growth in group membership and expect this to accelerate as we roll out new promotional materials to raise awareness and improve our brand recognition.

Membership of our Living Better Groups **online** and **in-person** increased to **801**



Living Better Peer Support Groups

Our Living Better groups are in-person meet-ups for people who are living with any long-term condition, Long Covid or Persistent Pain. They are run by our four Living Better Group Coordinators / Community Networkers.



Kirsteen



Kate



Ruth



Marion

Kirsteen Campbell: Caithness (Thurso, Wick and Thrumster)

Kate Hathway: Skye & Kyle of Lochalsh

Ruth Gomes: Inverness & Nairn

Marion Rennie: Dingwall, Muir of Ord, Tain and Dornoch

Help us raise funds for more groups and activities

Pick MySelf-Management as your cause for the new Highland Community Lottery.



In 2023-24 we ran 14 Living Better peer support groups reaching members from Skye to Tain to Thurso. Members can meet up for a social, share a cup of tea and a blether, play boccia, enjoy crafts or a talk from a local member of the community. They can also stay mobile thanks to a seated movement class or enjoy a leisurely stroll through a local garden or garden centre.

The groups are attended by people of a range of ages and with lots of different long-term conditions. Throughout the groups, members can share with each other any challenges they are currently facing and support each other by listening and sharing what's working for them in an informal, social way. All of the groups say they benefit from the social aspect of the groups and like the level of support and information about self-management that is available and discussed.

(Ruth, Living Better Group Coordinator)

Skye & Kyle of Lochalsh

Kate set up a new weekly seated movement session in Kyle of Lochalsh to complement our popular online seated movement.



These sessions were timely and intentional as the local leisure centre in Kyle of Lochalsh has been closed now for over 6 months resulting in the loss of social connections and much-needed mobility classes. The movement sessions focus on mobility, strength and balance and use hand weights and Pilates air balls as props. The weekly class has grown in popularity from 4 people to between 8-10 regularly over the last few sessions.

(Kate, Community Networker)

Resting Rowans

Outdoor Therapeutic Group

Kyle of Lochalsh



Tree planting

Resting Rowans is a gentle outdoor therapeutic session aimed at people struggling with mental and physical long-term health as well as those folk who want to enjoy more social time and connections in nature. Participants can either self-refer or can be referred through the local GP surgery. Kate Hathway, Skye and Lochalsh Community Networker, volunteers at the Resting Rowans sessions and assists with making campfires, cooking, demonstrating arts and crafts and facilitating campfire conversations. The Resting Rowans sessions are informal and there are regular guests who run activities such as art, yoga, mindfulness, willow weaving etc.

Resting Rowans this year allowed me to feel part of a supportive group, when otherwise I would have been stuck at home on my own. I have been able to socialise, learn new things outside in nature and have a laugh.

(Participant)

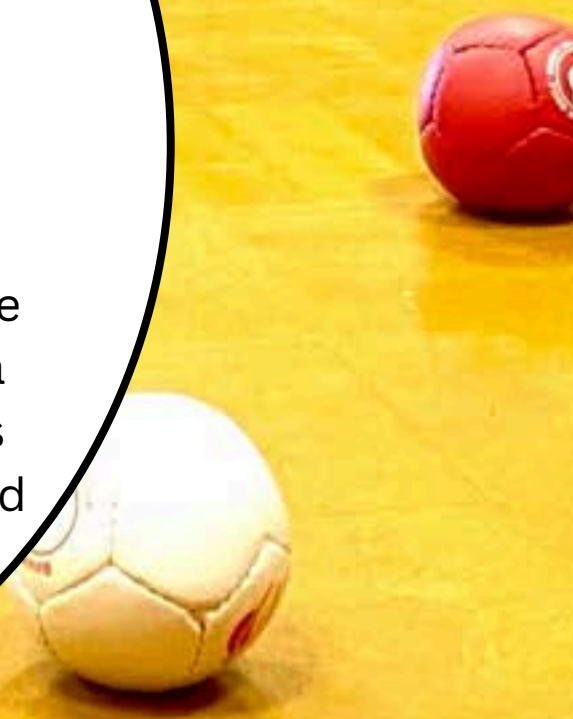


Willow weaving



Boccia


Between April 23 and April 24 in Skye and Lochalsh we ran two “come and try and a fun tournament” Boccia sessions in partnership with Kyleakin Connections and Aird Ferry Resource Centre. Kyleakin Connections operate a day resource for adults with learning disabilities as well as manage individual service funds by providing 1:1 support. Aird Ferry is a day resource Centre in Dornie and work with the elderly. The Boccia Tournaments provide a great day out and help to forge friendships as well as encouraging gentle movement and mobility.



