



Winter 2023

# Children's Health Scotland



**FAMILIES RECEIVE A WHOLE NEW WORLD MAGICAL THEATRE EXPERIENCE THANKS TO DISNEY**



**KATIE SUPPORTS  
THE BBC CHILDREN  
IN NEED APPEAL  
SHOW 2023**



**AUTHOR ROBIN  
SCOTT-ELLIOT  
JOINS OUR  
SMS:HUB FOR BOOK  
WEEK SCOTLAND  
CELEBRATIONS**



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# KATIE SUPPORTS BBC CHILDREN IN NEED ANNUAL APPEAL SHOW



BBC Children in Need provide funding to Children's Health Scotland and this year we were so proud when Katie helped to support the annual Appeal Show which raised an incredible £33.5million. Katie was broadcast multiple times on BBC Radio 2, including with Scott Mills and Vernon Kay, to talk about how our Self-Management Skills Programmes helped her with her health condition and worries.

*"BBC Children in Need support children and young people across the UK to thrive and be the best they can be, and we are so fortunate to receive funding from them," said Helen Forrest, Chief Executive of Children's Health Scotland. "I would like to send a big bear hug to the marvellous Katie for sharing her story with the nation and talking about the impactful work that we do and also to BBC Children in Need for funding people like Rhianne & Eilidh who support children like Katie."*



## Practising Rainbow Breathing and Flip The Thought at IBD Events

**R**hianne Forrest, Eilidh Findlay, and Sarah Holder from Children's Health Scotland recently attended Inflammatory Bowel Disease (IBD) Events with the IBD Teams in Glasgow and Edinburgh.

The event in Glasgow was held at Top Golf, Rutherglen and we partnered with The Catherine McEwan Foundation and IBD Glasgow. The Event in Edinburgh was held at Edinburgh Zoo, and we partnered with Edinburgh Children's Hospital Charity and the IBD team from the Royal Hospital for Children & Young People Edinburgh.

Commenting on the events Rhianne said: *"At both events we held taster sessions of our SMS Programmes and hosted a Health Rights Quiz. We really enjoyed meeting everyone and we practised Rainbow Breathing to help us feel calm and relaxed, and Flip The Thought to help build confidence and self-esteem. Thank you to Edinburgh Children's Hospital Charity and the IBD Teams from Edinburgh and Glasgow for inviting us and your support for our SMS Programmes!"*



Feedback from the events has been great and included: *"The ladies were fab! Lots of great information especially the rights of a child within a hospital setting and around ages of transition."*

Our Team love attending events! If you're hosting an event and would like to know all about My Health, My Rights then you can get in contact at [enquiries@childrenshealthscotland.org](mailto:enquiries@childrenshealthscotland.org) to see if we can attend.



# FAMILIES RECEIVE A WHOLE NEW WORLD MAGICAL EXPERIENCE THANKS TO THE DISNEY THEATRICAL COMPANY



**A** huge thank you Disney Theatrical Productions for their donation of 100 tickets, which flew out on a magical wave to 30 families who live with children and young people with health conditions so they could attend 'A Whole New World' Aladdin experience at The Edinburgh Playhouse.

