

## Care Experienced Children and Young People Services



*“Very interesting day – will help me to take more time to understand the child. I need to think not what’s wrong with you, but what happened to you?”* Carers’ feedback following a workshop

Our Care Experienced Children and Young People Services (CECYPS) are available for Foster or Kinship Carers in Scotland. We know that the health and wellbeing of many children and young people in Foster or Kinship care may not be as good as that of their peers. Adverse childhood events and trauma experienced in their early lives have left many with emotional health and wellbeing needs which require specific help.

We recognise that there are significant differences between Foster and Kinship carers in terms of legal orders, financial support and access to training. The main difference is that Kinship carers look after children within their own family and there may be sensitivities in their relationship with the birth family. For these reasons we always provide separate sessions to Kinship carers and to Foster carers.

## We can deliver face-to-face or online



We can deliver at the best place to suit your carers, for example at a social work department, carers’ centre or at a support group’s usual meeting place. We can also offer workshops and mini sessions virtually using Zoom or Microsoft Teams. Our workshops last four hours and usually run from 10am to 2pm to fit with school pick up and drop off times. Our taster or mini sessions are around two hours long and can be held during usual support group times. Sessions can be arranged to suit your needs.

## How to book a workshop

Workshops are delivered via local authority social work departments, independent fostering providers, support groups or third sector organisations such as the Kinship Care Advisory Service Scotland (KCASS) or The Fostering Network (TFN). For more information and to book a workshop, please contact us using the details below.



# Children’s Health Scotland

## Care Experienced Children and Young People Services

We offer health and wellbeing services that support Foster and Kinship carers including training workshops, mini taster sessions, and 1:1 support.

## Interested?

For more information or to arrange workshop sessions, please contact:

**Anne Wilson, Head, CECYP Services**

Mob: 07485 462435

Email: [anne.wilson@childrenshealthscotland.org](mailto:anne.wilson@childrenshealthscotland.org)

Or

**Sarah Nelson, Assistant, CECYP Services**

Mob: 07485 462434

Email: [sarah.nelson@childrenshealthscotland.org](mailto:sarah.nelson@childrenshealthscotland.org)

Children’s Health Scotland

22 Laurie Street

Edinburgh, EH6 7AB

To find out more please visit our website:

[www.childrenshealthscotland.org](http://www.childrenshealthscotland.org)



Scottish Government  
Riaghaltas na h-Alba  
[gov.scot](http://gov.scot)

We acknowledge the support of the Scottish Government through CYPFEIF and ALEC Fund Grant.

Children’s Health Scotland, A charitable company limited by guarantee, Scottish Charity No. SC006016.  
Registered Company No. 100114. All materials © Children’s Health Scotland 2022.



# Children's Health Scotland



The health and wellbeing of children and young people lies at the heart of our work. Founded in 1961, Children's Health Scotland has grown to become the leading children's health charity in Scotland. We deliver health and wellbeing services directly to children and young people and we are the only charity dedicated to informing, promoting, and campaigning on behalf of the needs and rights of all children and young people with health conditions. We provide expertise and information to children and young people, families, carers, educators, and health professionals and are a national voice for health-related issues relating to children and young people. Our charity is also a champion for health-related play in hospital, in the community or at home. More than just a chance to have fun, play is serious business when it comes to a child's health and health-related play can help children physically, mentally, and emotionally.



## What we offer:

### Mini/Taster Sessions



We can offer short bitesize sessions on the workshop topics below. These can be tailored to fit into support group meeting times. They can include bespoke topics by request (e.g. understanding trauma was developed after it was requested by carers).

### Workshops



We offer a range of workshops, currently free of charge (subject to demand) based on topics often requested by carers themselves. We can deliver workshops in person or virtually using Zoom or Microsoft Teams. We always provide workshops to groups of Foster carers and groups of Kinship carers separately. The topics covered in our interactive four-hour workshops include:

- Managing the Healthcare Needs and Rights of Care Experienced Children and Young People
- Mental health and emotional wellbeing for children in care
- Consent and Confidentiality (in healthcare settings)
- Play Techniques to help children cope with Dental, Medical and Hospital treatment
- Getting it right for Care-Experienced Disabled Children
- The Impact of Loss and Change
- Adolescence Matters
- Understanding Trauma and Supporting Recovery
- Calming Techniques for Carers and their Children and Young People

### One-to-one support

We offer support to carers by phone or email on any health-related matter. Sometimes a listening ear helps. To get in touch please see contact details on the back page.



***"The training exceeded my expectations. I had dealt with my own children as teenagers, and also teenagers that I have accommodated but this course highlighted the need to always put yourself in their shoes and see it from their perspective."*** Foster carer



***"When you come to the workshops, you feel you are listened to and believed and it's great to meet other people who are going through similar experiences to you."*** Kinship carer

***"I've always found CHS to be very informative, sessions are pitched at just the right level and there is very good inclusive management to enable participation, despite the lack of face-to-face training."*** Practitioner

