

Children's Health Scotland



Rory Crawford joins us as a Charity Ambassador

**Please
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towards our
Christmas
Appeal
P15-16**



CHILDREN'S HEALTH SCOTLAND NAMED AS A FINALIST OF THE DRUM AWARDS – EXPERIENCE 2020

We're so proud to announce that our [Scottish Children's Health Week and Awards](#) has been shortlisted for a 2020 Drum Award. Events and experiences have looked very different this year and The Drum Experience Awards 2020 celebrate those in the industry who have clearly demonstrated innovative, creative and most importantly, effective events.

"Children's Health Scotland has been nominated in the Community and Not For Profit Sector for our Scottish Children's Health Week and Awards which is amazing news," said Helen Forrest, Chief Executive of Children's Health Scotland. "These are prestigious awards that celebrate the very best events which have been delivered on a national

level, so we're really proud that Children's Health Scotland has been named as a finalist."

Winners of The Drum Awards – Experience 2020 will be announced during a free live ceremony on **Thursday 3 December, 4pm.**



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We welcome Rory Crawford as a new Charity Ambassador



We are delighted to announce that Rory Crawford is joining Children's Health Scotland as a Charity Ambassador! Rory has been a big part of CHS for a while and we are huge fans of the wonderful renditions of children's stories that he reads for us.

Earlier this year we caught up with Rory to find out a little bit more about him:

"I'm a dad to a wee boy and girl. I'm a marine biologist by training but have done lots of jobs...was a paperboy, made pizzas, worked in a shop, an aquarium, on nature reserves. Now I work with teams all over the world to try and stop seabirds being accidentally caught by fishing boats – from the eastern Baltic to Namibia and Chile to Iceland."

In addition to the important work that Rory does for wildlife and the environment, he is also known for his role as a children's television presenter on Cbeebies!

A partnership approach to developing a new Mental Health & Wellbeing Professional Learning Resource for schools

Children's Health Scotland in partnership with the [Mental Health Foundation Scotland](#) and [Digital Bricks](#) have been commissioned by the [Scottish Government](#) to develop an online, open-access Professional Learning Resource in Mental Health & Wellbeing for use by all school staff in Scotland.

The resource will take a whole school approach to Mental Health & Wellbeing and will aim to support staff to promote positive mental health & wellbeing in children and young people, their colleagues and themselves.

Commenting on the resource Anne Wilson, Head of Development at Children's Health Scotland said: *"As part of this development, we have been listening to people working in all roles within schools so that*

we can design and deliver a resource that really meets the needs of all staff and can be utilised in a way that works for everyone. The aim is to deliver a resource which is fit for purpose, accessible and supports everyone in their roles."

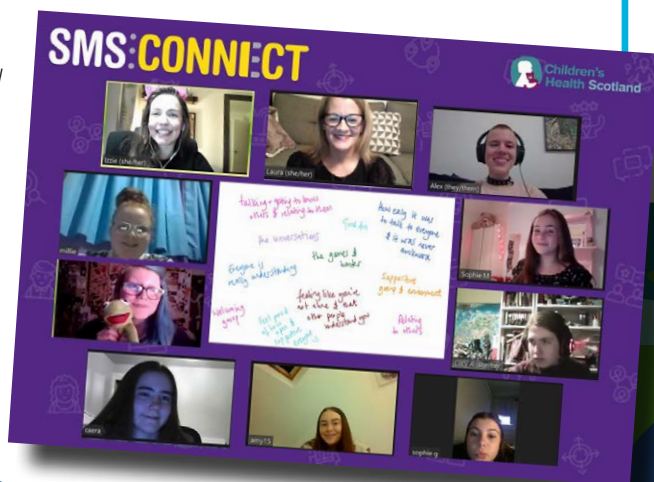


A whopping £1,508.58 received from Co-op Local Community Fund

This year we have been part of the Co-op Local Community Fund - a fund that supports projects across the UK that their members care about. So, in November we were absolutely delighted to receive a huge donation of £1,508.58 towards our work with children and young people.