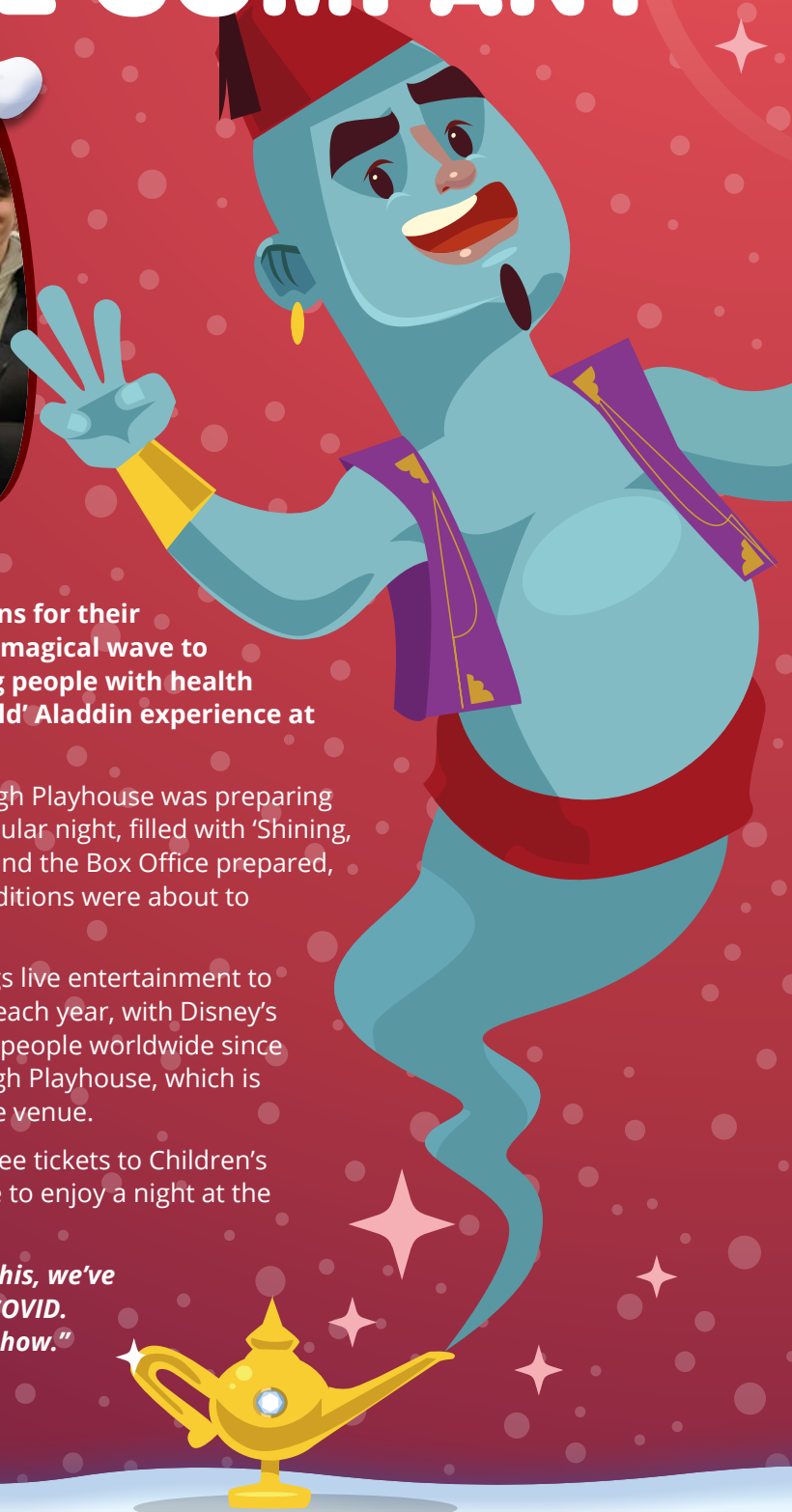
Once upon a time, in a land far, far away, The Edinburgh Playhouse was preparing to host Aladdin: The Musical. It was set to be a spectacular night, filled with 'Shining, Shimmering, Splendid' people. As the cast rehearsed and the Box Office prepared, a group of children and young people with health conditions were about to receive an incredible opportunity.

Around the world, Disney Theatrical Productions brings live entertainment to an audience of over 20 million people in 50 countries each year, with Disney's Aladdin: The Musical being enjoyed by over 14 million people worldwide since 2011. This year, the musical is showing at the Edinburgh Playhouse, which is the UK's largest working Theatre with 3059 seats in the venue.

