

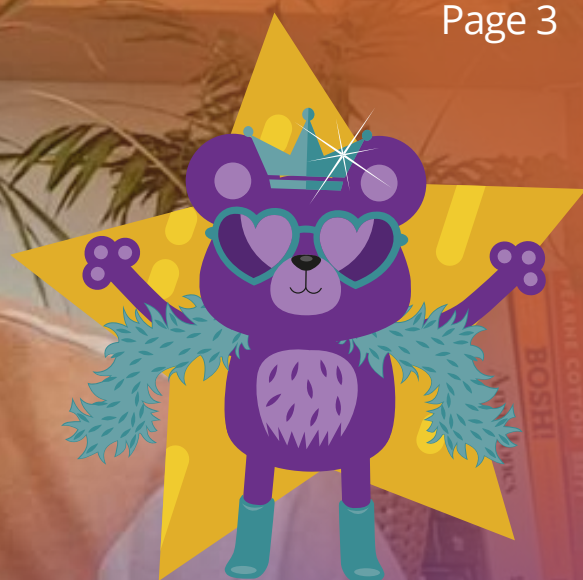
Summer 2020



# Children's Health Scotland

We're Going on a  
Bear Hunt with  
Rory Crawford from  
CBeebies

Page 3



**Nominations  
Closing Soon**

Do you know a special person  
who deserves a Scottish  
Children's Health Award?

**SAVE THE DATE**  
**31 August - 6 September 2020**  
**SCOTTISH CHILDREN'S  
HEALTH WEEK**



# Save the Date!

## Scottish Childcare Health Week 2020

31 Aug - 6 Sept  
#feelinggood

## Join us for a week full of activities and surprises

**We're totally excited to be launching the first ever Scottish Children's Health Week 2020 #feelinggood that will run from Monday 31 August to Sunday 6 September 2020.**

The week has been designed to include seven 'themed' days, spearheaded by our mascot, Bear, whom we've created to help children and young people share their thoughts and feelings about their health and wellbeing.

The week will have a strong focus on the health and wellbeing of children and young people and their right to the best quality healthcare. During the week itself we will be celebrating the award

winners of the new Scottish Children's Health Awards. We have shiny trophies all polished and ready to award to the deserving winners. Check out our centre pages for more information on the awards, and there is still time to enter.

The hashtag '#feelinggood' has been created for the week to encourage children and young people to talk about their health, feelings and emotions. We hope as many people as possible will join our conversations.

In August check out our website for a range of resources which will be available to support our week.



## What's Inside:

- 4 NEW CHILDREN'S HEALTH CHALLENGE**  
Over 1,000 children have now taken on our new Children's Health Challenge that just launched in June.
- 7 CLEAR YOUR HEAD**  
The Scottish Government's Clear Your Head campaign highlights the practical things you can do to feel calmer.
- 12 IT'S TAKING TIME TO ADAPT IN THESE CHALLENGING TIMES**  
Michelle, our Children's Health and Wellbeing Officer based in Tayside, tells us how she is adapting during a very stressful COVID-19 pandemic.

## Special Feature:

### SCOTTISH CHILDREN'S HEALTH AWARDS

If you know someone then please nominate them today for a Scottish Children's Health Award.



8-9

- 15 SHIELDING DURING LOCKDOWN**  
Rhianon left school last year and needs support every day with her with Epilepsy, Autism and Learning disability.







# Rory Crawford from CBeebies has taken us on a bear hunt and we LOVED IT

**O**ur friend from CBeebies, Rory Crawford, has recorded a very special rendition of *Going on a Bear Hunt* to help us celebrate International Picnic Day 2020.

Picnics are great fun for the whole family (and teddy bears) and actually, there are two occasions we can celebrate them in June - International Picnic Day on 18 June and National Picnic Week (22-28 June).