The generous donation has been put towards the delivery of our online Self-Management Service, [SMS:CONNECT](#). This service is for children and young people who are living with long-term health conditions in Scotland, and allows them to take steps towards increasing their confidence and self-esteem, accessing information, and developing skills to help them to cope better with their health condition. The online service allows participants to connect at home with other children and young people with health conditions.

Commenting on the fabulous donation, Izzie Turley, Children's Health and Wellbeing Assistant at Children's Health Scotland said: "A huge thank you to all of the Co-op members who contributed to this amazing donation. We're incredibly grateful to be able to use this funding to continue to deliver our excellent service for children and young people in Scotland. We are extremely proud of our Self-Management Service, but we never forget that it's only possible thanks to volunteers and the generosity of others."



Our next SMS:CONNECT Programme will begin in January 2021, and is now open for referrals. For more information about the service and the online referral form, please visit:

<https://www.childrenshealthscotland.org/service/smsconnect/>



Young People from SMS:CONNECT Share Their Stress Stories

To help young people understand stress and how to manage it we use the concept of a Stress Bucket. Everyone has a stress bucket that they carry around with them in their daily lives, and everybody's bucket is unique to them – some may be bigger or heavier than others!

Things that stress us out, such as arguing with our family or doing badly in a test, fill up our bucket and make it heavy to carry around. For children and young people with long-term health conditions, their bucket is often smaller to begin with, and may be filled with things like hospital appointments, fatigue or pain, on top of all the other things that young people worry about.

At the beginning of November we highlighted the importance of International Stress Awareness Week (2nd – 6th November 2020) by creating a video with some of the children and young people who took part in our Autumn SMS:CONNECT Programmes. This video was posted on the Children's Health Scotland website, as well as on the charity's social media pages.

In our video, we asked Hollie (10), Millie (14), Caera (17) and Nicole (17) what stresses them out and how it makes them feel. They shared with us that worrying about their family's health, having too much work to do, and getting into trouble makes them feel stressed, and that it makes them feel upset, agitated, and angry.

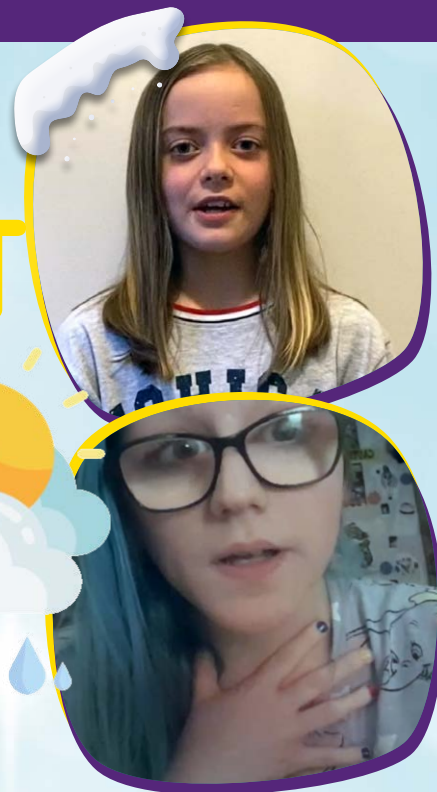
In SMS:CONNECT we give young people a variety of tools to help them to manage their stress, such as relaxation and breathing exercises, and suggestions of how to positively express emotions, such as expressive writing and art. Having positive behaviours to cope

with stress can help empty out the Stress Bucket and make it easier to carry around. These young people all have different ways of managing their stress, and some of the ideas they share in the video include crafts, going for a walk, and talking to someone they trust.

"We're so proud of these young people for sharing their stress stories," said Dr Laura Smith, Head of Children's Health and Wellbeing Services at Children's Health Scotland. "The video was so successful reaching almost 600 people on Facebook, and nearly 1600 on Twitter! We really value the experiences of the children and young people who take part in SMS:CONNECT and our programme will continue to evolve as it takes inspiration from the participants."

