

Spring 2021



Children's Health Scotland



SCOTTISH
CHILDREN'S
HEALTH
AWARDS 2020

WINNER
CHILDREN'S
CHOICE
AWARD



DO YOU KNOW
SOMEONE SPECIAL
WHO DESERVES A **2021**
SCOTTISH CHILDREN'S
HEALTH AWARD?

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NOMINATE NOW

Do you know someone special who deserves one of these coveted awards?

11-13



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Find us on:



Scottish Government
Riaghaltas na h-Alba
gov.scot

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SCOTTISH CHILDREN'S HEALTH WEEK 2021

SAVE THE DATE



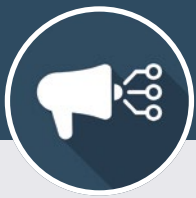
6-12
SEPT
2021

Join us for another fun packed week
of activities and events.

Last year we launched Scottish Children's Health Week - a whole week that focused on the health and wellbeing of children and young people and their right to the best possible health. The week was awesome and thank you once again to all those who took part.

Building on its success, we are now well into preparations for Scottish Children's Health Week 2021. The week will run from Monday 6 September 2021 to Sunday 12 September 2021 and, once again, we aim to showcase the tremendous amount of work and activities that focus on the health and wellbeing of children and young people in Scotland.





To survive and then thrive, we need the right balance of critical thinking, practical action, and hope

We have now launched our Children's Health Scotland Manifesto which focuses firmly on the health and wellbeing of children and young people in Scotland.

Informed by the views of children, young people, families and professionals, the Manifesto calls for improvements to be made to the provision of facilities and services for children and young people with health conditions and their families.

Commenting on the publication of our Manifesto, Professor Richard Olver, Chair of Children's Health Scotland said: *"Through our work we are clearly seeing the impact that COVID-19 is having on the children and*

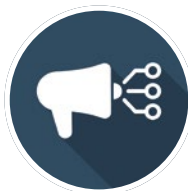
young people we support. Problems with mental health and wellbeing, digital exclusion, online safety, poverty, hunger, health rights – none of these are new to us but all are being amplified as a direct result of the pandemic. The changes we had helped to initiate over time are being reversed, which is really disheartening.

"However, to survive and then thrive through this pandemic, it is now critically important to get the right balance of critical thinking, practical interventions and hope. Our Manifesto reflects this ideal, has been informed by those we support, and calls for improvements to be made in ways that give sustained hope for the future."

To read the full Manifesto visit
our website
www.childrenshealthscotland.org



Our Children's Health Scotland Manifesto calls for changes to be made in six key priority areas:



VOICE

We ask MSPs of all parties and those with responsibility for the formulation of healthcare policy to hear the voices of children and young people with health conditions nationally. EACH Charter Articles 8 and 9, UNCRC Articles 28 and 29.



EXPERTISE AND INFORMATION

We call on decision makers to ensure that children, young people and families have access to age-appropriate information to enable them all to receive the best quality healthcare. EACH Charter Article 7, UNCRC Articles 23 and 24.



HEALTH-RELATED PLAY

Play is serious business when it comes to children's health. It is more than just a chance to have fun and can help children physically, mentally, and emotionally. EACH Articles 1, 4, 7, UNCRC Articles 23, 24 and 31.



IMPROVING LIFE EXPERIENCES

We all want the best possible healthcare to be provided for children and young people to improve their life experiences. EACH Charter Article 8 and 10, UNCRC Articles 23 and 24.



TRAINING AND RESOURCES

We want a range of training and resources to be made available to ensure that children, young people and families, including carers, are empowered to identify the needs of children during times of illness and to access appropriate services. EACH Charter Article 7, UNCRC Articles 28 and 29.



FREEDOM FROM HUNGER

No child should go hungry. UNCRC Article 24.



Children and young people

SMS:CONNECT Why Weight

Last year we worked in partnership with NHS Forth Valley to pilot a new and very successful healthy weight programme for children and young people in their region. Together we piloted SMS:CONNECT Why Weight; a 6-week series of online group sessions for children and young people aged 13-17 who were referred by the Why Weight team at NHS Forth Valley. The children and young people taking part all reported increases in confidence and self-esteem and as a result we are now set to launch further programmes this year.