The Disney Theatrical Company kindly provided 100 free tickets to Children's Health Scotland. This meant that 30 families were able to enjoy a night at the Theatre and experience "A Whole New World."

*"It's great to be able to take them to something like this, we've not been to see a show for a long time, since before COVID."*

*They probably don't remember ever coming to see a show."*  
Parent of 12-year-old







In person events had become a thing of the past over the COVID-19 Pandemic but in the last year Children's Health Scotland has been able to

kickstart this again and give a boost to our community. The opportunity to visit a Theatre and see an award-winning show, that many of the children and young people will know from popular films, was a truly memorable experience for our families.

We know that many would have been unable to experience this magic in person without the generosity of the Disney Theatrical Company.

***"It's so amazing that we were able to do this. It was incredible. Thank you so much"*** Parent of 12-year-old.

For some of our children and young people, their health condition can mean that they miss out on school, or other social activities that their peers take part in. This can affect their confidence, self-esteem, and communication, making it harder to engage in social opportunities. Our Self-Management Skills (SMS) Programmes and SMS:HUB in particular focuses on providing children and young people with a community. Being part of this community allows for unique opportunities, to learn from each other, and to give support and encouragement to each other which is an invaluable part of maintaining health and wellbeing.

Commenting on the event our Coordinator, Eilidh Findlay said: *"Our trip to the Edinburgh Playhouse to see Disney's Aladdin: The Musical allowed so many children and young people to experience our community in person. They were able to meet friends they had previously only seen online and for some it was their first time meeting our team in person too! The feedback we*

*have already received from our families has shown just how special this opportunity was and what it meant to the children, young people and their families."*

Our SMS:HUB community is continuing to thrive, with more young people asking and actively seeking experiences and opportunities with us. Strong communities go beyond basic needs, ensuring lives are filled with positive experiences, valuable memories, and a sense of togetherness.

***"It was also really great for her younger brother to get a ticket. I always worry if he feels he gets less attention, and he's such an amazing brother to her. It meant a lot to be able to take him along too. Thank you."*** Parent of 13-year-old



Our thanks to the Edinburgh Playhouse and the Disney Theatrical Company. Together we have been able to enhance our community and give the families a magical experience they will never forget.

To find out more about SMS Programmes visit: <https://www.childrenshealthscotland.org/service/chwbs/>  
Or email [sms@childrenshealthscotland.org](mailto:sms@childrenshealthscotland.org)





# Creating healthcare rights defenders within our schools



**M**any schools across Scotland are embedding the United Nations Convention on the Rights of the Child (UNCRC) into their school ethos with more children now learning about their rights. It seems in direct correlation with this, we are receiving more invitations to schools to deliver assemblies and lessons regarding the healthcare rights of children and young people and the EACH Charter.

Commenting on school visits our Officer, Rhianne Forrest said: "We understand that in an education setting having visitors to schools plays a major role in providing high-quality education which can enhance children's learning. By inviting visitors into their schools, teachers are helping to provide deeper expertise to a topic and showcase a different voice."

*"The healthcare rights sessions we are delivering in schools focuses on active participation and engagement, and we know from our feedback that children are really enjoying taking part in our sessions, particularly our Healthcare Rights Quiz and hearing about Bears adventures in hospital."*

*"As with everything that we deliver, the information and activities are accessible for all children and young people, and by changing the language we use and alternating activities for different ages and stages, we ensure that we are respecting the individual right of every child to the best possible health."*

Based on our feedback we know the children and young people really enjoy having us.

***"I've been to hospital before. I broke my arm and had a fracture and I remember it was really sore."***

Primary 6 pupil

***"I feel safer and happier going into hospitals now I know about my healthcare rights."***

Pupil at Langbank Primary School

When we talk about healthcare rights it opens a space where children and young feel comfortable and safe in sharing their own experiences. This then allows the teachers and wider school community to have more discussions, as well as identify and support children who may still be processing their time spent in hospitals or other healthcare settings.