Rory joined us remotely to record his reading of *Going on a Bear Hunt* - a 1989 children's picture book written by Michael Rosen and illustrated by Helen Oxenbury. Following the reading Rory then sang *The Teddy Bears Picnic* - just to get us in the mood to start a scrumptious picnic.

Rory's film can be viewed on our Facebook page and we think it is superb viewing.

So, shake off those blankets, look out those baskets and get ready to go for a picnic. It is a great way to relax, have some fun and, weather permitting, enjoy the sun. However, remember that you don't need to be outside to enjoy the occasion. Picnics indoors can be just as much fun.



**THANK  
YOU  
RORY**



# PHEW!

**Over 1,000 children have now taken on our new Children's Health Challenge that just launched in June.**

**W**e're delighted that over 1,000 P5-P7 children have accepted our offer to complete our brand-new Children's Health Challenge. The new challenge, which has been designed to help children learn more about their healthcare rights, was only launched on 1 June 2020 and already over 50 schools have partnered with us.

Talking about its success, Dr Laura Smith, our Head of Children's Health and Wellbeing Services said: "Children have the right to the best quality healthcare. When researching what information is available, it quickly became apparent to us that there was a need for materials to be specifically created for children and young people.

"Our Children's Health Challenge aims to support the health and wellbeing of children and young people during the current COVID-19 pandemic.

It is specifically targeted towards children and aims to raise awareness of their health and wellbeing rights in a fun and informative way. It has four levels for children to complete over four weeks and we have networked with schools and pupils to develop the challenge. Over 50 schools and clubs are now working their way through the challenge and if successful, our intention is to roll it out for all schools to access across Scotland."

## Treasure Chest

Water

Healthy food

Something to clean your teeth

What helps you sleep

What helps you exercise

What keeps you happy



## Your treasure chests

Thanks to the children, parents and carers who gave us permission to share their treasure chests.



- Children's rights
1. The tiger represents the right to sleep well.
  2. The water represents the right to have food.
  3. The ball represents the right to exercise.
  4. The hoodie represents the right to have.
  5. The lego and foxman represents the right to have.
  6. The family photo represents the right to have.

TREASURE

HUN





The Children's Health Challenge was developed in partnership with Digital Bricks ([www.digitalbrickslearning.com](http://www.digitalbrickslearning.com)) and includes activities developed by the Children and Young People's Commissioner Scotland and The Royal College of Paediatrics and Child Health as well as bespoke activities developed by our own CHS staff. It is supported with funding from the Children, Young People and Families Early Intervention Fund and the Scottish Government Wellbeing Fund.

Each level of the Children's Health Challenge contains short activities that have been carefully selected and developed to be delivered remotely. They do not require access to a printer or adult/parental involvement.

**CHILDREN & YOUNG PEOPLE'S**  
Commissioner  
Scotland

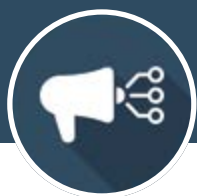
At the end of the four weeks, pupils will receive their 'Children's Health Challenge' Certificate for completing the activities.

If you would like further information on the Children's Health Challenge please contact Dr Laura Smith, Head of Children's Health and Wellbeing Services on 07483 973 320 or email

[laura.smith@childrenshealthscotland.org](mailto:laura.smith@childrenshealthscotland.org)

**“ Inspired by our Learning at Home videos, Children's Health Scotland have been asking children to fill boxes full of the things that help them stay healthy. We've put some photos of their treasures up on our website at <https://cypcs.org.uk/> ”**








# Don't delay seeking medical attention

**A child's right to the best possible healthcare (UNCRC 24) does not disappear during the COVID-19 pandemic.**




The Children's Health Scotland team have been making 'kindness calls' to check in with families and young people, and it has been concerning to hear that some parents and carers have delayed seeking medical attention or are understandably worried about accessing healthcare at this time. Concerns have included:

-  **Worry that their child might catch COVID-19 if they go to a doctor or a hospital.**
-  **Worry that the health service is too busy with COVID-19, and unable to see patients with 'other' or 'normal' health concerns.**
-  **Worry that they might not be able to stay with their child in an ambulance, during treatment or during a hospital stay.**

Hearing of these concerns, Dagmar Kerr, who delivers our Children's Health and Wellbeing Service in Greater Glasgow and Clyde (GGC), spoke to Jen Rodgers, who is GGC's Chief Nurse for Neonatal, Children and Young People's Services and also chairs the Rights of the Child Group. She said: "RHC Glasgow's clinical and support teams are at work and ready as ever to look after children requiring care. Whether that be a normal childhood illness, accident or something more serious, please don't be afraid to bring your child to hospital if you think they need to be seen."

"We have very clear pathways set up to manage the COVID19 pandemic and ensure children are streamed early to the right place. Whilst there are visiting restrictions in place at the moment, a parent or carer will almost always be able to be with their child and will still be able to stay in hospital with them overnight if they are admitted to a ward. Please be reassured we will do our best to continue a person and family centred approach to care within the restrictions that this pandemic has brought."

Staying away from or delaying a call to the doctor because of the above worries could:

-  **lead to a child's chronic condition getting worse.**
-  **make the positive outcome of any treatment less likely.**
-  **mean that important time is lost when a child develops a new illness.**

Health professionals have expressed concerns that children might become more unwell or even die because of a delay in getting them medical help.

So, if you are at all worried about your child's health – be it their chronic condition or something new which you are not sure of – our advice is **please do not hesitate to get them the help they need** by calling your GP, getting advice from NHS 24 by calling 111, or calling 999 in an emergency.












**Healthier  
Scotland**  
Scottish  
Government

# Things you can do to help clear your head

**O**ver half of people in Scotland feel worried about going out again. A new campaign has been launched to provide people with practical advice on how to alleviate feelings of worry and anxiety about going outside as restrictions begin to ease. The Scottish Government's Clear Your Head campaign highlights the practical things people can do to feel calmer – reassuring people that what they're feeling is okay, and there is support available to help them through it.

New research suggests that just over half of people (52 percent) in Scotland feel worried about going out again, with 56 percent worried about being able to stay the required two metres apart from other people when they're outside. Eighty four percent are worried about a second spike in infections when lockdown restrictions are lifted.

Simple steps that people can take to help them feel calmer include:

-  **Breathing exercises** - if you're feeling overwhelmed take a number of slow deep breaths, and focus on something static.
-  **Stay healthy** - keep a good routine with healthy meals and get plenty of sleep. Limiting alcohol and caffeine can also help reduce stress and anxiety.
-  **Talk to others** - connect with friends, family and neighbours to share how you're feeling.
-  **Be kind** - acts of kindness are known to have positive effects on our mental wellbeing.
-  **Look out for each other** - even though we're staying apart, smiling and saying hello when out of your home could give you, and people around you, a lift.



Minister for Mental Health, Clare Haughey, said: "Having to deal with the virus has had a major impact on how we live our lives and people have clearly adapted to having to work, rest and play at home – avoiding large groups. "People are making a huge effort to stay at home and it's natural to feel anxious and worried about things changing again. It's important that we recognise these feelings and be kind to ourselves and each other as we move towards a new way of living."

Consultant Psychiatrist Dr John Mitchell said: "We all need to look after our mental health during the coronavirus outbreak. We've adjusted our lives and now, as restrictions begin to ease, feelings of anxiety, worry or fear are understandable and natural. Your family, friends and everyone you know are likely to be feeling the same way. "We've never had to deal with a situation like this, so it's important not to put too much pressure on yourself. Take time to reflect on the positives in your life and think about what you can control, rather than what you can't. Talking is really important, reach out to each other and remember advice and support is available to help each of you to stay mentally well."