SMS:CONNECT is a six-week online Self-Management Service for children and young people aged 10-17 who are living with a long-term health condition in Scotland. In this Programme we teach young people about the tools they need to cope with their health condition and facilitate group discussions on a variety of health and wellbeing topics. Stress is a subject we spend a lot of time discussing as it affects young people in a variety of ways; whether they are worrying about their health, friendships or school; and it can be a complex feeling to understand and manage.

We are currently open for referrals for our next SMS:CONNECT Programme which will begin in January 2021, and more information can be found on the services page of our website.





We've been clowning around

We know that children and young people with long-term health conditions are more likely to experience poor mental health. Children in our SMS:CONNECT programme regularly express to us their feelings of loneliness, isolation, and low confidence. So we were tickled pink when the Clowndoctors – experts in therapeutic clowning – offered to partner with us to help us support children and young people with long-term health conditions.

The Clowndoctors don't wear make-up, curly wigs or big feet. They wear a bright yellow coat and a red nose. By using gentle, character clowning, they create clown characters who are naive and optimistic, who find hope in every situation and excitement in the smallest things. Part of the charity Hearts and Minds, the



Clowndoctors use therapeutic clowning to make genuine connections with every child they interact with, engaging the young person behind their difficult circumstance and giving them the confidence to smile and laugh again when they need it most.



Commenting on the partnership Dr Laura Smith, Head of Children's Health and Wellbeing at Children's Health Scotland said: *"The Clowndoctors were actually winners of the first Health-Related Play Award during Scottish Children's Health Week. Following the week, they reached out to us and made a very kind offer we just couldn't refuse. As a result, we're now working together to bring fun and laughter into the lives of the children and young people we support. There is a real synergy between our services and jointly a real buzz of excitement as we help children to overcome their feelings of powerlessness, anxiety, isolation, and boredom. The icing on the cake, so to speak, is when we see them start to improve their self-esteem and self-confidence."*



"The Clowndoctors actually took the time to tailor their sessions to the needs of the children and young people we support which I think has made a real difference. We really don't stop laughing when they are about and our cheeks ache. All I can say is a heartfelt thank you to Dr Squash, Dr Mousse and Dr Crumble."

Dr Laura Smith, Head of Children's Health and Wellbeing

"We both loved it. They are so amazing. We can't wait until next week."
(Parent of Shaun, age 11)

"It really cheered up my day."
(Radha, age 9)

Like many people working with children and young people, the Clowndoctors have not been able to make their usual visits in hospital settings and have been looking at how they can still bring laughter and joy during this difficult time. 'Clowndoctors on call' involves professional creative artists making virtual visits - but with all the fun, interaction and laughter you would expect.



A beautiful partnership has been born and we look forward to more opportunities to work together in the future.

To find out more about the wonderful work of the Clowndoctors, please see their website (www.heartsminds.org.uk) or social media (Facebook @heartsmindsuk and Twitter @heartsmindsUK)

Time for play, recreation and education



EACH Charter Article 7



READY... STOP

WE'RE NOW DELIVERING V

P2 Children at Battlefield Primary School in Glasgow are first to try out our new virtual Play Workshop



L-R back: Finlay, Tilly, Lenny, Elliot, Hannah, Imaan;
Front: Elliot, Yusha, Daisy, Trudy, Freya, Annabel

CCOVID 19 restrictions have certainly made us creative! We know that children have the right to play (UNCRC article 31 and EACH Charter article 7), and that playing is especially important to help them explore and deal with medical experiences. We know that at least 50% of all children will have had a hospital experience by the time they are 5 years old. So, when COVID restrictions meant that we could no longer visit children in schools or nurseries, we needed to find a solution to enable them to access our Hospital Play Box resource.

Dagmar Kerr, our Children's Health and Wellbeing Co-ordinator for Greater Glasgow and Clyde, is grateful to Acting Principle Teacher and one of the two class teachers of Primary 2b at Battlefield Primary School, Mrs Sarah MacFie, for agreeing to be the first class who tried out this online adaptation of our Play Workshops.