Alyson Conroy, a Dietician for NHS Forth Valley, said of the partnership: *"The Why Weight Team were interested in SMS:CONNECT as their aims align with our outcomes of patient centred care and the development of self-management skills and confidence to help children and young people engage with our service. We have around 1,100 children and young people within Forth Valley who are over-weight and obese. Many who have mental health issues, are from deprived backgrounds, or have self-esteem and confidence issues, would greatly benefit from the SMS programme."*

The aim of SMS:CONNECT Why Weight is to boost confidence and self-esteem in the young people taking part, so that they feel able to take control of their own health and take steps towards positive behavioural changes. It has emerged from the issues facing NHS Forth Valley and supports 'Scotland's diet and healthy weight delivery plan', published by the Scottish Government, which outlines how the government will reach its goal of halving childhood obesity in Scotland by 2030. Currently 29% of children in Scotland are at risk of being overweight, and 9 out of 10 people in the country believe that obesity is a serious issue.¹

The 6-week pilot was based on our existing SMS:CONNECT programme for children and young people living with long-term health conditions. SMS:CONNECT was launched in Summer 2020 and has been a huge success, supporting over 40 children and young people across Scotland since it began. For the SMS:CONNECT Why Weight programme, the content reflected the challenges faced by the children and young people taking part, with a focus on creating positive routines and managing stress and anxiety. The pilot proved successful, with eight young people completing the full six weeks, and reporting increases in confidence and self-esteem because of taking part.



A parent of one participant took the time to get in touch with us: *"The difference in her is incredible. She looks forward to it each week. I don't have to prompt her at all. She loved getting the pens that came through in the post and is using them now to do some mindfulness drawing. Her eating is much improved, her attitude has improved, her fitness, I could go on. I honestly hope you guys will carry this on in the new year. She doesn't tell me much about it but that's okay - it's her thing. Whatever you're doing is working."*

As part of the evaluation process, we asked the participants to comment on their experience of the programme and what they would say to another child or young person who was thinking of joining SMS:CONNECT Why Weight:

"Take part, it's a brilliant experience. You meet new people and always feel included."

¹Tackling childhood obesity - gov.scot (www.gov.scot)

Benefit from a brand-new programme

“The hope is that through this collaboration we can provide children and young people with the skills needed to take control of their own health and encourage positive behaviour changes that will support them to work towards and maintain a healthy weight and a balanced lifestyle.”

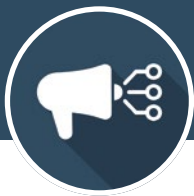
Following the success of the pilot programme, our Children’s Health and Wellbeing Services team is continuing to work closely with the Healthy Weight staff at NHS Forth Valley to develop the next programmes planned for Spring 2021. Together we aim to deliver a programme for a 10-12 age

group in addition to another 13-17 group. The hope is that through this collaboration we can provide children and young people with the skills needed to take control of their own health and encourage positive behaviour changes that will support them to work towards and maintain a healthy weight and a balanced lifestyle.

If you would like to find out more information about the services provided by the NHS Forth Valley Why Weight team, please contact them at: fv.whyweight@nhs.scot. To find out more about Children’s Health Scotland’s SMS:CONNECT programme for children and young people with long-term health conditions, contact us at sms@childrenshealthscotland.org.

Currently 29% of children in Scotland are at risk of being overweight, and 9 out of 10 people in the country believe that obesity is a serious issue.¹





All of us within our sector have a responsibility and a role to play to make this transition Bill successful

Successful implementation of the proposed Disabled Children and Young People (Transition to Adulthood) (Scotland) Bill will require more than legislation to ensure that children and young people achieve effective transitions.

Through our work we always stress the importance of good transitions within the health service and commenting on our submission, Trustee Maggie Simpson said: *“Following consultation with our members and staff, Children’s Health Scotland broadly agrees with the aims and objectives of the Bill, although we consider it unlikely that these will be met without other actions being taken.*

Having specific legislation sends out an important message that Scotland is serious about supporting our disabled children and young people through transitions. However, there is now such a big gap for disabled children and young people once school finishes, that successful implementation of the Bill will mean much more than just the legislation. All of us within our sector have a responsibility and a role to play to make it successful for every child and young person.”

The Bill will require Scottish Ministers to introduce and implement a National Transitions Strategy to improve outcomes for children and young people with a disability in the transition to adulthood. Johann Lamont MSP introduced the Bill because she thinks disabled children and young people need extra support to help them transition to adulthood. This will help them have the same opportunities as other children and young people. The Bill aims to make sure that there are structures in place to support disabled children and young people at that time in their lives.