For further information, visit [clearyourhead.scot](https://clearyourhead.scot)

# SCOTTISH C HEALTH AWA



**W**e are seeking very special people (or teams) who have made or are making the difference to the lives of children. We are also seeking children who have shown strength and determination and kept going with their treatment, when it might have been so much easier to give up.

**CLOSING  
DATE:  
12 JULY  
2020**

If you know someone then please nominate them today for a Scottish Children's Health Award. These awards have been created to celebrate those who are making a difference to the health and wellbeing of children and young people in Scotland. There are six specific award categories and nominations can be made until 5:00pm on 12 July 2020. The Awards will be presented during **Scottish Children's Health Week (31 August to 6 September 2020)**.



So this is your perfect opportunity to let us know about:

-  someone special at home, at work or in the community who has gone the extra mile to make a real difference to the life of a child or young person; or
-  a child or young person who has shown great courage and determination and has kept going in the face of adversity.

**Check out the six categories opposite and please make a nomination today.**



# CHILDREN'S AWARDS 2020

## **AWARD 1: CHILDREN'S CHOICE AWARD**

Relationships shape the way we see the world and affect all areas of our learning and development. If you are a child or young person who has received treatment in hospital, at home, or in the community then this is your chance to say "thank you" to someone special in your life who has made a difference to your world. We are looking for someone special who has made a significant difference to a child or young person whilst they are undergoing treatment and whose care really stood out.

## **AWARD 2: HEALTH AND WELLBEING AWARD**

Children are precious and so is their health and wellbeing. When parents leave their children in the care of practitioners, they also hand over responsibility for their health and wellbeing. We are seeking a nominee/team who has made a difference to the health and wellbeing of a child or young person. This difference could have been achieved in school, in hospital or in the community through treatment or advocacy.

## **AWARD 3: HEALTHCARE RIGHTS AWARD**

All children and young people have human and healthcare rights. For example, children have the right to the best health possible and to medical care and the right to play and education in hospital. These rights are articulated in the United Nations Convention on the Rights of the Child (UNCRC) and the European Association for Children in Hospital (EACH) Charter. This award will acknowledge the extraordinary steps taken by a nominee/team to advance the healthcare rights of children and young people.

## **AWARD 4: HEALTH-RELATED PLAY AWARD**

Health-related play is more than just a chance to have fun - it is a serious business when it comes to children's health and wellbeing. It can help children physically, mentally and emotionally and is an essential part of treatment that can help to speed up recovery either in hospital or at home. We are looking for someone special, or perhaps a special team, who has made a significant difference to a child's life through health-related play.

## **AWARD 5: IMPROVING LIFE EXPERIENCES AWARD**

Through this award we want to recognise the commitment and expertise of a nominee/team who has made a significant difference to improving life experiences of a child or young person undergoing treatment. We are looking for a nominee who has made a difference to the confidence and resilience of a child or young person so they are better able to deal with their current difficulties. The nominee may also have helped children and young people develop basic skills and habits to help them deal with challenges later in their life.

## **AWARD 6: YOUNG ACHIEVER AWARD**

We want to acknowledge a child who has shown great determination and kept going, when it might have been so much easier to give up. We are seeking a child or young person who has gone above and beyond, showing enormous courage in their life and never giving up.

**PLEASE GO ONLINE AT [WWW.CHILDRENSHEALTHSCOTLAND.ORG/EVENTS/AWARDS](http://WWW.CHILDRENSHEALTHSCOTLAND.ORG/EVENTS/AWARDS)  
TO FIND OUT MORE INFORMATION ON EACH AWARD AND TO MAKE YOUR NOMINATION**





# Working together to keep the voices of families involved with the Social Work Programme at Edinburgh Napier University

**With current lockdown conditions it has been difficult to keep the voices of families and carers at the forefront of the delivery of the Social Work Programme at Edinburgh Napier University.**

Dagmar Kerr, who runs our Children's Health and Wellbeing Service in Glasgow, has been involved with the programme for a few years, working alongside Susanne Goetzold of Edinburgh Napier University. So that the programme was able to continue to teach students through 'real life' experiences during lockdown, Dagmar engaged the help of the Children's Health Scotland 'Family Participation Group'. Through this involvement, the sharing of experiences and the production of films, the voices of families and carers has now continued to be a vital part of the Social Work Programme for students.