Children's Health Scotland remains the only charity in Scotland dedicated to informing, promoting, and campaigning for the healthcare needs and rights of all children living in Scotland. Visiting schools and having conversations with children and young people is a huge part of this, and it is the key to ensuring that all children and young people in Scotland know about their rights in healthcare, whether they are at the GP, the dentist, the hospital, or the opticians.

To find out more about school visits, email:

**[enquires@childrenshealthscotland.org](mailto:enquires@childrenshealthscotland.org)**





# ARE YOU HEALTHCARE RIGHTS AWARE?

**THEN TAKE THE QUIZ:**

**<https://www.surveymonkey.co.uk/r/ST8QP62>**

**A**s part of our My Health, My Rights Campaign that we launched during Scottish Children's Health Week we have developed a Healthcare Rights Quiz for those who would like to lend their support to the campaign.

The campaign will build towards an end date of 2 October 2026 – the 50th Anniversary of Children's Health Scotland.

If you would like to partner with us on any elements of the campaign, then please give us a call on **0131 553 6553** or email us at **[enquiries@childrenshealthscotland.org](mailto:enquiries@childrenshealthscotland.org)**.



To show you are healthcare rights aware just take the quiz, download the badge, and become a rights defender.





# OUR PROGRAMMES ARE MAKING A WORLD OF DIFFERENCE TO THE CHILDREN AND YOUNG PEOPLE WE SUPPORT

**I**t's been amazing, honestly, to have a Programme like this that is child-led for children and young people with health issues is just amazing, especially post-COVID when they have so much more going on now. I've been telling everyone about it! Mum of 13-year-old

Our final Self-Management Skills (SMS) face-to-face Programme of 2023 has just finished and what an amazing time we had supporting our children and young people with health conditions. We enjoyed getting to know, and becoming friends, with wonderful children, young people, and their families and from their feedback we know we have made a difference to their worlds.

We delivered our SMS:F2F Programme alongside our incredible partners which included: The LUNA Project, Relax Kids and the Tea Pot Trust.

- The **LUNA Project** taught us about transitions and what going to adult services might look like.
- **Relax Kids** held a session of relaxation techniques letting us feel nice and calm and giving us lots of skills to use for stressful situations.
- **The Teapot Trust** delivers transformative Art Therapy and together we made self-care collages. It was so much fun to get messy and explore art therapy and why it's important for self-care.







Marius showed us lots of different animals and we held hissing cockroaches, stick insects, large African land snails and an Armadillo!

***"The Armadillo was my absolute favourite! It walked so funny you could hear the tippy tapping of its feet!"***

Niamh,

***"I felt so brave! I held animals I never would have before the SMS Programme."***

Anna, age 14 years

***"I really liked getting to meet all the partners and seeing how much help is out there for young people like me. It's just been really good to do."***

Gemma, age 15 years

***"I would say to young people that have never done the SMS Programme that it's a programme that you can go to with other people that are your age, and you learn different techniques and strategies to manage when you feel stressed and anxious. You get to do different games and activities and people come in to show you different things."***

Bronte, age 13 years

For our Celebration Session held on Saturday 7 October 2023, at the end of the SMS Programme, we went to see our friends at Edinburgh Zoo!



Professionals from across Scotland can refer to our SMS Programmes and young people or their families can self-refer! Imogen Kelly, CNS Paediatric & Adolescent Rheumatology, referred a young person to our latest SMS:F2F Programme and let us know the difference she'd seen in her young person.