“The Bill should provide important foundations from which to build and make sure that there is accountability at the highest level within Scotland for disabled children and young people,” added Helen Forrest, Chief Executive of Children’s Health Scotland. *“It should also provide more continuity across different local authorities in relation to the basic duties this will impose. The Bill itself though is just part of the solution. There also needs to be more sharing of good practice and increased support and training. Plans must involve professionals from various sectors and include improvements in basic training. There is still a long road ahead, but Children’s Health Scotland believes that this new legislation in the form of the Bill emphasises the enormous importance of transition for disabled children and young people and underlines the priority being given by the Scottish Government to supporting them.”*

The Bill will ensure that a child’s right to the best possible health is not undermined in the change from child to adult services.

To read our full response to the call for visit <http://bit.ly/CHSTransitionsBill>





FREE, ONLINE, PROFESSIONAL LEARNING RESOURCE IN MENTAL HEALTH AND WELLBEING FOR USE BY ALL STAFF WORKING IN SCHOOLS WILL LAUNCH IN SUMMER 2021

Children’s Health Scotland in partnership with Digital Bricks and the Mental Health Foundation have been commissioned by the Scottish Government to develop an online, open-access Professional Learning Resource (PLR) in Mental Health and Wellbeing for use by all staff working in schools across Scotland.

Children’s Health Scotland was responsible for leading on the consultation phase to find out what was important to school staff, families, children, and young people; and what was needed in the PLR from their perspective. We conducted a survey with 749 staff working in schools across Scotland and carried out eight focus groups with primary and secondary school staff, children and young people, and parents and carers.

The results from the survey and focus groups have been used to directly inform the design and content of the PLR. Here are a few of the comments we have collated:

“ I am not trained as a counsellor but to be effective, I need to know how to talk to children and young people and how to start these conversations. ”
(Primary school teacher)

“ Giving us guided meditation isn’t the only way to cope with mental health. ”
(Secondary school teacher)

“ One of the most important things is to just be patient and understanding and just be kind. ”
(Secondary school teacher)

“ It is really important that there is 2-way communication between home and school. I need to know what has happened in school and school needs to know what has happened to my child, for example a bereavement. ”
(Parent/Carer)



The Professional Learning Resource is due to be launched in Summer 2021 and will be freely accessible to all school staff in Scotland. Please follow us on Twitter @ [childhealthscot](https://twitter.com/childhealthscot), Facebook <https://www.facebook.com/ChildrensHealthScotland/> or visit our website for updates.



We're proud to support Kinship Care Week

15-20 March 2021

Kinship carers play an incredible role in raising children whose birth families are not able to care for them. Kinship Care Week, which runs from 15 to 21 March 2021, is all about celebrating this role whilst highlighting the challenges they can often face. This year we are so proud to be part of the week, which is co-ordinated by the Kinship Care Advisory Service Scotland (KCASS) working in partnership with other Kinship Care organisations.



Commenting on the event Anne Wilson, Head of Development with Children's Health Scotland said: *"The week is filled with activities such as online children's events, webinars, training, and new resources. As part of the week, I will be delivering a taster session on understanding trauma and helping recovery. Through our work at Children's Health Scotland, we have found that Kinship carers can sometimes find it difficult to understand their children's behaviours such as running away, locking themselves in their room or becoming violent – especially just now in lockdown. So, my taster session will look at what trauma is and where it comes from. Whilst we can't wave a magic wand to make things better, we can look at some approaches that are known to work in supporting children who are affected by developmental and/or resurfacing trauma. This involves talking about some practical approaches to support those affected."*

Kinship Care Week is the perfect opportunity to thank and celebrate Kinship carers, whilst raising their profile across Scotland. Whether you love science, or you want more information, or just want to join in for a coffee and chat on Zoom... there is something to suit everyone. To find out everything that's happening visit <https://kinship.scot/kinship-care-week-2021/>





SCOTTISH CHILDREN'S HEALTH AWARDS 2021

These awards celebrate courageous children and young people and those who are making a difference to the health and wellbeing of children and young people in Scotland. Nominations are now open, and you have until 5.00pm on Friday 25 July 2021 to nominate someone special. We are delighted that Journalist and TV Presenter Catriona Shearer will once again help us to virtually present the awards and interview all the winners. So, do you know someone special who deserves one of these coveted awards? Then go online and enter now.

NOMINATE SOMEONE SPECIAL!

ENTER NOW
to win a coveted
Scottish
Children's
Health Award!