Mrs MacFie was very helpful and supportive, giving useful feedback when we adapted the paperwork, including risk assessment, activity suggestions, guidelines and accompanying parent letter. We developed a 'paired resource' where she had an identical kit to the one Dagmar used. Mrs MacFie and student Ms Young (pictured) also connected her school

i-pad to the classroom whiteboard to allow Dagmar to see the children through the i-pad camera. The children could see Dagmar either on the whiteboard or on the i-pad. We used the secure platform 'Microsoft Teams' and were able to have completely interactive, two-way conversations.





READY... PLAY

VIRTUAL PLAY WORKSHOPS

During this online chat, Dagmar introduced the children to the items in the box, talked about their correct names, what they are used for and the children shared with her what they already knew about them. They were very knowledgeable and also open to discussing sensitive items, like syringes.

After the online workshop, the class kept the Play Box for two weeks and allowed the children to play with those items of the box that are easily cleaned. The popular dressing up uniforms were only used once during the workshop, as they should not be shared at this time to minimise any infection risks.

Mrs MacFie said: *"The children in my P2 class thoroughly enjoyed the play workshop, and, at a time where visitors to school are very limited, really benefitted from being able*

to have someone 'in' their classroom (albeit in a slightly different manner!) Mrs Kerr talked through the items in the box and was on hand to answer any questions that arose as a result.

"All the materials in the Play Box provided hours of relevant and engaging play, both through teacher led activities - discussion and story books - and more imaginative play, whereby the children used the equipment to recreate a doctor's surgery, hospital setting and opticians - the opportunities are endless!"

"The children are already very used to learning through play, so the box perfectly complemented this. They were very excited by the range of resources provided, and every child shared that they felt more confident attending a medical setting as a result of the session."



Hannah and Yusha

Some of the children's comments:

"I played with the playhouse. There were doctors and patients in it."
- Matthew

"I liked the stethoscope because I liked putting it on my chest."
- Finlay

"I was a doctor and I was wearing a real doctors uniform". - Hannah

"I liked the stethoscope because I could hear people's hearts." - Imaan

"I really liked playing with the eye sight board. We made a pair of glasses and had to wear them". - Annabel



Matthew



Thank you very much to Mrs MacFie, Ms Young and especially to the children for their wonderful questions and comments and the lovely pictures they drew for us. We are just sorry that we can't print them all here.





School milk scheme to continue in Scotland



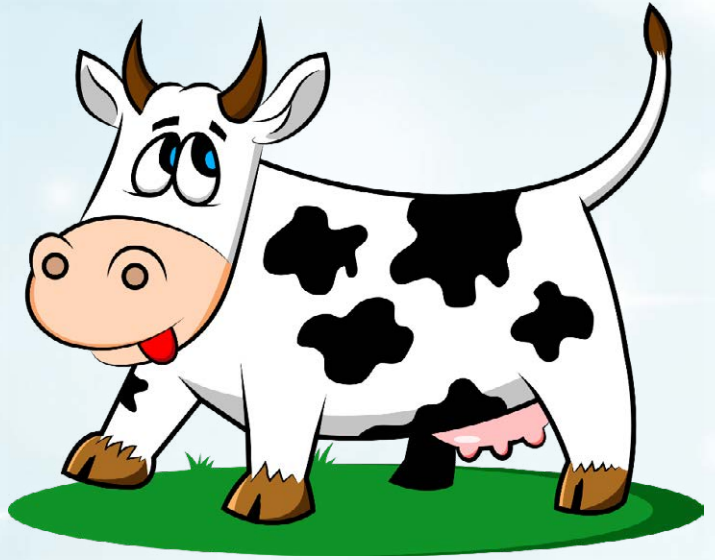
Children and young people will continue to be able to access subsidised milk in schools in Scotland, despite a funding gap caused by Brexit.