Rag Tag in Broadford

For a number of years now, we've had a lovely partnership with Rag Tag 'n' Textile located in Broadford, Isle of Skye. The partnership with MySelf-Management began during Covid when we received Green Health funding to provide outdoor crafting opportunities using natural products to Living Better members who felt isolated as a result of the pandemic. Workshop sessions are led by professionally qualified tutors, many of whom have art degrees and other crafting qualifications. In addition to picking up practical and technical skills, Living Better members have a welcome break from dealing with complex chronic mental and physical pain and have huge satisfaction in seeing their creations take shape, and potentially be offered for sale in the Rag Tag shop.





Another really enjoyable day
with RagTag. Great company
plus I have learned a new skill.

I left today feeling very
content and rather pleased
with myself.

(Participant)


Felt bowl making with Rag Tag

Kyle e-Bikes

Our partnership project with Kyle Community e-bikes allows us to loan e-bikes to our members. In 2023/24 we saw longer loan periods with bike turnover averaging 3-4 changeovers a month. Highlights included 2 Sustainable Travel events in partnership with Kyle and Lochalsh Community Trust which consisted of a “Come and Try” day and “Climate Feis” - both of these events generated increased interest in the bikes from locals.

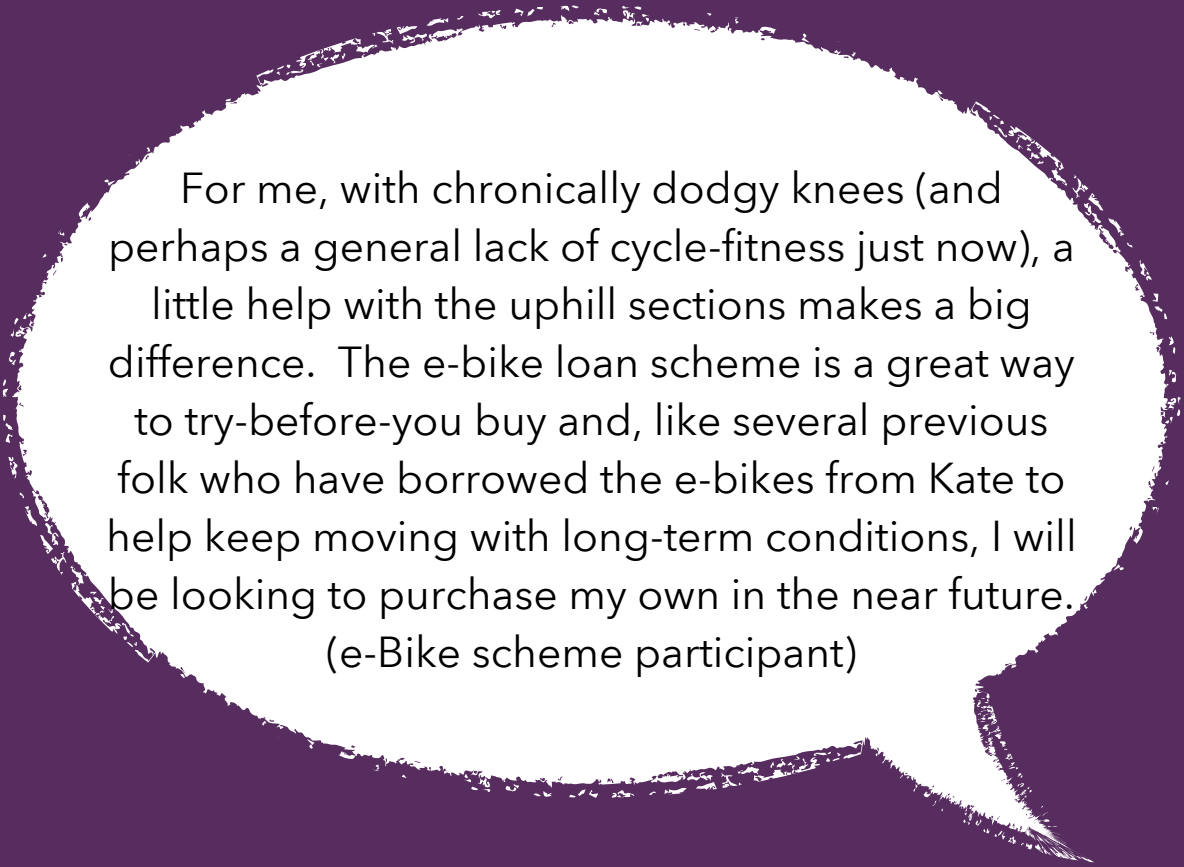


**Judith & Nic enjoy
the Kyle e-bike scheme**



Since collecting the e-bike from Kate at Kyle Community e-Bikes, I've had several trips to the shops and to visit friends in Kyle and Plockton, including in the snow and am looking forward to improved weather for some longer expeditions.