***"I just wanted to feedback the positive effect that the SMS programme has had on one of our rheumatology patients that we saw in our clinic yesterday. She was very excited to tell me that she had taken part and how good it had been. Previously blood tests have been very difficult for her. Yesterday it took just 5 minutes for her to prepare herself and manage successfully to get bloods. Previously this has been up to 45 mins and with tears. Her self-confidence seemed much improved and just overall much happier. So, thank you!"***

You can refer for an SMS Programme happening in 2024 now! Young People and their families can refer themselves or Professionals can refer for them. Eilidh, Sarah and Rhianna are happy to chat about the upcoming SMS Programmes and all the fun that is awaiting in 2024.

Thank you to all our young people who have made SMS:F2F such a wonderful experience and thank you to all those who have supported our SMS Programmes this year. These just wouldn't have been possible without the National Lottery, the Roberston Trust, BBC Children In Need and St James's Place. Together we ensure that children and young people across Scotland feel supported, respected, and valued.

**THANK YOU**

SUPPORTED BY  
**BBC**  
**CHILDREN**  
**IN NEED**







# New Healthier Futures SMS Schools Programme Launched At Denny High School

**We are so proud to announce that we have now launched a brand-new Self-Management Skills (SMS) Programme in partnership with NHS Forth Valley which has been piloted at Denny High School.**

Having work with the Healthier Futures, Why Weight Team at NHS Forth Valley for several years, we became aware of a group of young people at Denny High School who would benefit from our SMS Programme but who had barriers to easily engaging with support, particularly online. So, using feedback from our young people and engaging with our young volunteers' group, we co-designed a bespoke SMS Schools Programme that runs over five weeks, with each week containing a two-hour block session.



Talking about the new SMS Programme, Michelle Wilson who is Head of Service said: "The Healthier Futures, Why Weight team had been working with Denny High school running a successful cookery skills Programme. Based on this success we decided together that if Denny High School were on board, this would be the ideal school for us to pilot our new SMS Schools Programme. The school agreed, so to generate interest in the new Programme we then developed a presentation in partnership with the Healthier Futures, Why Weight Team and the school and asked the young people interested in coming along to complete a questionnaire with us.

*"Based on our learning with young people over many years, we suggested that the Programme should be tailored for a mixed age group rather than targeting a particular year group which would help with engagement. It was the first time we had run any SMS Programme without meeting the young people first, so we were a little apprehensive. However, we knew we had something special, so we factored in some good getting to know you games to play at the start of the Programme which was well received. As always play is central to learning."*

*"We couldn't have been more delighted with the success of the Programme we have delivered successfully over the Summer to October Term. There was one young person who didn't turn up on week one and two who didn't return after the first session but after that we had a 100% complete the whole programme. Based on the initial feedback we know we will be running further Programmes next year."*

Our feedback showed that 100% of those who attended felt more socially included and 70% had better coping skills when it came to stress and anxiety. Feedback from the young people included:

*"I really liked getting to know each other and show how each other copes with stress. It meant I didn't feel alone."*

*"It let me have a break from school, but I was still learning important stuff. I liked that I didn't feel nervous, and everyone made me feel included. It made me want to come to school. I got to see that people are like me and that everyone can feel nervous about school."*







We heard time and time again how much the young people liked to play the games and we became quite serious about Uno which we played in our break together. We feel incredibly proud of the new SMS Schools Programme and of our skilled staff who are able to create a space that felt safe and welcoming - even to a group of young people who find staying in school to be a big challenge each day.

The feedback from the Denny High School has been extremely positive too.



*"Pupils have engaged so positively with the Programme and have continued to come back week on week. We would love to have more because the feedback from students has been overwhelmingly positive. It's made such a difference."*

We are now having conversations with the Healthier Futures, Why Weight Team about what's next? Maybe a primary school Programme? Whatever it is, we know we have loved this four-way partnership between: Children's Health Scotland; the Healthier Futures, Why Weight Team at NHS Forth Valley; Denny High School; and our young volunteers' group. We are all in agreement that when we put young people at the centre and listen to them, we can come up with effective Programmes that encourage active participation and engagement.