Speaking about the partnership, Dagmar said: *"One of the key strengths of our team at Children's Health Scotland is the broad variety of professional and personal qualifications and experiences. Professional qualifications include teaching, psychology, equality and diversity, pedagogy, nursing and marketing, and although this was never a deliberate intention when recruiting staff, a number of our colleagues have personal experiences of caring for a sick or disabled child. This "dual qualification" adds a dimension to our work which is greatly appreciated by professionals we work with.*

*"About a year ago, we were approached by Susanne Goetzold, who is a lecturer in social work at Napier University. She was hoping to be able to interview families who had experienced working with statutory services like local authorities, social work, healthcare system and education services. She wanted to use these interviews to teach her students through "real" experiences.*

*"CHS has a 'Family Participation Group' with members who are parents, foster and kinship carers. I am one of the members and I am mum to Lisa (29), who has a rare brain condition, epilepsy and a learning difficulty.*

## Edinburgh Napier UNIVERSITY

*We both agreed to separate video interviews with Susanne and shared our experiences (some excellent, some less so) with the above services."*

Since recording these interviews, Dagmar and Lisa have also met with the students and were able to discuss some of the questions that had arisen following their stories. Lisa's account is very personal and covers issues like the need to be fully informed and to participate in decisions about her life, while Dagmar spoke about the efforts and perseverance it sometimes takes to achieve the best possible outcomes for her daughter and to ensure that her rights as an individual were being met.

Lisa and Dagmar also shared successes and were able to point out how important it is to have a well-coordinated service. Dagmar has been a colleague at CHS since 2001, and her work experience is influencing her support for Lisa as much as her personal experiences are influencing her work.

Commenting on the partnership Susanne Goetzold said: *"I want to thank both Dagmar and Lisa for their help during lockdown and to Dagmar for her continued involvement in and support of our Social Work programme at Edinburgh Napier University.*







*"With the current lockdown, it has been so difficult to keep the voice of service users and carers alive in the teaching materials. Having their videos means that I am able to deliver the intended teaching input along the same lines as last year. The content of the two videos are so rich. They will enable us to consider topics such as Children's Rights, the transition from children to adult services, competing needs and demands and a whole range of ethical issues, which are difficult to teach on a theoretical level. I was initially really upset that we would not be able to see Dagmar in person, but it is wonderful to know that our students are still be able to benefit from interviews and knowledge provided by Dagmar and Lisa. I cannot stress enough how important this direct link is for our students – even more so at the moment, when they are unable to go out and visit agencies or see people at the university. Their input and their ability to communicate is providing invaluable learning and will contribute to the assessment for readiness of students to go into placement. I cannot thank them enough for making time to work with us on this programme."*

Children's Health Scotland participates at all levels of planning and policy making – locally and nationally. This is only achievable for the charity through the involvement of families – parents, carers, grandparents, children and young people. Their knowledge, experience and needs help to inform and shape the work of the organisation and they are critical to influencing the planning and delivery of services. Children's Health Scotland has often been described as a "bridge" between the provider and the user, for families to have their voice heard to shape services.

## JOIN OUR GROUP

If you would like to join our Family Participation Group (FPG) to take part in this work, please sign up using the questionnaire on our website: <https://www.childrenshealthscotland.org/how-you-canhelp/join-our-family-participation-group/>





# IT'S TAKING TIME IN THESE CHALLENGING

**W**e have all had to adapt to change during COVID-19. Our face to face work with children and young people abruptly stopped in March so we have asked Michelle, our Children's Health and Wellbeing Officer based in Tayside to give us a little more insight into her work and how she is adapting during a very stressful COVID-19 pandemic.



