



MySelf-Management Impact Report 2024-25

Choice

Confidence

Future

Wellbeing

Hope

optimistic

Wellbeing

Self-Management

Wellbeing

Hope

Confidence

Positive

Life

Lifestyle

Positive

Choice

Hope



Our Vision

Our mission is to empower people living with long-term conditions to have the confidence and self-management skills to live well with their condition or conditions and live better lives.

We are committed to work with like-minded organisations to deliver a comprehensive service, minimising duplication of resources and working towards the common goal of better health outcomes and enhanced overall wellbeing for people living with long-term conditions through:

- Greater awareness, understanding and use of self-management tools
- Greater understanding of the value of preventive action
- Increased awareness and celebration of the value of peer support

This approach allows us to focus on the common symptoms and impacts of long-term conditions, making our programmes accessible and relevant to as wide an audience as possible.

We deliver a range of activities, education and support that aims to improve the practice and outcomes of self-management. We aim to improve outcomes for people living with long-term health conditions and continue to shape the organisation's focus via our members' lived experiences.

Our Core Values

Inclusivity - Bringing people together to support each other

Equality – Ensuring everyone has the same right to freedom, choice, dignity, and control

Person-centred approaches – Valuing the continuing role of lived experience to enhance and champion change

Collaboration and Partnership – Learning from each other and achieving more together

Outward Focused – Continuing to be open, agile, and adapting to best suit the needs of people who are living with long-term health conditions

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

Welcome...

Welcome to MySelf-Management's second Annual Impact Report from April 2024 – March 2025.

This year has been one of growth, connection, and meaningful impact.

With new team members joining us, we've lightened workloads, welcomed fresh ideas, and expanded our reach - supporting more people living with long-term health conditions across Highland.



Group membership continues to grow, and momentum is building for 2025-26. We've strengthened relationships with health professionals and partners, re-engaging stakeholders through updated materials and in-person meetings. Our workstreams in this year included Core services (our Living Better groups, online sessions and eLearning) and our Highland Youth Living Well (Alliance Scotland) project, launched in October 2023.



Joining the Living Better group has been life-changing. I've found friendship, confidence, and a sense of belonging I didn't know I was missing.



Key Highlights:

- Living Better groups and activities: 15 in-person groups/activities and a wide range of online activities, funded by NHS Highland and the National Lottery
- In-Person Summer Activities: Jacobite cruise, beach visits, and lunch/activity days across Highland
- Online Winter Events: Evening talks, sound therapy, and quizzes - with thanks to V&A Museum, local artists, Highlife Highland, Grounded Goddess, and our quiz master member, June
- Annual Boccia Tournament: A regional favourite, drawing up to 80 participants

New Projects in this year:

Wait Well (NHS Highland & NHS Charities Together) - launched April '24

From quizzes to crafting, garden visits to guided relaxation, we have created spaces for connection, creativity, and wellbeing.

Thank You to our members, staff, trustees, funders, and donors. Your support makes everything we do possible.

Looking Ahead

We remain committed to expanding our reach, deepening our impact, and co-creating services that reflect the needs of our community.

With your continued support, we look forward to another year of connection, growth, and self-management across Highland.

Joanne McCoy, Manager, MySelf-Management

Anyone living with any long-term condition in Highland can join MySelf-Management. No referral required - just contact us at

www.myself-management.org/join

Our Trustees



Evelyn



Fiona



Alison

Our dedicated trustees, Fiona Skinner (Chair), Evelyn Campbell and Alison MacRobbie bring a wealth of knowledge and experience of healthcare, mental health, project planning and living with long-term conditions to their role to guide and inspire us. They are also always ready to roll up their sleeves and lend a practical hand when needed.

We delivered in-person

139
group meetings
= **21%**
increase

- A greatly expanded programme of cross-group events:
 - **6 Summer Activities** - total participation **70**
 - An **autumn meet-up** in Cawdor which **30** attended
 - Caithness Events
 - **Christmas party** (**20** participants)
 - **Spring event** (**23** participants)
- **KyleEbikes** hires total **130**
- **Boccia Tournament** - **80+** participants from across the region

Membership
increased by
6.5%

that's
853
in total

new member
interest is up
300%



We delivered online



Wellbeing
sessions up
300%
total
participation
2081

- New monthly themed peer support sessions
 - **Monday Moment** - a different topical theme each month
 - **Living with Persistent Pain** (launched September)
- Members Chat **every week** of the year, including during the festive season
- Our **Wait Well** project supported a **total of 50 patients** - 21 with Long Covid and 29 awaiting Orthopaedic appointments
- **Self-Management eLearning - 380 users** (free in Highland)
- Engaged with **109 professional partners** at our 2 Highland Self Management Forums
 - **Let's Talk about Fatigue**
 - **Digital Inclusion and AI in the 3rd Sector**

We believe more people could benefit from our eLearning modules, which offer a flexible, accessible way to learn about self-management — especially for those in remote and rural areas.

