

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

Barbara Flynn, Development Officer, Health and Social Care Alliance Scotland (the ALLIANCE)

Self Management team

- New Grants and Impact Officer started with the team. New role, primarily involving working alongside Programme Manager in the delivery, day-to-day management and development of the Self Management Fund.
- Series of short videos around self management will be launched in new year and will be a resource for all to use – keep an eye out for these:

Website page: <https://www.alliance-scotland.org.uk/self-management/>

Twitter / X: <https://twitter.com/SelfMgmtScot>

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

Women's Health

- A Conversation Café toolkit has been produced, which supports groups, organisations and communities to facilitate their own informed discussions on women's health. The toolkit is a guide for delivery, which can be used flexibly by each group, and contains session plans, prompt questions, templates and resources.
- Toolkit: <https://www.alliance-scotland.org.uk/wp-content/uploads/2023/07/Conversation-Cafe-toolkit-for-womens-health-Digital.pdf>

Website page: <https://www.alliance-scotland.org.uk/policy-and-research/policy/supporting-the-womens-health-plan/#:~:text=The%20ALLIANCE%20hopes%20to%20provide,one%20of%20our%20information%20events.>

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

Health and Social Care Academy

- The Academy's new 'Five Ambitions' for the Future of Health and Care were launched today. The Five Ambitions were created through extensive engagement with ALLIANCE members and partners in 2023 and set out the conditions for realising meaningful, long term and sustainable change underpinned by human rights, equality and intersectionality.

Website page: <https://www.alliance-scotland.org.uk/health-and-social-care-integration/health-and-social-care-academy/>

News article: <https://www.alliance-scotland.org.uk/blog/news/launch-of-the-new-five-ambitions-for-the-future-of-health-and-care/>

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

National Collaborative

- On Monday 11/12/23 the National Collaborative is holding a launch event of a Draft Charter of Rights for people affected by substance use.
- The ALLIANCE will be coordinating conversations across Scotland next year, before all feedback is collated and a finalised Charter of Rights and implementation framework are produced.
- If you have any questions or would like to get involved or get in touch with someone about this, please get in touch.

Website page: <https://www.alliance-scotland.org.uk/lived-experience/engagement/national-collaborative/>

Contact email: georgina.charlton@alliance-scotland.org.uk

Long COVID

- The ALLIANCE, in partnership with NHS National Services Scotland (NSS), are engaging in research around why people in Scotland who are living with Long Covid are disengaging from healthcare and support services. If you are an adult who is living with Long Covid, or supporting someone living with Long Covid, come along to give your views on service disengagement through discussion at our online sessions on Zoom:
 - Wednesday December 13, 2pm – 4pm.
 - Thursday December 14, 6pm – 8pm.
- Sign up by emailing longcovid@alliance-scotland.org.uk
- Website page: <https://www.alliance-scotland.org.uk/blog/events/share-your-experience-of-long-covid-health-services-daytime-session/>

Children and Young People

- GIRFEC Training is taking place on 25th January from 10am – 12pm, online.
- Anyone who wishes to register can email GIRFEC@alliance-scotland.org.uk

Website page: <https://www.alliance-scotland.org.uk/health-and-social-care-integration/children-and-young-people/>

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

Useful Contacts

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

Grace Beaumont, Programme Manager: grace.beaumont@alliance-scotland.org.uk

Barbara Flynn, Development Officer: barbara.flynn@alliance-scotland.org.uk

Louise Rogers, Development Officer: louise.rogers@alliance-scotland.org.uk

Chris Dempster, Grants and Impact Officer: chris.dempster@alliance-scotland.org.uk

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/>