*As the Children's Health and Wellbeing Officer based in Tayside for Children's Health Scotland, my weeks were very busy pre-COVID-19. My car was normally packed full of toys, and arts and craft supplies, and I was out and about, spending time visiting children and young people. So, to be suddenly at home all the time with a husband, a dog, and two children has taken me a bit of time to adapt.*

*My background is in nursing, so I have really enjoyed working for Children's Health Scotland for the past two years supporting children, young people and their families. I particularly like working in partnership with parents, carers, professionals, and children and young people to help them with their health and wellbeing. Sometimes this has involved representing their needs or concerns with the Scottish Government, healthcare committees and/or other non-governmental organisations.*

*On a weekly basis, before COVID-19 struck, my work would normally involve visiting quite a few children who are under 5s; so I'm now currently looking at other ways to support these children. My role can be very 'hands on' working on health-related play initiatives with children. My toy hospital and little people are always fun, as are the dressing up clothes and puppets.*

**“ Thanks to funding from the Scottish Government Wellbeing Fund I have been able to (along with my colleagues) adapt to working differently and remotely to support children and young people during COVID-19 ”**

*I have now mastered lots of silly voices for the puppets and so have the children.*

*Although my work is play related, it has a serious element as it helps children and young people to realise their rights. For example, play is a fundamental right for children (UNCRC article 31 and EACH article 7) and by using our health-related Play Box, we are also meeting articles 4 (the right to be informed in an age appropriate manner) and 5 (the right to informed participation). Through health-related play I try and support children to feel a bit less anxious in a fun way about anything to do with health.*

*Before COVID-19 my work also involved visiting children who were at primary school which I have missed over the past few months. During this time I encouraged health-related play with toys but often we made puppets or pictures and even teeth as we talked over what might be a worry. The aim was to try and make sure the children had all the facts they needed to help them feel in control especially if they had a planned visit to a hospital, doctor or dentist. It sometimes helped if we played and talked about previous visits too and I really enjoyed this time with the children.*

*Before the pandemic struck, once a week, I would also spend a morning at a local secondary school supporting young people to individually talk about their health and wellbeing, looking at ways that they could improve this both at school and at home. Wednesday the 18 March 2020 was my last usual day and it was a little surreal as I met with the young people knowing it would be my last day working face to face with them.*

*Now, like the majority of other people in the country, I'm working online with my team at Children's Health Scotland and of course, doing this at home with my husband, two children (aged 13 and 20) and a dog. Thanks to funding from the Scottish Government Wellbeing Fund I have been able to (along with my colleagues) adapt to working differently and remotely to support children and young people during COVID-19.*





# ME TO ADAPT CHALLENGING TIMES

*For me, this way of working will never replace face to face work with children and young people. However, in the current climate it is keeping me in contact with the children and young people I support and will be a great tool for me to use alongside face to face work when we eventually emerge from our homes.*

*We've all had to adapt to a whole new way of life, just like everyone else, and we have now adapted our home to have work areas that we can quickly tidy away at the end of the working day. Work life has changed and there is new technology and lots of new information to get to grips with. I hadn't expected it to be as stressful as it has been as I am a homemaker. Suddenly though everyone else is here too. Everyone eats way more than I predicted, and I have had to adjust for that with cooking and shopping. Fortunately, I can turn cooking and shopping lists into maths and home economics, and we have covered a bit of schoolwork too (Curriculum for Excellence). We are fortunate that we are socially isolating together and when one of us is feeling overwhelmed there is someone to make you smile, distract you, or help you put it all into perspective and remind you of all the good that is going on too.*

*We are all spending time together in the evening, watching old movies and playing games which is lovely. As my children are older, they don't spend as much time with my husband and I as they did when they were younger, so we are really enjoying our time and trying to fill it with fun. For me this involves playing them 80s classics like Duran Duran and they are playing me their music, (I wish I could remember the names).*