Can you help us spread the word?

<https://www.myself-management.org/smelearning>

Our Core Activities - Living Better Peer Support Groups

Our Living Better groups and activities 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

In 2024-25 we ran 15 Living Better peer support groups and activities reaching members from Skye to Nairn to Thurso. Members can meet up for a social, share a cup of tea and a blether, play bocchia, 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.

Health professionals and link workers referrals online at

www.myself-management.org/healthprofessionals

Caithness

Our groups in Wick and Thurso have continued to grow and support members across the area.



Kirsteen

The Wick group is now well-established in its new venue at Nucleus, where members are welcomed into a pleasant and accessible space. The supportive atmosphere has helped foster strong friendships, and the group has enjoyed a varied program of guest speakers. It's encouraging to see this aspect thriving again, especially after the challenges of arranging sessions post-pandemic. A standout moment was a talk by Graham Bain from HTSI, who spoke about human rights and healthcare. His presentation sparked thoughtful discussion and was very well received.

In Thurso, the group has come a long way since the pandemic, developing into a warm and welcoming community. Attendance is gradually increasing, and the sessions are filled with positivity and connection. Crafting has become a central part of the group's identity, thanks to member volunteer, Karan's creative leadership. Her thoughtful planning brings joy to the sessions, with activities that encourage participation and laughter. One particularly memorable session was the Halloween-themed event, complete with spooky bingo, which was a hit with everyone.



I have been a member for a long time. It's lovely to see how our group has started to grow. Kirsteen is very inclusive in making everyone feel welcome. We always enjoy a nice mix of activities - Thurso

Caithness

Thanks to funding from the Camster Windfarm, we have also been able to bring both groups together for several mini retreat days at Forse of Nature . These events have provided a valuable opportunity for members to mix, build connections, and enjoy shared experiences in a relaxed setting. Each retreat includes lunch, plenty of cake, and the chance to try new activities. Feedback has been overwhelmingly positive, with members reporting improvements in wellbeing and social connection from the events. We're pleased to have secured funding to continue these retreats through to the end of 2025.

In addition, Camster Windfarm funding enabled us to host a dedicated day in March at Watten for health professionals to learn more about the services offered through MySelf-Management. This event helped raise awareness, led to new referrals, and strengthened our links with local healthcare providers.



Together, these developments reflect the continued growth, resilience, and impact of the Living Better groups in Caithness, bringing people together, supporting wellbeing, and creating meaningful connections.

We have had an enjoyable couple of days at Forse of Nature with the Thurso members. It's lovely to make new friends. I am very much looking forward to the other days Kirsteen has organised for us throughout 2025
- Wick group member

Skye & Kyle of Lochalsh

The **gentle seated movement** sessions in Kyle of Lochalsh have now been running for 18 months, since January 2024, and have seen fantastic growth. They have become a valued part of the local wellbeing landscape, offering gentle activity, social connection, and meaningful support for healthy ageing. Originally, the plan was to conclude the classes once the Lochalsh Leisure Centre reopened.



Having MS, these classes are a great way for me to keep mobile & re-build muscle/tone/mobility & strength, that I've lost over the past years. The group motivates me to train at home, too! An excellent weekly class, that I would recommend to anyone! I genuinely believe it will help in my recovery

However, due to their popularity and the absence of similar offerings at the Leisure Centre, the decision was made to continue running them.



Kate

I am finding that the exercises are making a real difference to my arthritic knees. They feel stronger & not as painful as before. Also with your encouragement I am pushing myself to do more exercise / weight lifting than I would have done before.

Skye & Kyle of Lochalsh



Now in its second, and final year, **Resting Rowans** has continued to run at the Plock of Kyle, inspired by Forestry Scotland's Branching Out programme. The group has focused on supporting individuals living with long-term mental health challenges, loneliness, or social isolation, offering a consistent and nurturing space for connection and wellbeing.

I've felt thoroughly supported and nurtured over the weeks I've attended Resting Rowans, thank you

Sessions ran weekly throughout the year, with monthly support provided by MySelf-Management. The group welcomed a small but steady number of participants who benefited from gentle outdoor exercise and shared activities such as gardening and cooking. All sessions were led by highly trained and compassionate leaders.

