

## **Media Release:**

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### ***Successful Self Management Fund for Scotland projects announced***

The Long Term Conditions Alliance Scotland (LTCAS), in partnership with the Scottish Government, is delighted to announce the first round of successful projects from the Self Management Fund for Scotland.

The Self Management Fund is available to voluntary organisations and community groups throughout Scotland. Its purpose is to support work encouraging people living with long term conditions to learn more about the management of their condition, and to become active partners in their own care.

The fund is set at £2 million in the present financial year, with the same amount available again in 2010/11.

The Self Management Fund encourages good practice to be shared and innovative approaches to be developed. LTCAS will work with those organisations who receive funding to capture learning gained through the projects and share this widely across Scotland.

The sixteen projects which are supported in this first round are;

- Psoriasis Scotland Arthritis Link Volunteers (PSALV) - £8230 to develop a condition specific self management course
- Lothian Centre for Inclusive Living (LCIL) - £162722 to continue and develop their peer telephone counselling service by and for people with long term conditions
- Men's Health Forum Scotland - £256104 to develop the capacity of other organisations to engage with and support Men to self manage
- Waverley Care - £100000 to develop self management courses for people living with HIV and also Hepatitis C
- MS Society Scotland - £41050 to develop generic self management courses in the Highland and Islands
- Action for Sick Children Scotland - £32749 to develop their self management support for children and young people in

## Lanarkshire

- Pink Ladies First – £19280 to develop self management programmes for women living with anxiety and depression
- Edinburgh M.E. Self Help (Edmesh) - £23330 to train members to deliver a range of complementary therapies
- Speakability - £43560 to develop a programme to support people living with Aphasia to learn to communicate using computers and technology
- The Dystonia Society - £22105 to develop a condition specific self management programme
- Headway Glasgow - £56160 to develop the capacity of people affected by an Acquired brain injury (ABI) to self manage
- Asthma UK Scotland - £131263 to develop a programme of Asthma management in nursery, primary and secondary schools
- Parkinson's Disease Society Scotland - £52762 to develop a project aimed at improving the quality of sleep for people living with the condition
- Promoting A More Inclusive Society (PAMIS) - £249555 to work with young people living with profound and multiple learning disability through transition to enable supported self management
- The Braveheart Association -£34024 to work with people living with Type 2 diabetes and Coronary Heart Disease
- Hearing Concern Link (Scotland) - £78949 to develop their self management programmes for deafened and hard of hearing people and their families

Jean and Mel Ballantyne, representing the Parkinson's Disease Society Scotland, were delighted to receive the news that their project, in partnership with Sleep Scotland had been successful.

**'We have not had a full night's sleep for 24 years. Mel's Parkinson's affects us both almost every hour of the day and night, but this aspect is invisible to other people. It can make us feel anxious isolated, frustrated and lonely. This project is so important because it gives us both hope that we'll have the skills to cope better in the future'**

Full details of the projects funded in this round, and information on

applying for round two (including guidance notes, eligibility and criteria for the fund) can be found at the LTCAS website [www.ltcas.org.uk](http://www.ltcas.org.uk) where an application pack can also be downloaded.

The Self Management Fund is a key recommendation of 'Gaun Yersel – The Self Management Strategy for Scotland' published in 2008 in partnership between LTCAS and the Scottish Government.

The Self Management Strategy is informed by the lived experiences of people with long term conditions.

The strategy calls for:

- People to have more access to high quality information about their condition and its impact on their life.
- People to have more access to support including peer support.
- Increased provision of emotional and mental health support for people with long term physical conditions.
- A change in culture so that people – those receiving and those delivering services – have the confidence and capacity to work together as partners.
- Better partnership working by NHS, voluntary sector and local authorities.

**Shona Robison MSP, Minister for Public Health and Sport (Scottish Government) said:**

"I'm delighted to see the first tangible results of the operation of the Self Management Fund. The announcement is very timely, given that implementation of Gaun Yersel' forms a key part of the National Quality Strategy that the Scottish Government is currently developing. The spread of successful grants clearly illustrates the range of long term conditions which can benefit from self management, and the very diverse forms that self management can take. I very much hope these projects make a real difference to people's ability to live with their long term conditions, and that these learnings can be shared across Scotland."

Ends

For further information contact Kevin Geddes (office hours)  
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**Notes to editors:**

1. The Long Term Conditions Alliance Scotland (LTCAS) brings

together over 100 voluntary and community organisations that support and represent people living with long term conditions.

2. A long term condition usually lasts for more than a year and can affect any aspect of someone's life. Some people are born with long term conditions whilst others will be affected at different ages and stages of life. Usually there is no cure and symptoms may fluctuate, and in some cases progress. However there are often things that can be done to improve and maintain quality of life.

Examples of long term conditions include: asthma; diabetes; psoriasis; cancer; heart disease; arthritis; ME; chronic pain; and mental health problems (this list is by no means exhaustive).

### **Long term conditions: the facts**

- Long term conditions are the leading cause of death world wide<sup>1</sup>.
- In Scotland an estimated 2 million people<sup>2</sup> live with one or more condition – that is the same number as voted in the most recent Scottish Parliament elections.
- Long term conditions place significant pressure on the NHS and account for around 80% of GP consultations<sup>3</sup>.
- People with long term conditions are more likely to be admitted to hospital and to stay there for longer<sup>4</sup>.
- When people have the right information, education and support they can manage their condition and avoid health crises. This leads to improved health outcomes, quality of life and significant savings for the NHS.

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<sup>1</sup> World Health Organisation [http://www.who.int/topics/chronic\\_diseases/en/](http://www.who.int/topics/chronic_diseases/en/)

<sup>2</sup> Based on number of people reporting 'long-standing illness or disability' in 2003 Scottish Health Survey

<sup>3</sup> 'Delivering for Health' Scottish Executive 2005

<sup>4</sup> 'Delivering for Health' Scottish Executive 2005