*We live in a small street, just 14 houses, and there is an amazing little girl across the road who has made everyone a rainbow picture to put in their window - and we all have. It makes me smile when I take the dog out for a walk and see everyone's pictures and know that although we are all apart, we are also all together to support one another.*

*My days are still busy but in a very different way and I very much look forward to working face to face in the community whenever this may be possible again.*





# Working digitally thanks to funding from the Scottish Government and Foundation Scotland



**W**e are delighted to be one of the successful organisations that has been awarded a grant from the Scottish Government Wellbeing Fund which we are using to support children and young people during COVID-19. We are also delighted to be in receipt of an award from Foundation Scotland's Community Response, Recovery and Resilience Fund.

We have used and will continue to use these funds to work quickly, differently and remotely to provide essential support for children and young people with health conditions. These are really unsettling times for all of us, so we would like to thank the Scottish Government and Foundation Scotland for putting these funds in place so that we can continue to play our part in supporting the health and wellbeing of children in Scotland. More specifically over the next two months we will:

- Launch a new SMS:CONNECT service that will support our current Self-Management Service with a digital offering. The service will go live in July and we have children and young people already signed up to take part.
- Continue to expand our 1:1 and group support over the telephone and online for our Children's Health and Wellbeing Services and our Foster and Kinship Care Services. It is the hope to extend our services to other health boards in Scotland beyond Lothian, GG&C and Tayside.
- Continue to adapt our health play materials to a digital format and produce online resource packs to be sent to children and young people and families who might benefit from these new resources.
- Fund equipment that can be loaned to children and young people and their families if needed, so that we are able to connect remotely to provide our services.
- Fund mobile data credit to place within our equipment so that children and young people who need it are able to connect with us and engage with our online and telephone and support.

## SMS:CONNECT

**SMS:CONNECT** is an online Self-Management Service for children and young people living with long-term health conditions. Self-Management means improving the relationship you have with your health and wellbeing and building your confidence and self-esteem. By taking part in **SMS:CONNECT** you will be taking steps towards increasing your confidence and self-esteem, accessing information, and developing skills that can help you cope better with your health condition. We are offering an online service that you can connect with at home and that will help you to connect with other children and young people with health conditions.

**SMS:CONNECT** includes two online self-management programmes: one for children aged 10-12, and one for young people aged 13-17. Groups will have between 6 – 10 people and two facilitators work with each group. Programmes run for six weeks on a safe, online platform, and they include fun activities, games and challenges. The service also includes a supported Hub where you can connect with friends you have met on the programme.

If you would like to know more about our Children's Health and Wellbeing Services and **SMS:CONNECT** then please visit [www.childrenshealthscotland.org](http://www.childrenshealthscotland.org) or contact Dr Laura Smith by emailing [Laura.Smith@childrenshealthscotland.org](mailto:Laura.Smith@childrenshealthscotland.org) or telephoning **07483 973 320**.

We look forward to hearing from you.





# Shielding during lockdown

**R**hiannon left school last year and needs support every day with her with Epilepsy, Autism and Learning disability. It has taken a long time for Rhiannon's family to put some support in place which offers a small percentage of what would ideally be needed to enable Rhiannon to live independently.

Michelle Wilson, who delivers our Children's Health and Wellbeing Service in Tayside, is grateful to her lifelong friends, Rhiannon and her family (mum, dad and brother) for allowing us to share their experience of lockdown and how they have all worked incredibly hard to ensure that Rhiannon has had as positive a time as possible.

*"I have known Rhiannon since she was about five years old," said Michelle. "She has grown into an amazing young woman who, when faced with a challenge, surprises you with her determination every single time."*

Rhiannon lives at home with her mum, dad and brother. She also has a large extended family who she would normally spend a lot of time with - particularly her grandparents, who she is incredibly close to. She frequently spends nights with them and even goes on holiday with them in the caravan (they always have glorious sunshine).