(e-Bike scheme participant)



For me, with chronically dodgy knees (and perhaps a general lack of cycle-fitness just now), a little help with the uphill sections makes a big difference. The e-bike loan scheme is a great way to try-before-you buy and, like several previous folk who have borrowed the e-bikes from Kate to help keep moving with long-term conditions, I will be looking to purchase my own in the near future.

(e-Bike scheme participant)

Inverness & Nairn

We run two Living Better Groups in Inverness, both at the centrally located Spectrum Centre.

We have seen some really nice friendships forming between our members this year, which is helping support them socially out with the groups. We have had some interesting sessions.

We had a felting session which one of our members ran for us. We made felting pictures which were then displayed at The Bike Shed in Inverness. We've also done sunflower seed planting, rock painting, decoupage and are looking forward to welcoming visitors in to give some talks and more activities after the summer.

(Ruth, Inverness LBG Coordinator)

Our other Inverness group is a **Boccia group**, a really fun, informal, social group where we meet on the third Wednesday of the month to play boccia. The boccia provides gentle exercise for members whilst they can chat, socialise and have a lot of fun together.

Nairn Living Better Group members have enjoyed speakers sharing information on bee keeping, welfare support and gardening over the last year, also taking part in a range of activities such as crafting, painting and boccia providing gentle exercise and a bit of competition.



Ruth also runs our popular **Garden Visit Group**. Members have a gentle walk around the garden or centre and share gardening hints and tips with each other. They use an app to look at the different plants and flowers to learn new names and how to plant and care for them.

East / Mid Ross-shire and Sutherland

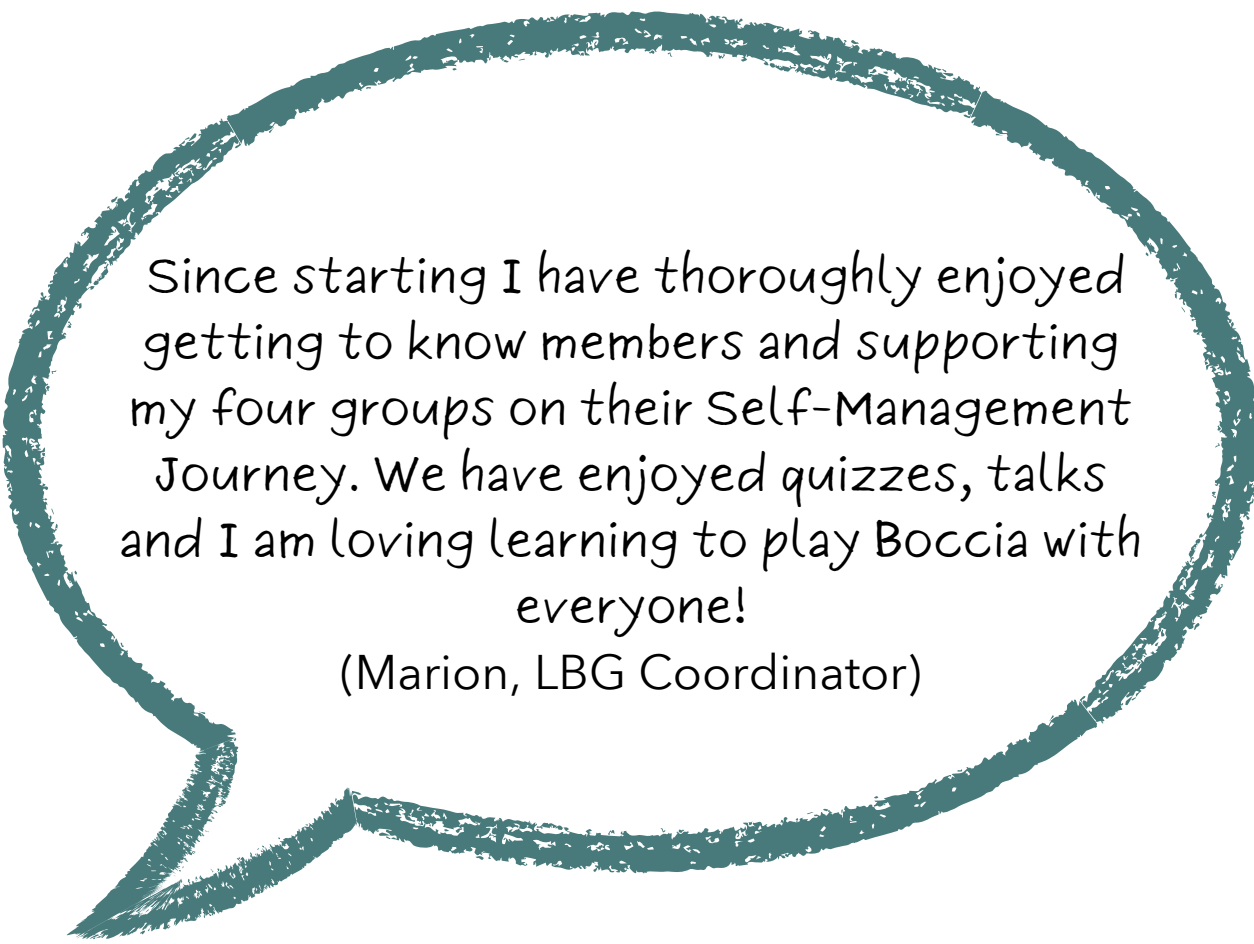
Our Living Better Groups in Ross-shire cover Dingwall, Tain, Muir of Ord and Dornoch. Groups ran in April - May 2023 before having a three month break while we implemented some staff changes.