SCOTTISH CHILDREN'S HEALTH AWARDS 2021



CHILDREN'S CHOICE

Relationships shape the way we see the world and affect all areas of our learning and development. This award has been created to give a child/young person the chance to say 'thank you' to someone special in their life who is making or has made a significant difference to their world. We are looking for someone special whose care really stood out whilst they were undergoing treatment.



HEALTH AND WELLBEING

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. This award celebrates an individual or team who are making a difference to the health and wellbeing of children through their treatment or advocacy.



HEALTHCARE RIGHTS

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 acknowledges the extraordinary steps taken by a nominee to advance the healthcare rights of children and young people.





HEALTH-RELATED PLAY

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. For this award we are looking for someone special, or a special team, making a significant difference to a child's life through health-related play.



IMPROVING LIFE EXPERIENCES

Through this award we want to recognise the commitment and expertise of a nominee or team making a significant difference to improving life experiences of a child or young person undergoing treatment. We are looking for a nominee making 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.



YOUNG ACHIEVER

This category has two trophies to award to two individual children who have shown great determination and kept going, when it might have been so much easier to give up. We are seeking a female and a male 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
 TO FIND OUT MORE INFORMATION ON EACH AWARD AND TO
 MAKE YOUR NOMINATION

WE PROUDLY SUPPORTED

Place2Be's

CHILDREN'S MENTAL HEALTH WEEK

#EXPRESSYOURSELF

Phew it's spring 2021 and we hope you are keeping safe and well.

Last year was unprecedented and without doubt affected the mental health and wellbeing of our children and young people. News about mental health was rarely out of the headlines, perhaps resulting in a stronger focus to this year's Children's Mental Health Week 2021, organised by Place2Be. The theme for 2021 was #ExpressYourself and as we are an imaginative team here at Children's Health Scotland, we thoroughly embraced it to share ideas of how children and young people can use creativity to express themselves.

Mental health and wellbeing can be affected by art, music, writing, poetry, dance, drama, photography, film, and doing activities that help you feel better. So, during the week we shared our creative ideas that we know encourage positive mental health and of course our charity mascot, Bear, joined in too.

It was great to catch up with some of the children and young people who participated in our online Self-Management Service, SMS:CONNECT, to ask them how they were looking after their mental health and wellbeing. Radha displayed her martial art skills in a <https://tweetdeck.twitter.com/> video and Hollie told us how talking about her mental health helps her feel better as part of Time to Change's 'Time to Talk' day to get the nation talking about mental health.

Commenting on Children's Mental Health Week, our Head of Children's Health and Wellbeing Services, Dr Laura Smith said: *"During the COVID-19 pandemic in particular, children have faced many challenges to their wellbeing and their mental resilience has been tested. The closure of schools, increased loneliness and isolation, loss of income, and the grief that many families have faced over the last year, have all had an impact.*

"It is important to remember that being able to express yourself is not about being the best at something or putting

on a performance for others. It is about finding ways to show who you are, and how you see the world, that can help you feel good about being you."

“This has reinforced the importance of support for the mental health and wellbeing of children and young people in Scotland. We were proud to support Place2Be in celebrating Children's Mental Health Week and will continue to use our social media platforms to raise awareness of ways to promote good mental health in children and young people.”





UNCRC Incorporation Bill completes Stage 2


The United Nations Convention on the Rights of the Child (UNCRC) Incorporation Bill passed Stage 2 on 11 February 2021.


Children's Health Scotland was one of over 40 organisations and academics who worked with Together, the Scottish Alliance for Children's Rights, to provide a briefing for MSPs and we are delighted that many of the amendments highlighted in this briefing have been agreed.


Key amendments agreed include:

 Commencement date: this will be six months after royal assent.


 Definition of public authority: organisations carrying out functions "under a contract or other arrangement with a public authority" will fall within the scope of the duty to act compatibly with the UNCRC requirements.


 Interpretation: a series of amendments were passed which will strengthen the interpretation of children's rights. This includes instructing courts to look at interpretative sources from the UNCRC and other UN Treaty Bodies such as General Comments, Concluding Observations and recommendations.


 Remedies: amendments were passed that provide remedies under the Bill must be "effective" and that children's views should be sought and taken into account when determining this.

 Child-friendly reports: amendments were passed which will require child-friendly reports across various parts of the Bill.