A key strength of Resting Rowans has been its emphasis on regular attendance, which allowed supportive relationships to grow naturally over time. The outdoor setting, combined with meaningful activities and a calm pace, created a safe and restorative environment for participants to connect, reflect, and heal.



Skye & Kyle of Lochalsh

MySelf Management enjoyed a valuable six-month **partnership with Rag Tag and Textile**, which ran until February 2025 when our shared funding for the Monday sessions came to an end. These sessions focused on supporting vulnerable adults living with long-term conditions, encouraging both personal and social growth through creativity.

Crafting has been the best thing I could ever do to help my fibromyalgia - Sue

Held monthly, the workshops were consistently full. Led by experienced and encouraging tutors, the sessions offered a safe and inspiring space for members to explore their creativity. Rag Tag's beautiful sensory garden added to the experience, providing a peaceful outdoor setting for activities, or simply a place to relax with a cuppa.



Skye & Kyle of Lochalsh

The friendship and fun at these workshops is better than any medication, thank you - Carol

Creativity was at the heart of the programme. Textiles and materials were lovingly upcycled, giving them new life in unique and imaginative ways. For many, these sessions offered a welcome escape from day-to-day discomfort and a chance to connect with others in a supportive environment. We are hopeful that new funding can be secured to continue these important and much-loved sessions.



A woman with blonde hair, wearing a blue jacket, black leggings, and a beige beanie with a black pom-pom, is riding a black e-bike. The bike has yellow panniers on the rear and a yellow water bottle in the frame. She is smiling and looking towards the camera. The background shows a coastal path with a stone wall, a body of water, and mountains in the distance under a cloudy sky.

Over the past year, the **Kyle Community eBike** initiative has evolved from short-term monthly usage to longer-term support for individuals living with long-term conditions in the Lochalsh area.

Three of the bikes have been used continuously for 2-3 months at a time, offering sustained access and benefit to those who need it most. Favourable weather conditions have helped boost popularity, and in 2024/25 we saw 17 individual users and 6 repeat users. The project continues to provide a valuable opportunity for gentle physical activity, independence, and connection with the outdoors.

eBike Spotlight

Old age for me was accompanied by a really sore knee which eventually became debilitating. During a visit to a physiotherapist, it was recommended that I take up cycling as a means of both exercising and strengthening my knee so as a trial I asked Kate if I might use one of their Kyle community Ebikes to see if I could notice any improvement. Within the first couple of weeks not only did I start to enjoy the cycling experience but my knee started to free up a little and this encouraged me to buy my own e-bike.



Now after a period of three years and a disciplined ten miles a day, although not completely mended, there is a definite improvement in my overall mobility. The e-bikes supplied by Kyle Community Ebikes are very well maintained and any malfunction is quickly and expertly remedied. I will always be grateful for their support. (Dave)



The use of the Kyle Community ebike has meant I have been able to get to the shops and get out for exercise. Both things I struggle with due to my having cystitis and meaning my confidence has been reduced. The ebike has made movement possible and is improving my mental and physical health in the process. I am currently seeking a mental health assessment and hope to try and get some help getting a permanent ebike to help keep moving forward. Many thanks - Matt.

Inverness & Nairn



Ruth

The three Living Better groups in Inverness and Nairn have maintained steady attendance over the past year. Each group provides a welcoming space for members to connect with others in their local area. The Nairn group continues to be the most popular, and we have also welcomed some new faces recently.

Group allows me to share experiences, improve motivation and try new things. It makes me feel good, and I'm looking forward to getting involved in boccia

All groups are friendly and inclusive, making it easy for new members to feel at home from their very first visit. Some members even attend multiple groups, travelling between Inverness and Nairn to stay connected and build friendships across communities.

A key part of each group is the opportunity to talk about living with long-term conditions. Members often share tips and experiences that help others manage their symptoms, creating a supportive and understanding environment. These regular, in-person meetings are a vital source of connection and encouragement for everyone involved.



Inverness & Nairn

Across all groups, we've enjoyed a variety of activities, from crafts to guest speakers. Highlights have included a visit from the local police to talk about online safety, and a performance from a local musician. These sessions offer valuable learning opportunities and spark great conversations.



The Nairn group includes time for a mini-Boccia game, which adds a fun and active element to the sessions and encourages teamwork. In Inverness we hold a dedicated Boccia group each month which draws members from Nairn and Alness / Invergordon and on special occasions like the Christmas Boccia, from Dornoch and beyond.





Garden Group

Our garden group offers a chance to meet outdoors, share gardening tips, and enjoy gentle walks in gardens or garden centres, perfect for those who enjoy nature and fresh air and green health.