Since September, we have been busy engaging with members and re-establishing the groups on days that work best for them. We ran quizzes, played Boccia and had two Christmas lunches with groups joining together in Conon Bridge and Dornoch. In December we advertised for a new Living Better Group Co-ordinator and Marion took over the groups in March.



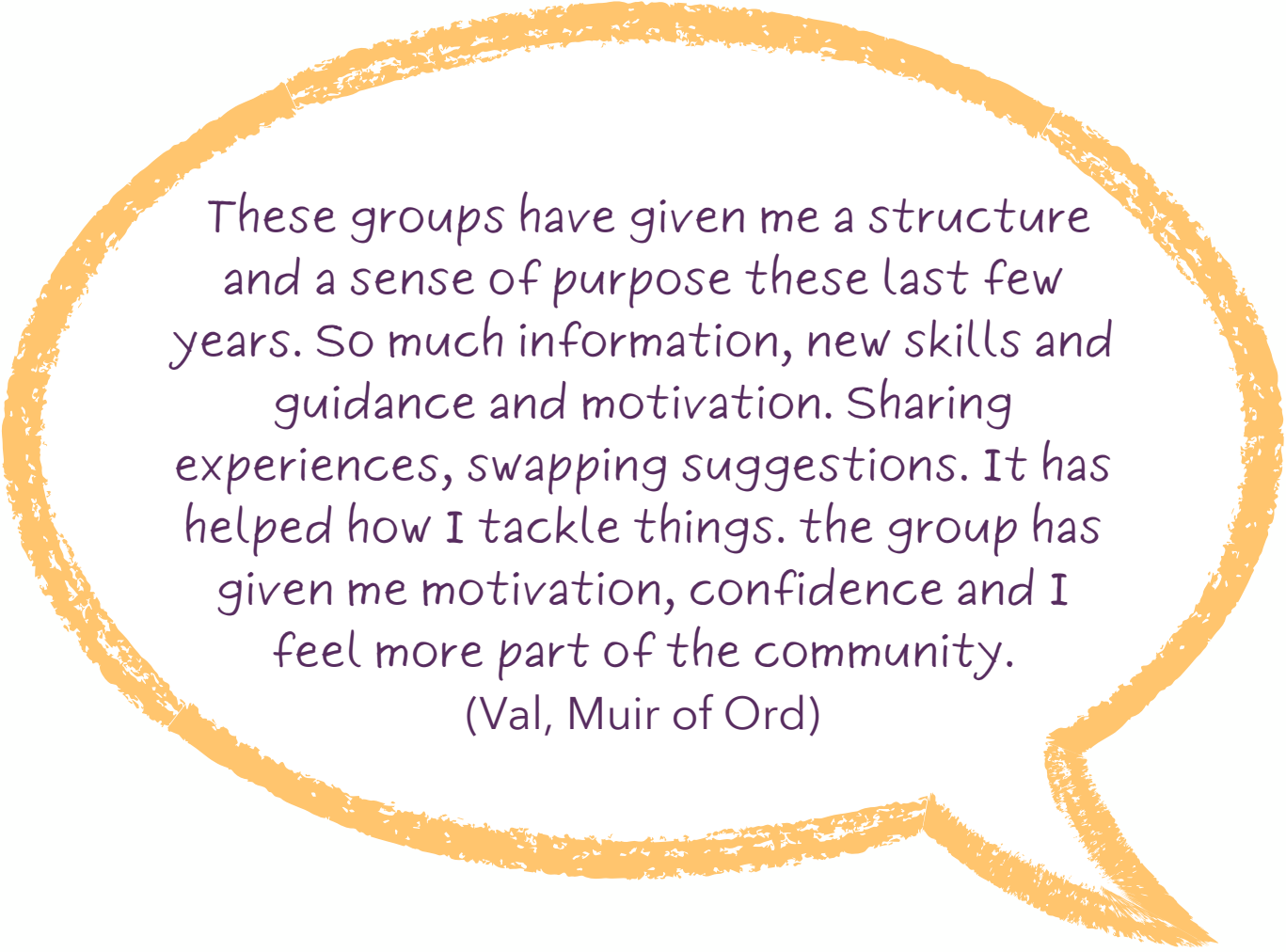
Coming along to our monthly meetings is what I look forward to very much. It is lovely to meet up with other group members and have a chat. It is good for my enjoyment of life being part of the group. It is always very interesting to take part in discussions and I enjoy the speakers who come along.