An updated version of the Bill which reflects the amendments can be accessed by visiting <http://bit.ly/UNCRCAmendedBill>. The Bill will now proceed to Stage 3. Further amendments may be made at this point and a final vote will be held on whether the Bill should be passed. Dates for Stage 3 are still to be fixed

 Children's Rights Scheme: a series of amendments were passed which will strengthen the Scheme. These included amendments to specify certain topics that the Children's Rights Scheme must include, such as processes for child-friendly complaints, access to justice and steps to ensure the rights of children with protected characteristics or in situations of vulnerability.

 Child Rights and Wellbeing Impact Assessments (CRWIA): amendments reduced the level of ministerial discretion and improved transparency around CRWIAs.

 Public body reporting duty: the reporting duty was amended to make it forward looking, so that listed authorities must report both on what they have done and will do to further children's rights. The Scottish Courts and Tribunals Service and Scottish Prison Service were added to the list of bodies required to report.





Relaxation

By Michelle Wilson our Children's Health and Wellbeing Officer based in Tayside

I spend a lot of time with children and young people who really benefit when they learn a couple of simple breathing and relaxation techniques that reduce stress and help them to feel calm and in control. I try to recommend activities that can be used anywhere. Something that anyone could practice, but would work just as well in school, in hospital, or in your bedroom.

Sessions usually start with learning about the importance of being

aware of our breathing. Just taking a few deep calm breaths can have a good calming effect. So we learn how to take a deep slow breath in through the nose, hold for a second or so, and then breath out steadily through the mouth while sitting in a relaxed position. We would usually practice these three or four times.

This simple exercise gives children and young people a tool to use in stressful situations or at times when they are experiencing anxiety. It is a tool that helps them to believe that they have some control over their

feelings and situations in a positive way.

In our sessions we also learn about grounding techniques. These are basically strategies that help children and young people to think about the present and allow their mind to focus on that rather than something that is causing them anxiety or stress. They serve as gentle reminders to stay focused and anchored in the present moment, which is what helps to reduce the feelings of anxiety and stress.

Here are a couple of ideas for you to try, and they really do work.

Square Breathing

1. Sit with your back straight and body relaxed, if you are standing let your arms hang by your side. If you are sitting let them rest on your legs.
2. Place your hand over your tummy and feel your breathing in and out.
3. Now close your eyes and imagine a square. Silently count to four and breathe in until you get to the top of the square.
4. Hold your breath as you imagine going along the top of the square counting to four.
5. Breathe out as you imagine coming down the side of the square counting to four.
6. Hold your breath as you imagine going along the bottom of the square counting to four.
7. Keep going imagining the square a few more times.
8. Now let's go back to normal breathing. You can put your hands over your tummy to feel yourself breathing in and out.

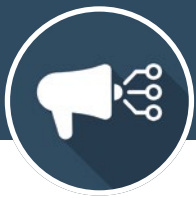


and Stress

Butterfly Body Scan

1. Sit or lie down and get comfortable.
2. If you are sitting, try sitting with your back straight and your hands resting on your knees.
3. If you are lying down, lie flat on your back on the floor or your bed with your arms by your side.
4. Try closing your eyes or focusing on a spot in the distance.
5. Now imagine a butterfly. What does it look like? Is it light as a feather? Is it heavy? It can look however you want it to. My butterfly has purple wings. Are you imagining your butterfly?
6. Let's pretend our butterflies have special powers. It helps you relax different parts of your body just by landing on them. Let's give it a try. Imagine the butterfly lands on your forehead. When it does your muscles feel warm and relaxed. Imagine the butterfly flies off to one shoulder. As it rests there, your shoulder begins to feel pleasant and warm and relaxes. And now to the other shoulder. As the butterfly lands what's happening? Does your shoulder feel warm and pleasant? Does it feel relaxed? Are you ready for the butterfly to move?
7. Imagine the butterfly floats off your shoulder and lands on your tummy and as it rests there lightly moving its wings your tummy relaxes. Now imagine that the butterfly floats down to your knees, warm, comfortable, and relaxed. You can imagine the butterfly landing on your toes or your fingers.
8. Now open your eyes and feel your body against the floor or bed, now stretch your hands up to the sky. Take a big breath in and lower your hands to your knees as you breath out. Well Done. Watch the butterfly fly away, thank you butterfly, have a great day.







We have submitted our response to the consultation on draft National Guidance for Child Protection in Scotland 2020

Children's Health Scotland has welcomed the opportunity to respond to the Scottish Government's consultation on the revised National Guidance for Child Protection in Scotland 2020. The Consultation asked for views on updated National Guidance for Child Protection in Scotland, which will replace the current National Guidance published in 2014.