The Scottish Government has agreed to commit funding of £722,000 this school year so the scheme can continue.

Deputy First Minister John Swinney said: "Offering milk in schools provides an excellent source of nutrients for young people and helps to help to set up healthy eating habits, so parents and local authorities can be assured we will not allow the school milk scheme to be lost."

Commenting on the announcement Helen Forrest, Chief Executive at Children's Health Scotland said: "Milk is the original fast food – a quick and nutritious snack that provides a large amount of essential nutrients vital for the growth of children. So, Children's Health Scotland is delighted that the Scottish Government will continue to provide financial support for the supply of fresh milk in

schools. Together with the recent announcement of free school meals, it is another important step in supporting the health and wellbeing of children Scotland."



Children wish their Gran Happy retirement after 45 years as a nurse and midwife

How do you mark a special day like this during lockdown? When Sandra MacFie's family asked if they could borrow our dressing up 'theatre blues' to surprise their Gran on her retirement day, we were only too happy to oblige.

Ollie (8), Jessica (5), Jack (4) and Matthew (3) dressed up as midwives to wish their Gran, Sandra, a very happy retirement. During Sandra's career of 45 years in NHS Greater Glasgow, she was a nurse, ward sister and midwife, working with adults in both antenatal and postnatal settings, and later specialising in neonatal nursing. The children are delighted that they will now see their Gran more often, as she provides essential childcare while their parents work. Commenting on her retirement Sandra said: "45 years! I can't quite believe it. I feel so fortunate to have been able to do the job I always wanted to do since I was a wee girl. It has been such a privilege to work alongside colleagues while dealing with

some of the most momentous times in people's lives. Happy times, sad times, my job has always involved supporting people and I feel proud to have made a difference to them. I will miss it, but it is time for another chapter. I am looking forward to enjoying more time with my family and friends."

We at Children's Health Scotland wish to join the family in thanking Sandra for her dedicated service and wishing her a very happy retirement.





Have a Phenomenal Christmas!

Cloaked in the hazy fog of a crisp Tuesday dawn, Bear took to the skies with Snowman. It was the moment they've been eagerly anticipating all year round.

Paw-in-hand, they whooshed above the hilly lands. And when the world beneath transformed into a checkered blanket, Bear and Snowman started spreading festive snowflake good wishes to everyone below.

"Have a Phenomenal Christmas" – they sang into the skies and the giving season thus began.



We're excited to have launched our Have a Phenomenal Christmas Campaign. With the help of Snowman and our mascot, Bear, we're asking everyone to support our charity with donations to help fund our vital work in Scotland.

Our festive campaign also includes **Bear's Countdown to Christmas** #BearsC2C – daily social media activity based on the much-loved Advent Calendar and involving Bear. 2020 has been a difficult year for everyone, including Bear, so in the run up to Christmas, Bear will share health and wellbeing messages and try out activities to help children, young people, and families feel good whilst learning more about healthcare rights. To get involved with the campaign just visit our Facebook or Twitter pages in the

run up to Christmas and tag your adventures #BearsC2C.

We are the only charity in Scotland entirely dedicated to ensuring that children and young people receive the healthcare and treatment they need. As such, our efforts are essential for a healthier and happier society. We have focused on helping all children and young people with health conditions in Scotland for over 40 years, and we simply could not have done our work without the generous help of people like you.

Helen Forrest, the Chief Executive at Children's Health Scotland, put it this way: *"Children's Health Scotland just wouldn't be possible without the hard work, knowledge and enthusiasm of our staff, the dedication of our supporters and volunteers, and the generosity of people, trusts, and foundations."*

That is why we ask you to consider helping Bear in spreading the generous holiday spirit this season.

If you would like to make a donation towards the work of Children's Health Scotland, please go online at www.childrenshealthscotland.org and click the **Please Donate** button at the top of the page.

Thank you and have a phenomenal holiday season,

Children's Health Scotland





1 in 10 births can be premature

Cian was a premature baby born by Caesarean Section on 30 November 2013 at just 24 weeks. When Cian was born he weighed just under 500 grams and the next day he weighed just 427 grams. Mum Corinne has kindly shared her story with us.