Over the last few years Rhiannon has kept lots of chickens. She looks after

them brilliantly, collects their eggs and they enjoy a cuddle too. During lockdown Rhiannon decided to create a wee stand at her gate where people could come and buy the eggs which she packaged in reused and beautifully designed boxes.

Since shielding began, Rhiannon has had no outside support and has been living with her family at home. Yet this has not stopped Rhiannon from finding new ways to keep everyone in the house extremely busy. Aside from the chickens, she is now growing her own vegetables, has a potting shed, greenhouse and three large raised beds. Her more recent work has been focused on germinating seeds, bringing them on in the green house and then planting outside.

*"It's been 14 weeks since Rhiannon last had any contact with with anyone outside her home, so her family have all been have all been instrumental in helping her," added Michelle. "Without having this support that has included a lot of structure and plenty of activities which are interesting and stimulating Rhiannon would have found the dramatic change in her routine very stressful."*

*"To cope with that stress, the family have created a new routine which they can sustain at home. Rhiannon has chosen things she has always been passionate about, like keeping her chickens and a love of cooking and looked at how these could give her more structure. I know she has*

*put her dad and brother to work with heavy digging and she has been great at giving her family instructions and keeping them active. Now she has the prettiest potting shed I have ever seen and definitely acquired her mum's eye for design."*

Rhiannon has had a lot of support from her family to establish a new normal. Her parents were aware immediately that Rhiannon would not cope well if she became unwell and had to stay in hospital. As a result, they have all pulled together and have seen



Rhiannon thrive during a time that has caused everyone to have increased stress. An unexpected bonus is that now everyone is getting delicious food prepared from things grown at home and Rhiannon's baking is amazing



Children's  
Health Scotland

TRAINING AND  
RESOURCES



# Health Matters for Children and Young People in Kinship Care

We provide training directly to Kinship Carers. We also design bespoke sessions to suit specific needs and interests. This training is delivered **FREE OF CHARGE** as Children's Health Scotland is funded by the Scottish Government and other trusts and foundations. Please contact us for more information.

## Training topics

- Managing the healthcare needs and rights of children in care
- Mental health and emotional wellbeing for children in care
- Consent and Confidentiality
- Play techniques to help children cope with Dental, Medical and Hospital treatment and pain
- Getting it right for Looked After Disabled Children and those with complex healthcare needs
- Impact of Loss and Change
- Adolescence Matters

## Services during COVID-19

### 1:1 Phone and Email Support

on any health-related matter. Sometimes a listening ear helps. We can provide phone and email support on any health-related matter but please be aware that we cannot give medical advice. However, we do work closely with professional advisers and can signpost people to the right professionals/organisations for further support.

### Question and Answer Sessions

In these times of uncertainty and questions flying around, we would like to provide what reassurance we can. Please send in your questions to the email below and watch our website for details of forthcoming Q&A sessions.

### Online Sessions

We can offer short bitesize sessions on some of the workshop topics: mental health and emotional wellbeing, ways to cope with stress and anxiety, loss and change. These will be advertised on our website.

*Please ask us questions. For example we have been asked:*

“Is it safe for my child to go to school when I am shielding?”

For more information and to arrange your training sessions, please contact:

**Anne Wilson, Head of Development**  
Children's Health Scotland

**Tel: 0131 553 6553**

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



The aim of Children's Health Scotland is to make sure children and young people get the best quality healthcare. We are the only charity in Scotland dedicated to informing, promoting and campaigning on the healthcare needs and rights of all children and young people.

## Registered office:

Children's Health Scotland  
22 Laurie Street, Edinburgh EH6 7AB

 [enquiries@childrenshealthscotland.org](mailto:enquiries@childrenshealthscotland.org)

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



## Find us on:



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 2020.