It describes the responsibilities and expectations of everyone who works with children, young people and their families in Scotland and sets out how agencies should work together with children, young people, parents, families and communities to protect children from abuse, neglect and exploitation.

Commenting on the consultation submission by Children's Health Scotland, Helen Forrest, Chief Executive said: *"We have welcomed the opportunity to be part of the consultation process on the revised National Guidance for Child Protection which is comprehensive and should provide detail and guidance for those seeking advice on aspects of practice. It is our view that UNCRC Article 24, which recognises the right of the child to the enjoyment of the highest attainable standard of health and to facilities for the treatment of illness and rehabilitation of health, is consistently undermined by poverty and disadvantage. Also, the lives of children and young people with long-term or chronic health conditions are very complex and can involve a variety of health and education practitioners. As such, it is critically important to continually listen and respect the views and experiences of these children and young people – to hear their voices and ensure their rights to the best possible health are upheld."*

The revised National Guidance for Child Protection aims to:

-  be more embedded within Getting it right for every child (GIRFEC),
-  respond to a greater breadth of issues relating to child protection,



-  find balance between specific situations and broad guidance,
-  support the provision of an equal level of support for all children, finding balance between national and local support.

"As the leading children's health charity in Scotland, Children's Health Scotland believes the national guidance is generally a comprehensive and well framed guidance document which looks at the child and family in a kind, inclusive and empowered way," said Zoe Dunhill, Trustee with Children's Health Scotland and an Independent Child Health Consultant. *"There are, however, some areas of concern. Firstly, of critical importance, is that the guidance should make it clear from the outset that transitions, and any associated planning, belong to the child or young person. Transition is a process not an event. As such, it involves many services, agencies, and people. It is vital that the process is managed through the application of robust and coordinated plans to ensure that all children and young people get the personal support, information, and resources they require."*



"In relation to home-schooling, we have asked that the guidance reflects our concern that children may have their right to the best possible health withheld, if there is no adequate surveillance of home-schooled children and young people. We have requested that home educators and local authorities must work together in the best interests of the child."

As detailed in the submission by Children's Health Scotland, the charity has a concern regarding unacceptable risk potentially associated with children with long-term health conditions or who are chronically ill who are home-schooled. If no adequate surveillance exists for these home-schooled children and young people, they may not receive the protection they need because of either neglect or a lack of awareness about aspects of their conditions.