If you would like to talk to us about an SMS Programme, please get in touch by emailing [sms@childrenshealthscotland.org](mailto:sms@childrenshealthscotland.org) or calling 0131 553 6553.





# Looking After your

**L**ooking After your Family and Self (LAFS) is a new self-care and self-management skills Programme for Kinship Carers developed by our Care Experienced Children and Young People Service, thanks to a three-year grant award from the Health and Social Care Alliance Scotland. The new LAFS Programme consists of Workshops and monthly HUB sessions aimed at building the resilience and self-confidence of Kinship Carers.

Commenting on the new LAFS Programme, Anne Wilson Head of Service said: "Firstly I would like to thank the Health and Social Care Alliance Scotland for their funding award that has allowed us to develop this new Programme. Kinship Carers have always told us 'I will be alright if the kids are' but we know this should be reversed to 'If I'm alright, the kids will be too' – as the children and young people in their care will pick up on their mood and stress, with a tendency to mirror. If Kinship Carers look after themselves, it will have a beneficial effect on the young people in their care. It's a bit like putting on your oxygen mask first before being able to help others. We are currently running focus groups and testing out the new LAFS Programme before we officially launch in January, which is very exciting."

The new LAFS Programme is themed on building resilience and self-confidence with a strong focus on supporting the emotional health and wellbeing of Kinship Carers and the children and young people in their care through Workshops and monthly HUB sessions. It is hoped by blending a mixture of theory and practice that Kinship Carers will develop a range of resilience and self-management skills together with a greater understanding of healthcare rights.

## RESILIENCE

**Resilience** is the ability to embrace change positively and to return to being healthy and hopeful after bad things happen. The LAFS Programme will cover physical, psychological, and social resilience and will be available (subject to demand) both online and in person. The monthly HUBs will run online only. The Programme has been developed in consultation with Kinship Carers and is built on the strong foundations of the popular **Five Pillars of Resilience** which are: self-care, self-awareness, positive relationships, mindfulness, and purpose. By strengthening these pillars, we in turn, become more resilient. Instead of experiencing an overwhelming downward spiral when we encounter stress in our lives, these five pillars work together to lift us out of chaotic feelings.

## SELF-CARE

**Self-care** is by far the most important of the five pillars. If you want to become the best version of yourself, then you need to take care of your own wellbeing first. It means that you are simply being mindful of your own needs, so you are better able to support the people you care about. When you take care of yourself and are not stressed, you are better able to meet the needs of others.

## SELF-AWARENESS

**Self-awareness** means having a clear insight into your own personality with the ability to tune in to your feelings, thoughts, and actions. Only by being aware of yourself can you begin to grow and build on that. Being self-aware also means being able to recognise how other people see you. More importantly when you understand yourself better, it is easier for you to build positive self-esteem.





# Family and Self

## POSITIVE RELATIONSHIPS

### Healthy and positive relationships

involve honesty, trust, respect, and open communication. They take effort and compromise, and it is important to surround yourself with people who support you and encourage you to be the best version of yourself that you can be. Care Experienced children and young people tell us that one good, trusted adult can make such a difference. This is backed with research which shows that just one trusted adult can have a profound effect on a child's life, influencing that young person toward positive growth, greater engagement in school and community activities, better overall health, and prevention of risky and threatening behaviours.

## PURPOSE

### Having a purpose

is what gives life meaning and gives meaning to everything we do. It's about setting goals in life and something to strive for which doesn't necessarily mean achieving material targets. It can be about developing better relationships, greater self-confidence, or a sense of belonging and identity. It is about having a reason to overcome our struggles in life.



## MINDFULNESS

**Mindfulness** is about being mindful of what is going on around us. When we are faced with an obstacle or pressures in life, it's important to ground ourselves and take a moment to calm ourselves and stay in the moment. In order to be self-aware, we need to be mindful of our thoughts and feelings, so that we can first of all acknowledge and accept them. This will help us to understand what lies behind these thoughts and feelings and be better placed to overcome them.