Garden Group members can be found browsing and enjoying a cuppa in local garden centres on the second Monday of the month through the winter ... and sometimes the resident wildlife joins in too!

East / Mid Ross-shire & Sutherland

Our Living Better Groups in Ross-shire and Sutherland cover Dingwall, Tain, Muir of Ord and Dornoch.



Marion



Across all our groups there's been strong interest in guest speakers.

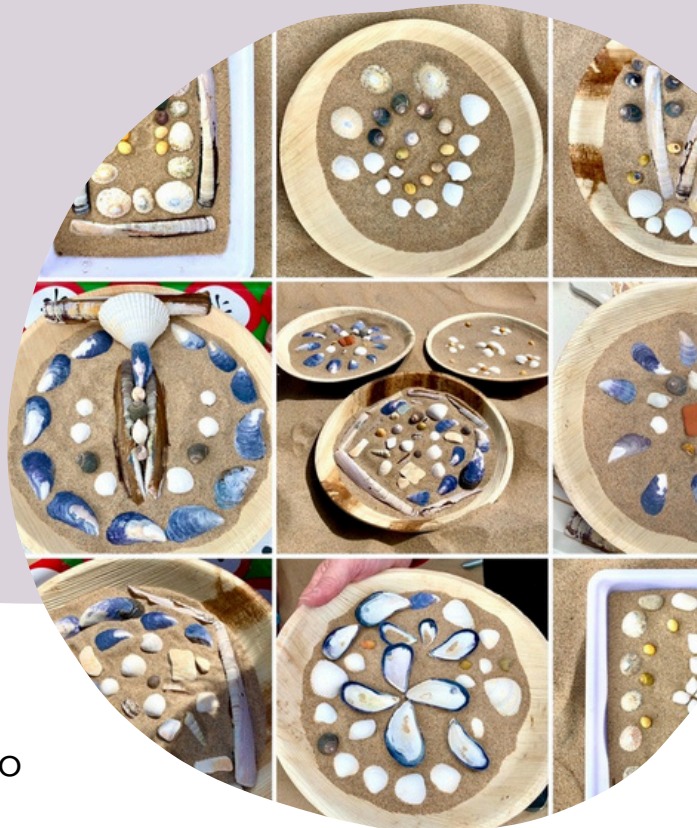
We've enjoyed a wide range of fascinating topics including local history with The Rosemarkie Man talk, The Green Freeport, beekeeping, and healthy eating.

Craft sessions have also been a hit, with activities like bath bomb making, bunting, and decoupage proving very popular and encouraging members to revisit distraction techniques.



One of our most memorable outings was to Dornoch Beach, where we partnered with Dornoch Wheelchairs to help members access the sand and water.

It was a joyful and inclusive experience, especially for one member who, for the first time, was able to drive freely on the beach in their electric wheelchair. The sense of freedom and happiness it brought was truly remarkable.



East / Mid Ross-shire & Sutherland

We also enjoyed a relaxing and scenic day out at Inverness Botanic Gardens. The peaceful surroundings and opportunity to spend time outdoors made it a lovely experience for everyone involved.

Our Christmas lunch was a lively and well-attended event, with over 20 members from the four groups coming together to celebrate.

Sadly, some members have experienced prolonged hospital stays or a decline in health. We have continued to support them through hospital visits, phone calls, and by encouraging access to online services to help them stay connected.

The group is very beneficial for my mental health. It gives me a reason to get up and out and to meet and make new friends. It is a pity it is only once a month. It is also good to learn new skills, play games, puzzles, quizzes etc. The group is a place to forget about your own health problems for a couple of hours once a month - Dornoch

It gave a purpose to get out and also speak to others who understood having problems and some great talks and things to listen to and ran by your lovely self who make people feel at ease
Tain

Our pilot Boccia group in Kiltarlity didn't attract enough attendance to continue, but following requests from professionals in Alness, we made a plan to launch a new group there in May 2025.

2024 Summer Activities



The summer activities in 2024 provided a fantastic opportunity for our regular groups to take a break while still offering members a variety of alternative activities over the summer months.

This year, we organised two Seagull Trust cruises, a garden outing at the Old Town of Leys Garden, and a summer boccia meet-up which included lunch. We also enjoyed a CycleAbility session at Croy, a crazy golf day which turned into 10 pin bowling! And last but by no means least - a memorable Jacobite cruise on Loch Ness.



Having two coordinators working together on the summer programme proved to be a real benefit. It allowed us to offer a wider range of activities and introduce some new options too. All summer sessions were designed to be inclusive, helping members to try new experiences, build confidence, and strengthen social connections across different groups.