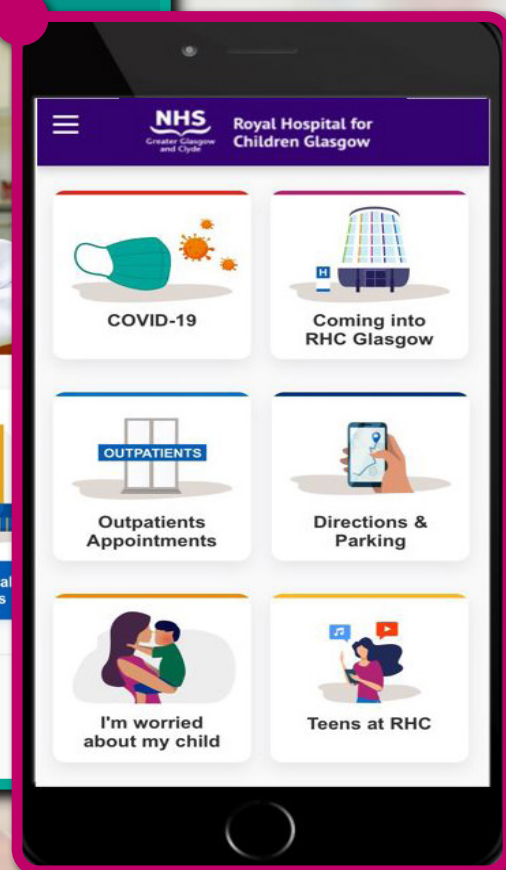
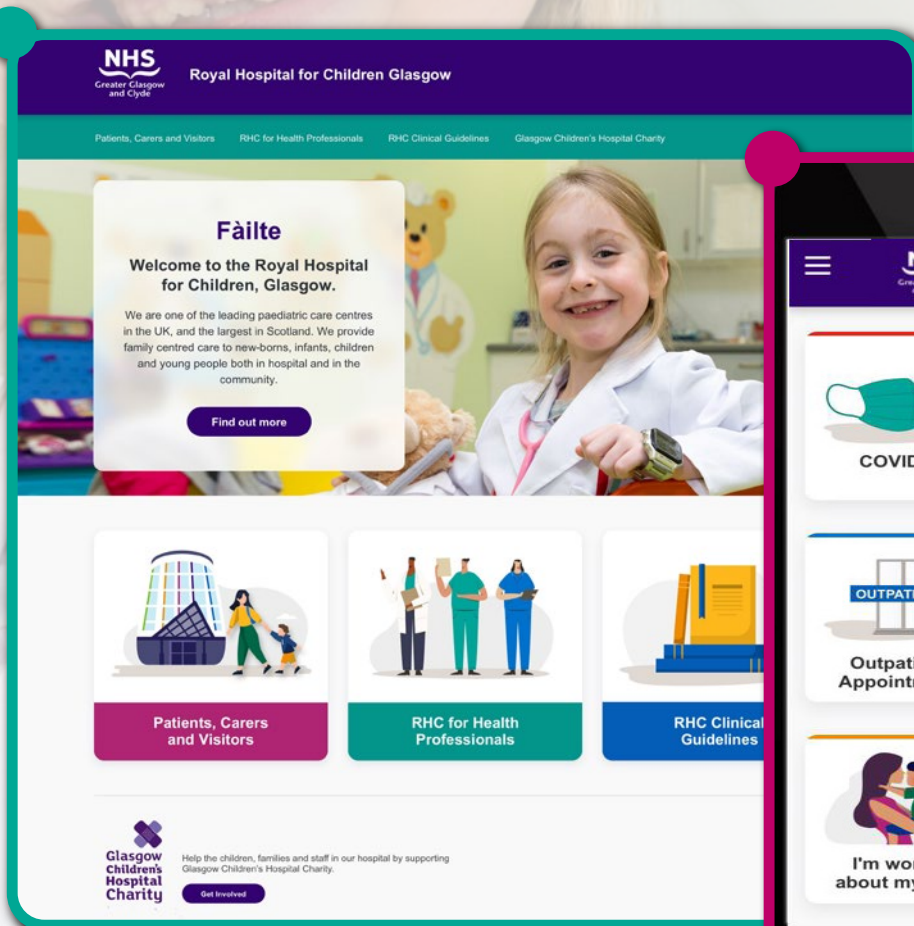
"In relation to children with long-term health conditions either in hospital or at home Children's Health Scotland would also like to see the European Association for Children in Hospital (EACH) Charter embedded into 'core element' thinking within the guidance," added Helen Forrest. "EACH is currently mapped to the UNCRC and the wellbeing indicators from the GIRFEC approach in our e-Learning resource and can therefore support awareness raising of the health rights of children and young people."

You can access our e-Learning resource by visiting www.enetlearn.com/childhealthscot.

To read our consultation response visit <http://bit.ly/CHSChildProtection>

Glasgow Children's Hospital Website & App

- All you need to know about coming into RHC Glasgow
- Up to date, quality information about common health conditions
- Where to get help if you're worried about your child's health





Improving the quality of care for children and young people in Glasgow

We asked the Royal Hospital for Children Glasgow to tell us about their new website and app. The following article has been co-authored by Dr. Morag Wilson and Dr. Geetika Kumar, RHC Glasgow.

It can be very stressful when your child is unwell, particularly during these challenging times. We know that there is a huge amount of information available at your fingertips but finding something that provides clear and accurate information is not always easy!

The Royal Hospital for Children Glasgow (RHCG) have developed a new website <https://www.rhcg.org.uk/> and accompanying app to help ensure you can find everything you need to know about your child coming to hospital. We understand you might be worried about coming to hospital during the COVID-19 pandemic, so have developed information to help you know what to expect when you come, and what measures have been put in place to keep you and your child safe. You can also use our site to help prepare your child for coming to hospital, and to find tips for keeping them both physically and mentally healthy.

There are sections that hold information on what to do if your child is unwell, including warning signs to look out for, when and where to seek help, and how to keep your child comfortable. You'll find this information in the section 'Worried about your child'. In addition, there is information developed specifically for your young person under 'Teens and Young People' where they can access resources themselves.