## SELF-MANAGEMENT SKILLS

**Self-Management** means improving the relationship you have with your health and wellbeing whilst building your confidence and self-esteem. It is an invaluable skill to master throughout your life as it encourages you to take responsibility for your own actions, set personal goals for yourself and manage your time to ensure you do things to the best of your capacity. It's about self-managing yourself enough to allow you to be the best version of yourself!

## MORE INFORMATION

The new LAFS Programme is FREE for Kinship Carers and has Workshops planned throughout 2024 together with online HUB sessions. Places will be allocated on a first come, first served basis and are subject to availability. If you are a Kinship Carer, or support someone who is, and you would like to know more about the new LAFS Programme then please email us at [LAFS@childrenshealthscotland.org](mailto:LAFS@childrenshealthscotland.org) or give us a call on 0131 553 6553.

## THANK YOU

The LAFS Programme is funded thanks to a three-year grant award from the Health and Social Care Alliance Scotland.





# A WINTER WONDERLAND OF FUNDRAISING IDEAS

**IT'S WINTER** - a most wonderful time of year to fundraise and give to others. We work to support the health and wellbeing of children and young people and their right to the best possible health, but we can't do it without the help of others. If you are thinking about donating to a charity this winter, then please choose us. Your donation will help us to continue to provide direct support to children and young people with long-term health conditions, and those who love and care for them. If you need some inspiration, then take a look at our WINTER ideas below – all we need is you.

## W WATCH A CHRISTMAS MOVIE

Or a winter classic, at home or in your local community and ask for a donation to support our work. If you're really feeling festive why not make a few treats and charge a bit extra for your hard work.



## I ICE, ICE, BABY

No, we don't think we should bring back the ice bucket challenge, but this is the perfect season to get baking and icing some wonderful cakes. Join friends, colleagues, and community together to host a festive coffee morning or afternoon tea party. Everyone can bake or buy cakes and snacks and collect donations for the tasty treats.



## N NATURE WALK

Wrap up warm and get your friends or family together to go exploring on a winter nature walk. Maybe even Santa Claus can join your walk. You can make a list of things you might see together before your venture, and when you tick them off on the walk, collect a donation for everyone you see. Get back to nature, have a ramble, go bird spotting - let your imagination run wild and come up with fun ideas to raise funds whilst making the most of the great outdoors.



## T TREASURE HUNT

A treasure hunt around your home or neighbourhood is a great way to be with family and friends for fun and a bit of outdoor team building. Make a list of things for everyone to find and then hide them in your home or in your local surroundings. Get everyone involved and "hunt" against the clock and ask for a small entry fee. To make a little extra why not set up an online fundraising page and ask your treasure seekers to make a donation in advance to really boost funds.



## E EXPLORE THE WORLD OF CRAFTING

Host a crafting afternoon with family and friends and just let those festive and creative juices flow. To support our charity, ask for an entry fee from those entering your creative space and collect donations on the day. The best thing about this idea is that it is suitable for all ages and the crafting opportunities are endless.



## R RAFFLE THOSE UNWANTED ITEMS

Raffles are such a popular way to raise money for a good cause and it's also a great way to clear out unwanted items in your home.



## How to send your donations

Thank you so much for fundraising for Children's Health Scotland. Any amount you raise will help us reach children and young people with health conditions across Scotland. To pay in your donations, you can:



Scan the QR code to be taken to our page on Just Giving, or search for us on Just Giving.

If you would prefer to donate by post, you can send a cheque payable to Children's Health Scotland to our office at 22 Laurie Street, Edinburgh EH6 7AB.