Summer Activities



Enjoying a Moo-along with a curly, rusty Hielan Coo after the Jacobite Cruise

We met another weel-kent creature at the Milton of Leys garden picnic tea



I was lucky enough to come along on the Seagull Cruise and all I can say is WOW! It was so lovely to meet all the staff, to be out on the water- something that is not possible for me to do anymore and to just enjoy the experience.

It's something I've not stopped talking about really and I know my family were really grateful that the trip was something I was able to partake in :)

... and Cawdor Autumn Day

After the success of the summer activities, we had an Autumn Day in Cawdor, with games, Boccia (with some athletic photography from Vicki), lunch, and in the afternoon we were joined by members of The Accidentals choir who taught us to play the ukulele.

We had a singalong to end the day. The event was well attended, and everyone enjoined the variety of activities.



By attending multiple activities, members became familiar with other coordinators and participants, which helped to create a stronger sense of community. Participation varied across activities – from five participants at the CycleAbility session to eighteen at the summer boccia meet-up – showing good engagement throughout the season.

Feedback from members was positive. Many shared that the pre-organised activities made them feel more confident about trying new things. Several also commented on how much they valued the opportunity to meet new people from other groups, appreciating the connection, inclusivity, and sense of belonging that the summer/autumn programme provided.

Boccia - Seated Indoor Bowling

We have a well-established Boccia programme within our Living Better groups, offering monthly meetups and mini competitive Boccia lunches across several areas.

Beyond the physical benefits, Boccia plays a vital role in fostering community. This is especially evident during larger events like the Summer Boccia Meet-Up and the Tournament, where genuine friendships have formed across different regions. These gatherings are consistently well-loved and well-attended, offering something for everyone - from the social aspect to the thrill of the game.

Boccia is also good for me in terms of movement. It's not too difficult but it's just enough for me to feel like I've done some physical activity without straining.

Boccia - Seated Indoor Bowling

The Inverness Boccia group has remained active throughout the year, including the summer months, and continues to attract members from across the region, including Nairn, Alness, and even Skye. The atmosphere is warm, welcoming, and inclusive, with a great mix of men and women and a wide range of abilities. Everyone who attends takes part in the games, for some, these sessions help boost daily step counts and support mobility.

This year, in partnership with Kyleakin Connections and Aird Ferry Resource Centre, we also introduced quarterly "Come and Try & Fun Tournament" Boccia meetups in Kyleakin, Skye. Each session welcomed around 40 participants and quickly became a highlight of the calendar. Many attendees surprised themselves by discovering hidden talents!



Together, these Boccia activities continue to strengthen our community, promote wellbeing, and create lasting memories. Whether through regular meetups, fun tournaments, or the annual Boccia event, these gatherings bring people together in a joyful, inclusive way, blending sport, socialising, and community spirit. From discovering hidden talents to forming new friendships, Boccia has become much more than a game, it's a meaningful part of our shared experience.



Highland Boccia Tournament 2024

A highlight of the year is our annual Boccia Tournament, held in September, which brings together members from far and wide for a day of friendly competition and connection.

Thanks for taking me over to the Boccia. I'd never tried even bowling before, so it was a good experience, even if I didn't find it that easy.

It's great feeling part of a group and having fun too.

I love how much fun it is, it's a good laugh and I've met new people.

Tournament Highlights!



*I really value
our Boccia.*



Core Activities-Living Better Online

A background illustration featuring several stylized, cartoonish people of various ethnicities and ages. They are depicted from the chest up, some holding smartphones or laptops. The style is soft and friendly, with a warm color palette of oranges, yellows, and greens. The people are arranged in a way that suggests a community or network. The text is overlaid on a dark teal speech bubble shape in the center.

We provide a diverse range of online activities tailored to our members' interests, making our services accessible from anywhere – especially for those facing mobility or transport challenges. The sessions build community, connecting members across our network in a safe and supportive space where people can share, connect, and uplift one another.

MySelf Management's online sessions are always interesting, beneficial and supportive. The coffee & chat sessions, themed topics and activities provide company and distraction for the members, within their own homes - which is especially helpful, when someone's health stops them getting out of the house much.

