

Self Management Week online bitesize sessions for practitioners: 27 Sep - 01 Oct 2021



Self Management Week 2021 takes place 27 September-1 October 2021 with this year's theme *My Wellbeing My Life*. Join the Edinburgh Health & Social Care Partnership's Long Term Conditions Programme for three facilitated Self Management online bitesize lunchtime sessions for practitioners working alongside people living with long term conditions.

Session 1: Edinburgh Self Management Network Online Community of Practice & Connect Here Directory – Resources for Practitioners 27th September 2021, 12:15 to 13:00 via MS Teams

The online Community of Practice is available to Edinburgh Self Management Network members to share self management resources, find out about events and services, peer support with colleagues, discuss innovations and develop ways to collaborate. In this session we'll share with you feedback from a recent survey on how members have been engaging with the CoP and how we can support you to get the most out of the platform. We will also share with you the Connect Here Directory and Connect Here guides that can support your practice.

Session 2: Self Management Practitioner Toolkit - Progress Update 28th September 2021, 12:15 to 13:15 via MS Teams

In this session Fiona Wilson will share an update on progress made by the Short Life Working Group to scope, plan and develop content for the Edinburgh Self Management Practitioner Toolkit. There will also be an opportunity to get first sight of a mocked-up section of the toolkit, hear plans for further development of the resource and see how you can contribute to testing and developing content.

Session 3: Self Management Support - The Difference it Makes 29th September 2021, 12:15 to 13:15 via MS Teams

In this session we'll show a video of an LCiL service user talking about the impacts COVID-19 had on their life and how they were supported to better self-manage these challenges. There will be an opportunity for peer support for practitioners, sharing experiences, asking questions and reflecting on learning.

Register your interest by emailing Edinburgh.SelfManagement@nhslothian.scot.nhs.uk with the **subject heading:** SM Week 2021, and **put in the body of the email** which workshop(s) you wish to attend, your job title and email address. An MS Teams meeting link will then be shared in advance of the session for you to join us.

For information about national Self Management week and to find out what else is happening visit the [Alliance \(Scotland\) Self Management Week page](#) for Information on a range of free online workshops, events and networking sessions.