During pregnancy Corinne developed a life-threatening condition called HELLP (Hemolysis, Elevated Liver enzymes and Low Platelets) syndrome which is a rare blood clotting and liver disorder. As Corinne lived in the Scottish Borders, her local hospital did not have the facilities or expertise to support her, so a bed was found elsewhere and she went to Simpsons Neonatal Unit in Edinburgh. The Simpsons was chosen as dad James lived 40 miles away.

Before her Caesarean Section, Corinne was given steroid injections to help with Cian's lung development and magnesium via intravenous fluids to support his brain development. This took place within a 24-hour period and Cian was delivered by Caesarean Section as soon as Corinne's blood was clotting, and she was stable enough for the procedure.

As Cian was born at 8.34pm he gave a tiny squeak and was then immediately placed on a ventilator. It took until 2.30 in the morning for the team to stabilise him at which point Corinne and James got to visit him in the neonatal intensive care unit (NICU).

For a week Corinne was a patient in a side room on the maternity ward as it helped not to be around other mums with babies. The second week Corinne moved to a family room - one of only two within the hospital.



Corinne and James held Cian for the first time when he was two days old. However from the very start they were involved in changing his nappies and feeding him via a tube and syringe.

"The staff in the NICU were great at making sure we were involved and knew what was happening," said Corinne. "We had the time to ask questions and Cian was fed every two hours with a mixture of expressed milk, donor milk and special formula milk. He remained on a ventilator for two months and had several blood transfusions and surfactant twice to help with lung elasticity and development."

In the first few days visits were just from mum and dad and his two big brothers. As Cian got a little stronger, grandparents and then aunts and uncles were allowed to visit too.



"Cian actually opened one eye in the first week and his second eye opened the next day," continued Corinne. "I remember how dark his eyes looked. He was allowed out of his incubator for cuddles once a day which was a really special time for me and James."

Corinne's maternity leave started as soon as Cian was born. After discussions with his doctor, James' GP provided him with a seven week certificate for family stress followed by a week of paternity leave.

Each day Corinne and James drove 80 miles to be with their son, each day paying for parking and meals in the canteen. They were never contacted by their midwife or health visitor and relied on the ward staff for all support and information. Corinne independently contacted her local social work department who did offer support and advice around benefits and grants which the couple could be entitled to.



The next big move was when Cian came off the ventilator and moved to Continuous Positive Airway Pressure (CPAP) and into a new ward with more open visiting. This was when everyone else in the family got the chance for a cuddle.

Cian was transferred back to his local hospital when he was four months old. Thinking back, Corinne said: *"Cian was moved in his incubator in a special ambulance and I remember feeling both scared and apprehensive. We had built up such a strong relationship with the team who had looked after Cian since birth, that it was hard to leave. He was moved off the CPAP and had his first bath in our local hospital. However, I had to insist to be the one who gave him his bath which was upsetting at the time. There just wasn't the level of experience of prematurity at our local hospital and therefore staff didn't have the same understanding*

“ Having now experienced a premature birth, I feel that just a brief mention from your midwife of the fact that 1 in 10 births can be premature might help prepare you a little if it happens to you. I think his would be helpful. I also feel strongly that, if a baby is born before 24 weeks and sadly dies, there should be the ability to register the death. ”

of the needs and rights of parents. At the same time, Cian moved from tube feeding to bottle feeding. I felt that there was an enormous pressure to express milk from the moment Cian was born, that moving to bottle feeding felt like a huge step forward."

Cian was discharged home at five months, with an oxygen supply around the house and portable tanks for going out. He was visited regularly by the Community Paediatric Nurse until his oxygen stopped when he was eight months old. The Community Paediatric Nurse was a great support, Corinne says, and offered advice when needed.