Social Events - Monday Moment

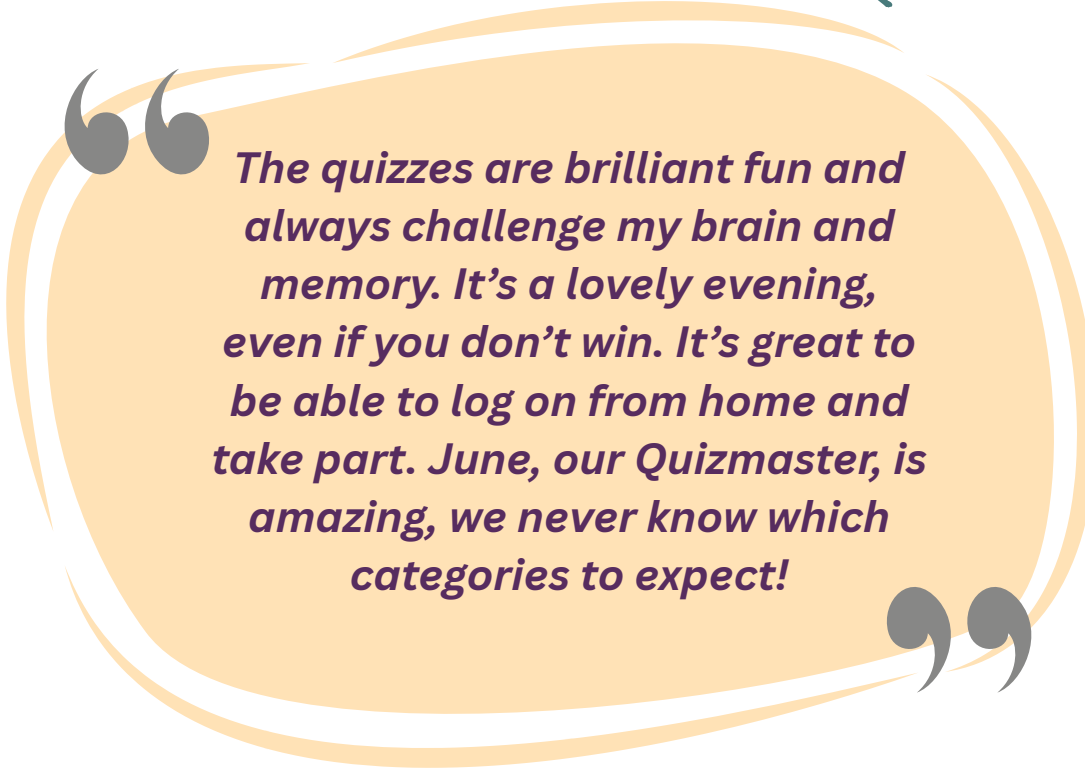
Our Monday Moment chats have explored a wide variety of engaging topics, sparking meaningful conversations and connections among members. These sessions offer a relaxed space to check in after the weekend and dive into subjects that matter most to our community, from healthy eating and recipe sharing to travel stories and beyond.

Each month brings something new, shaped by what members are curious about, making Monday Moments a warm and welcoming way to start a week.



The diverse monthly topics in Kirsteen's Monday Moments can be fun; educational; informative and/or thought-provoking - and are always inclusive, by encouraging everyone to express their viewpoint, comment and ask questions.

Social Events - The Quiz



The quizzes are brilliant fun and always challenge my brain and memory. It's a lovely evening, even if you don't win. It's great to be able to log on from home and take part. June, our Quizmaster, is amazing, we never know which categories to expect!

We host a monthly Quiz Night, with June, one of our members, creating the quizzes for everyone to enjoy. Her quizzes are always challenging and cover a wide range of topics, keeping things fresh and engaging. These evenings are a fantastic way to connect, have fun, and give your brain a workout without having to take a step out your door.

Monthly Themed Peer Support Long Covid Chat

We've hosted a monthly coffee and chat for members living with Long Covid, offering a supportive space to connect, share experiences, and explore ways to enhance wellbeing. These sessions are designed to provide peer support, practical advice, and helpful tips for navigating the challenges of living with Long Covid.

Members have welcomed the opportunity to learn from one another on a wide range of topics, including symptom management, benefits, employment, and more. In a condition that can feel isolating and unpredictable, these gatherings have created a valuable sense of community and understanding.

Monthly Themed Peer Support

Living with Persistent Pain

This session is designed to offer peer support alongside the latest evidence-based educational tools to help explain and manage pain.

In a world facing what feels like an epidemic of persistent pain, exploring all aspects of mind-body pain education is essential.



The more we understand pain from multiple angles, the better we can support individuals in reducing their personal experience of it. These sessions provide a safe, supportive space to learn, share, and explore practical strategies for living well with persistent pain.

Topics we cover include:

- The brain's role in pain
- Why pain is so complex and unique—like a thumbprint
- The “whole body approach”
- Lifestyle factors and their impact
- Graded exposure and restoring movement
- Techniques like Pain Reprocessing Therapy & Cognitive Functional Therapy

Wellbeing - Sound Bath

This year, we were delighted to fund weekly online sound therapy sessions with the Grounded Goddess, running through the winter and spring months. Members enjoyed the opportunity to cosy up and take time out for themselves in the comfort of their own home.

