

SMILE



**Will YOU
SMILE for
Self
Management?**

SMILE



LTCAS

LONG-TERM CONDITIONS
ALLIANCE SCOTLAND
people not patients

Contact us

Long Term Conditions Alliance Scotland
349 Bath Street
Glasgow
G2 4AA
0141 404 0231

smile@lucas.org.uk
www.lucas.org.uk

Charity No. SC 037475
Company No. 307731

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What is the SMILE for Self Management Campaign?

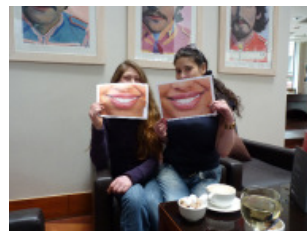
LTCAS are launching the 'SMILE for Self Management' campaign to raise awareness of self management in Scotland. The campaign is linked to a national awareness raising campaign and to Scotlands first Self Management Week **4th – 8th October 2010.**

Self
Management
Improves
Lives for
Everyone

The campaign aims to allow people from all walks of life to show their support for self management in a simple and fun way.

How do I take part?

We are asking people to take a photo of themselves, their group or organisation holding an oversized SMILE over their own mouth. We will provide a selection of SMILEs – and they will also be available to download. Them simply send your picture back to us.



The campaign has a Facebook page www.facebook.com/LTCAS SMILE where SMILEs can be downloaded, and pictures taken uploaded. Other ways to get involved can be found on our website www.ltcas.org.uk or contact us on the details overleaf.

We will use the SMILE photos to make a collage (perhaps in the shape of a map of Scotland) to show that people across Scotland SMILE to support self management. Images and the collage will also be used on our website, promotional banners and posters which we will display at exhibitions and conferences.

Who should get involved?

Anyone and everyone! We would like everyone in Scotland to SMILE for Self Management!

We hope that a range of people, groups and organisations in Scotland will show their support for self management.

As well as people living with long term conditions, and those who know or support them, we will be targetting celebrities, politicians and sports personalities.

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