Our guidance has been developed in partnership between our hospital medical staff and primary care colleagues and adapted with permission from the Healthier Together initiative. The information is being continually added to and reviewed by our team to make sure we are giving you accurate and up-to-date advice. Our aim is to help give you confidence to look after your child's health in the knowledge that we are here when you need us.



The supporting people programme



Family Support and Information Service

Having a child or young person in hospital can be a worrying time and the NHSGGC Family Support and Information Service is here to help. Located within Glasgow's Royal Hospital for Children, whether you are a parent, a family member or a carer, we offer a friendly, comfortable and confidential environment where there is time for you to ask questions and receive support on any matter that may be important to you or your family.

A service to suit you and your family

Having the right information and support at the right time is essential. Our 'one-stop shop' approach makes healthcare more accessible to meet your needs, finding you the information and support that you need when you need it.



What we offer

We benefit from working with a wide range of partners to provide a variety of services hosted within our premises and in your local community. Our experienced team provide information and direct referrals to specialist support on a range of issues including emergency help, access to support groups and services, welfare rights and money advice and health, lifestyle and emotional support.

During the COVID-19 pandemic we have increased our range of services to offer access to emergency food bags on discharge from hospital for vulnerable families and working in partnership with Glasgow Children's Hospital Charity (GCHC), access to emergency grants (eligibility criteria apply), and provision of in-patient emergency clothing and toiletries during this difficult time.

Where to find us

We are located on the ground floor of the Royal Hospital for Children next to Radio Lollipop. The Service is open Monday to Friday 10-4pm and we can take referrals by telephone and e-mail or simply by dropping in.

For more information or to make a referral:

Telephone: 0141 452 4012

E-mail: FSIS@ggc.scot.nhs.uk

Visit our website: <https://www.nhsggc.org.uk/fsis>

Download & visit the Royal Hospital for Children App:
<https://rhcg.org.uk/home/coming-into-rhc-glasgow/directory-of-services/family-support-and-information-service/>





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, we would like to provide what reassurance we can. Please send in your questions to the email below and visit 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 / Mobile: 07485 462435

Email: 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.

Manifesto for Play

We call on all political parties to commit to supporting these Ten Asks in 2021.

Every child has the right to play

Children's right to play, along with other UNCRC rights, should not be unnecessarily compromised during and beyond COVID-19 restrictions. The right to play for all children is crucial in a public health crisis. Ensuring continuity in children's play experiences must be central to the national and local response to COVID-19 and the recovery plan.

- 1 Incorporation of the UNCRC into Scots law with sufficient resources must be prioritised.
- 2 Every local authority should develop a Play Strategy informed by children's voices.



Play is vital for children's wellbeing

Play is crucial to achieving children's optimal development. Play provides physical, social and emotional benefits and can help children deal with the challenges arising from COVID-19. Children's play should be supported at home, in early learning and childcare, at school and in the community.

- 3 Scotland needs a clear, refreshed vision for play that acknowledges the central importance of play in rebuilding Scotland's communities and reducing inequalities.
- 4 Scotland needs an urgent review of national funding for play with the aim of sustaining and growing play opportunities for children and young people.

Children have a right to experience inclusive play opportunities as equal and active participants

All children should have access to play opportunities as a means of achieving optimal development. Challenges faced by children – poverty, disadvantage or disability discrimination – intersect with and compound inequality of

opportunity. Proactive approaches are urgently needed to ensure that children do not experience discrimination and have access to inclusive play whatever their circumstances.

- 5 Those with responsibilities for informal and formal play opportunities must ensure that play environments are as accessible and inclusive as possible.
- 6 Children's voices, including children with additional support needs, must be heard in the design and resourcing of play environments.

A Playful Pedagogy approach is central to learning

Play is essential to children's learning and has a pivotal role in supporting children's mental health and wellbeing in early learning and at school.

- 7 Scotland needs a whole school approach to playful learning and play, building on Realising the Ambition.
- 8 Schools should be supported and encouraged to undertake the Playful Pedagogy Schools Award to embed and extend practice.

Playing outdoors is an intrinsic part of a child's right to play

Outdoor play should be prioritised. The benefits from playing outdoors include physical activity, social play with family and peers, and environmental connectedness. This should not be unnecessarily compromised due to COVID-19 restrictions.

- 9 Scotland's vision for play should have a strong commitment to outdoor play that provides opportunities that are free from traffic and other hazards.

- 10 Play Sufficiency Assessments should inform local Play Strategies and children's voices must be at the heart of local place plans.



This Manifesto for Play is endorsed by:



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