I have found the sound bath sessions to be very beneficial in reducing my stress levels, in aiding my sleep and my digestion and in promoting a general sense of well being. I have found that my responses and sense of connectiveness has built with each session. I have been very pleasantly surprised by this as I wasn't sure if these sessions were right for me.

These sessions offered a calming and restorative space each week, helping members unwind, recharge, and prioritise their wellbeing.

They have been absolutely amazing and have helped me mentally, physically and emotionally. I would love to carry on with them for as long as possible please.

Wellbeing - Seated Tai Chi

With a 45 minute session offering combined qi gong breathing, tapping, tai chi and a body scan relaxation on a Monday evening and daily 10 minute mini chi sessions providing the widest range of times and effort possible, our seated tai chi sessions have continued to be a firm favourite.

I attend twice weekly online seated tai chi sessions, which have us stretching our bodies in a very relaxing and mindful way.

The “tai chi ladies” have formed a strongly-bonded community within the wider MySelf-Management network and each session is a chance to share daily friendly greetings and chat as well as move, stretch and relax.

The seated Tai Chi sessions are great! I particularly like the 10 minute mini chi clips. Being talked through physical motions that we wouldn't generally do, helps us to extend and maintain our muscle strength and range of movement. Learning to relax our muscles and push away negative feelings whilst drawing in positive thoughts and energy, helps to reduce our stress levels.



Tuesday Wellbeing Sessions

On Tuesday afternoons we offer two different wellbeing sessions on alternate weeks: Kate's **Gentle Seated Movement** and Ruth's **Guided Relaxation**.

The **online seated movement** sessions are low impact exercises which are perfect for our members who have mobility issues, recovering from an injury, experiencing pain or fatigue or just prefer a gentler approach to staying active. The best thing about the chair exercises are their versatility and they can be adapted to suit different fitness levels and abilities, making them inclusive for everyone. Depending on who is attending, we range from gentle stretching and working our way around full body and joint range of motion. In other weeks we may use hand weights or a small exercise ball.

The **guided relaxation** sessions are designed to give members a peaceful space to relax, while also learning practical tools to support their wellbeing. Each session begins with time for members to catch up and connect, followed by 30-40 minutes of guided relaxation. We start with gentle breathing exercises to help everyone ease into the session. These Breathwork and mindfulness techniques can be used independently by members in their daily lives, offering simple techniques to unwind during the day or help with sleep. Guided relaxation helps reduce stress, worry, and tension by encouraging the mind to focus on calming imagery and peaceful thoughts. Members are guided through imaginative journeys, like swimming down the River Seine or visiting narwhals in the Arctic, which help bring a sense of emotional balance and inner calm. Regular practice can also support pain management by teaching the mind to release tension and invite relaxation.

Feedback from members has been overwhelmingly positive. Many say they feel more relaxed after a session, and some look forward to it as a moment of calm during a challenging day.

Highland Youth Living Well Project



Launched on 1st October 2023 with funding from The Alliance, the Highland Youth Living Well Project continues to empower young people across the Highlands by promoting self-management and wellbeing through inclusive, youth-led resources. The project aims to reduce stigma around long-term health conditions and encourage early intervention through education and community engagement.

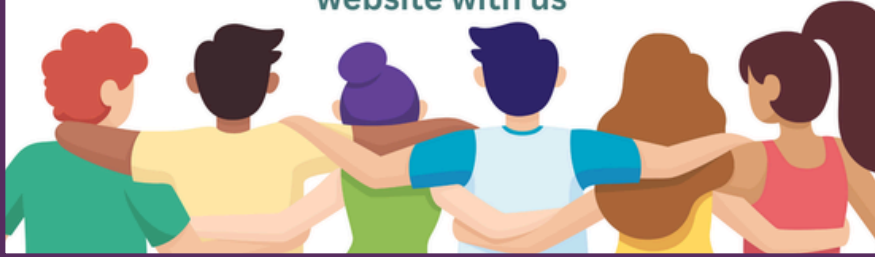
The first year brought both meaningful progress and some unexpected challenges. Illness within the team caused delays early on, but thanks to emergency support from trustees and the recruitment of a dedicated youth worker later in the year, momentum was restored. Together, the team developed sessions around eight core wellbeing topics including Self-Management, Movement, Eating Well, and Relationships.