(Liz, Dingwall)



Since starting I have thoroughly enjoyed getting to know members and supporting my four groups on their Self-Management Journey. We have enjoyed quizzes, talks and I am loving learning to play Boccia with everyone!

(Marion, LBG Coordinator)



These groups have given me a structure and a sense of purpose these last few years. So much information, new skills and guidance and motivation. Sharing experiences, swapping suggestions. It has helped how I tackle things. the group has given me motivation, confidence and I feel more part of the community.

(Val, Muir of Ord)

Caithness

The Wick group moved to its new day and venue in February at Nucleus, moving from a Thursday to a Monday. Nucleus is disabled friendly with good parking and the staff are lovely and so welcoming to us. The feedback from members is good, they like the group there. We were very lucky to have deputy Lord Lieutenant Willie Watt join us twice. His first talk was about the amazing Seafarers memorial which was revealed to the town last year. See photo below. And about his work at Subsea 7 Wester site and the building and launching of the pipelines.
(Kirsteen, Community Networker)



The online sessions and the face-to-face group has been invaluable to me as I have come to terms with my poor health. I love attending the face-to-face group. It has brought me many new friends.

(Liz, Wick)

I love coming to this group, everyone is so lovely, and I enjoy the social activities we do together.

(Vicki, Thurso)

I feel I have found a safe group to attend and really be myself.

(Andy, Thurso)

Highland Youth Living Well

Our pilot project, Livingwell Digitally 2, funded by the Health and Social Care Alliance Scotland tested a model of self-management support and tools aimed at a younger age group to help them gain knowledge, confidence and a greater understanding of living with long-term conditions. The pilot project took place in Caithness and included themed workshop sessions with youth organisations about wellbeing and worked with young people to develop the platform (website) and content they wanted to see.

I have learnt so much about my wellbeing
(Mae)

I enjoyed the food sessions the best. Have learnt so much about the importance of food.
(Caitlyn)

Project mood board



Highland Youth Living Well

The pilot project concluded in September 2023 with the development of a new website: www.highlandyouthlivingwell.org.

It has been great to see the website developed around what we want.
(Katie)

We have found that encouraging younger people to develop their health and wellbeing knowledge and skills helps them to take control of these aspects in their own lives, build resilience and support people in their lives who are living with long-term conditions.

In the summer of 2023, The Alliance awarded us funding for a new three year project based on the outcomes of the pilot. That new project started in October and a new Development Officer, [Jean MacCallum](#), was appointed in February 2024 to take the project forward.

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Highland Youth Living Well

Wellbeing information for young people in the Highlands, designed with young people for young people.



Staff



Joanne McCoy
Manager



Marion Rennie
LBG Coordinator



Mary O'Hara
Communications &
Information Officer



Jean MacCallum
Development Officer



Kirsteen Campbell
Community Networker



Catherine Mitchell
Membership & Admin Officer



Kate Hathway
Community Networker



Val Gale
Link Worker



Ruth Gomes
LBG Coordinator



Vicki Nevin
Link Worker

Thank you to our Funders, Supporters & Volunteers



We are very grateful to all of our funders who have helped make the activities in this report possible. We would also like to thank everyone who has supported us through donations or giving your time, including the volunteers who have remained with us through the challenges of the last few years. We look forward to working with you in the years to come.

MySelf-Management - the new name for LGOWIT **Please help us to spread the word!**



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