If you would like to discuss another method to pay in your donations, please email [fundraising@childrenshealthscotland.org](mailto:fundraising@childrenshealthscotland.org)







**'The Tzar's Curious Runaways', a magical, captivating tale of adventure set in Imperial Russia and written by Robin Scott-Elliott, was our chosen read for our Book Week Scotland celebrations. In November, we hosted a very special SMS:HUB with over 20 children and young people and the actual author for our Book Week Scotland event.**

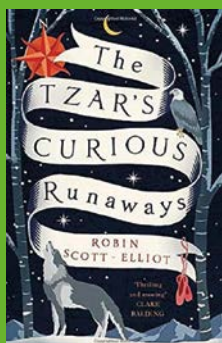
Book Week Scotland is an annual celebration of books and reading that takes place across the country in November. Ahead of the event, our children and young people received a free copy of *The Tzar's Curious Runaways* together with some other goodies, and some mindfulness and breathing exercises. Robin Scott-Elliott was our VIP guest and we listened as he shared stories about his background explaining that he was a Sports Journalist for over 25 years with the BBC, ITV, the Sunday Times, and the Independent. He told us that the highlight of his career was covering the London 2012 Paralympics where he met many inspirational individuals who inspired his creative writing.

The children and young people had the opportunity to chat to Robin about his writing and ask any questions they had about the *Tzars Curious Runaways*. Robin joined in with the activities we had created based around the book and got involved with all the fun and games we had planned for the evening!

*The Tzar's Curious Runaways* follows three characters: Katinka, a dazzling ballerina born with a hunched back, and her friends Alexei the Giant and Nikolai the Dwarf. Guided by a special map, they set out across Russia on the adventure of their lives. Talking about the book choice our Coordinator Eilidh Findlay said: "Everyday Adventure was the chosen theme by Book Week Scotland this year which guided our book choice. It matches perfectly with our Values for us and an everyday adventure is the next step to thinking about how we can make our lives a little more fun or exciting whether we are at home or in hospital."

Each month we deliver an SMS:HUB which is FREE for children and young people who have been involved in one of our SMS Programmes. Children and young people can log on at the exact time it starts, be comfortable at home but still have that opportunity to socialise and meet other children and young people from across Scotland facing similar challenges and going through similar experiences.

# Book Week Scotland



**Our Adventure  
started with The  
Tzar's Curious  
Runaways by  
Robin Scott-Elliott**





# Children's Health Scotland



## Be a Friend of Children's Health Scotland with a donation of £10

Right now the health and wellbeing of children and young people is being affected like never before, especially for those who were already struggling with underlying health conditions.

As a **Friend of Children's Health Scotland** you will help us to support the children, young people, families, and carers who need us most. Many are vulnerable, facing challenges of loneliness, isolation, poverty, and underlying health conditions.

For an annual donation of **£10.00** you will become a **Friend of Children's Health Scotland** and receive:

- Children's Health Scotland gift bag.
- Regular updates including our e-newsletter, quarterly magazine and Annual Review and Impact Report.
- Invitations to events.



To become a **Friend of Children's Health Scotland** please complete the section below and return with a cheque payable to Children's Health Scotland at the address below or pay online by visiting [www.childrenshealthscotland.org/how-you-can-help/be-our-friend/](http://www.childrenshealthscotland.org/how-you-can-help/be-our-friend/) and send the completed form to [fundraising@childrenshealthscotland.org](mailto:fundraising@childrenshealthscotland.org).



## Friend of Children's Health Scotland

I enclose my donation of £ \_\_\_\_\_ and would like to become a Friend of Children's Health Scotland. Please complete the following for our records.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

☐ I would like to be sent CHS mailings.

☐ I would like to receive an acknowledgment of my donation.

We will keep your personal information safe under the Data Protection Act 1998 and the EU General Data Protection Regulation. The basis for us processing your data is legitimate interests so we can contact you about our events and send you our news. If you do not wish us to keep your details you can let us know at any time.

### 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)



Scottish Government  
Riaghaltas na h-Alba  
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We acknowledge the support of the Scottish Government through CYPFEIF and ALEC Fund Grant.

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