Highland Youth Living Well



Wanted! Young People aged 10-20

We are looking for Young People interested in health & wellbeing in Highland to shape, deliver and test a new wellbeing resource and website with us



Youth feedback played a key role in shaping the project. Promotional materials were tested at events such as UHI Freshers' Week, where the team connected with over 40 students.

Stakeholder engagement remained strong, with two collaborative meetings helping to shape content and identify gaps – particularly for the 18-30 age group. Around 25 stakeholders have contributed to the project so far. Despite scheduling conflicts and staff absences, the team adapted quickly, gaining valuable insights into communication and planning.

Looking Ahead:

The next phase of the project will expand to include new topics such as Sadness, Habits, and Transitions. Digital content will continue to be refined, and preparations are underway for live delivery and testing. Despite the challenges faced, the foundation laid in year one has been strong and driven by resilience, youth empowerment, and a commitment to inclusive wellbeing.

www.highlandyouthlivingwell

Wait Well Project

Launched on 1st April 2024, the Wait Well Project is a collaborative initiative between NHS Highland and MySelf-Management, funded by NHS Charities Together. Val and Vicki joined the team and, following intensive training and close collaboration with NHS Highland colleagues, began supporting patients from September onwards, initially focusing on patients on Long Covid and Orthopaedic waiting lists. The team has provided holistic, person-centred support through a range of social prescribing themes using the Near Me platform and telephone calls. Their flexible approach has helped patients manage fatigue, mental health challenges, and lifestyle adjustments while awaiting treatment, and feedback from patients has been overwhelmingly positive.



Val



Vicki

Social Prescribing Themes

- Sleep support
- Pacing strategies
- Mindfulness
- Post-operative exercises
- Nutrition advice
- Practical guidance (e.g. travel insurance)

Thank you for all your help and support over the past few months. You've been great to chat to, with plenty of helpful ideas and info. It's been really nice to have someone to talk to so I didn't feel lost while waiting for my appointment.

Having contact with you makes my condition easier to manage.

You have made such a difference to my ability to cope and get well over these last four months.

The Team

(as many as we could get standing still in the same place at the same time)



I can't thank you all enough and you all are such a blessing in my life. The staff of MySelf-Management are wonderful, empathetic, nurturing, knowledgeable and kind, and if I was still able to work, I could think of no better colleagues to have than you all.



Donate

Supporting our Work



Highland
Community
Lottery

Support Health and Wellbeing Across the Highlands!

MySelf-Management empowers people with long-term conditions to live well, but we need your help to keep going and growing.

Your support helps us to

- Continue vital activities like our Living Better groups
- Launch new initiatives where our communities need them most

How You Can Help

Play the Highland Community Lottery

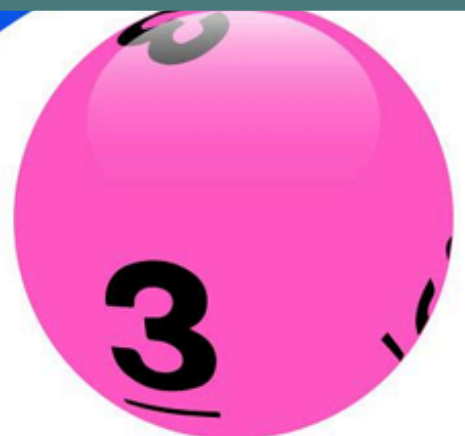
Choose MySelf-Management as your cause or use the QR code top right, current ticket sales fund venue hire for at least one Living Better group every month!

Make a One-Off Donation

Scan the QR code top left or visit our Donate page to give directly. Every pound makes a difference.

Together, we can build healthier, more connected Highland communities.

Thank you for being part of the journey!



Acknowledgements



We are grateful to all the funders (NHS Highland, NHS Charities Together, National Lottery Improving Lives Community Fund, The Health and Social Care Alliance) and supporters who have made the activities highlighted in this report possible. Your generosity and commitment have helped us continue delivering meaningful support across our communities.

Community-Based Donations Supporting Local Initiatives

- City Mobility - for continued support for our Boccia Tournament
- Tesco Dingwall - for contributions to local Living Better Groups
- Co-op Muir of Ord - for community support
- Nairn Ceilidh Group - for supporting the Nairn Living Better Group
- Highland Construction Charity Dinner - for fundraising efforts
- Foundation Scotland - Camster Wind Fund - for ongoing support

We also extend heartfelt thanks to everyone who has given their time and expertise, including guest speakers at our winter evening chats, the stakeholders in our Youth Project, tai chi expert Sandra and our dedicated volunteers who have grown with us.

Finally, we sincerely thank all those who have shown appreciation for our work by donating via our website or supporting us through the Highland Community Lottery, especially those who have generously gifted their winnings to our cause.

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