Cian had a Paediatric Consultant until he was four years old. The first two years Cian was in and out of hospital frequently because of problems with his breathing. He was regularly assessed at the clinic to check his level of development, his actual age and his corrected age. Corinne had to apply with evidence to have Cian's start school date deferred by a year. This was a surprise, as she had just assumed that this would happen automatically. Cian is now in primary two and very happy and healthy.

"Having now experienced a premature birth, I feel that just a brief mention from your midwife of the fact that 1 in 10 births can be premature might help prepare you a little if it happens to you," added Corinne. "I think his would be helpful. I also feel strongly that, if a baby is born before 24 weeks and sadly dies, there should be the ability to register the death"





The right to privacy, dignity, respect

The United Nations Convention on the Rights of the Child (UNCRC) sets out that all children have the right to be treated with dignity and fairness, to be protected, to develop to their full potential, and to participate.

Article 16 of the UNCRC states that all children and young people have the **right to privacy**. "They have a right to a private family life, a private space to be alone, even if they are living in an institution, and a right to keep their phone calls and emails private." (<https://cypcs.org.uk/rights/uncrc/articles/article-16/>).

In health services all children and young people have the right to have their health and other personal information kept private, including from parents. However, privacy is not just about personal data (informational privacy). It includes:

- personal space (physical privacy).
- personal choices including culture and religion (decisional privacy).
- personal relationships with family members and others (associational privacy).

In Scotland, the right to privacy may not be respected if it puts someone in danger. Therefore, in exceptional circumstances health staff, including GPs, will share information if they think that children and young people are:

- in immediate danger or might hurt themselves.
- cannot understand or make choices about care, treatment and testing about themselves.

In such cases staff will speak to the child or young person to gain consent before sharing their personal information.

If a crime is being committed against a child, health staff must act to keep them safe and act in their best interests (Article 3). As an example, when visiting a doctor parents may bring younger children with them. As a result, information is shared. However, older children can ask for their information to be kept confidential and not shared with their parent. In such cases the doctor must respect this request for confidentiality. Remember though that confidentiality can be broken if it is in a child's best interests to do so. As such a doctor should always try to explain why they intend to share confidential information with other professionals.



The right to understanding, respect and privacy



EACH Charter Article 10



Privacy, Tact, and safety

EACH, the European Association for Children in Hospital, is an international umbrella organisation involved in the welfare of children in hospital and other healthcare services. Children's Health Scotland is the member association responsible for promoting the implementation of the EACH Charter in Scotland. In the EACH Charter, standards are set for the quality of care and the rights of sick children and their families.

The articles in the Charter apply to all sick children, regardless of their age, illness, disability as well as their religion and their social or cultural background.

The EACH Charter states that regardless of age or stage of development, the protection of the privacy of children should be respected at all times. Under Article 10 it is stressed that: *"Children shall be treated with tact and understanding and their privacy shall be respected at all times."*

Caring for children with tact and understanding requires the need to:

- include the child's right to be a child.
- consider the child's dignity, views, needs, individuality, sexual orientation, and their stage of development.
- consider any disability.
- take into consideration the religious belief and cultural background of the child and the family.
- consider that children's wishes around bodily privacy may change as their bodies develop.

Regardless of age or stage of development the protection of the privacy of children should be respected at all times and must include:

- protection against exposure during physical examinations and personal hygiene activities, e.g. dressing, toileting, and bathing.
- protection against treatment and behaviour which diminishes self-respect or makes the child feel ridiculous or humiliated.
- the right of personal retreat; to be alone.
- the right of private communication with staff – with or without their parents' consent.
- the right of undisturbed association with close family members and friends.

COVID 19: Remember if you are worried about your child's health call your GP for help, advice, and information.

HAVE A PHENOMENAL CHRISTMAS



Kindness and care are the best Christmas presents you can give. They don't need a shiny package or a pretty bow either. Just a simple donation and you can spread some holiday joy. Donate today at childrenshealthscotland.org and help Bear deliver a phenomenal Christmas to Scotland's children and young people.

Thank you!

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Find us on:



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