



Spring 2024

Children's Health Scotland



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NEW MY HEALTH, MY RIGHTS YOUNG PEOPLE'S CHARTER IN DEVELOPMENT

Young volunteers living with a health condition(s) are steering the work of a new My Health, My Rights Young People's Charter in Scotland. Their aim is to create a Young People's Charter which reflects their voices at the very centre.

Talking about the campaign, Rhianne Forrest, Officer with Children's Health Scotland said: "This important piece of work allows the voices of children and young people to be at the centre of rights development and promotion in Scotland. Together with others in our sector, we want to make sure Scotland is one of the best places to grow up in and listening to the needs and rights of children and young people is a key step in taking this forward. We are so proud of our young volunteers who are shaping our My Health, My Rights Young People's Charter and together with them we feel it is fundamental to making sure that the health rights of children and young people in Scotland are protected, respected, and fulfilled. We would like to thank NHS Greater Glasgow and Clyde for their support in our Health Rights Service and helping us with this historic piece of work."

In 2023, children and young people who attended our Self-Management Skills (SMS) HUB let us know they wanted a Charter that focused on health rights (and not just for hospitals). Those who attend our monthly online SMS:HUB live with a health condition, so we asked them if any would like to volunteer with us



to develop, launch and support our My Health, My Rights Campaign, and the creation of the Young People's Charter. Fifteen volunteered and together we started to work on the My Health, My Rights Young People's Charter. These young volunteers became our first Health Rights Defenders, and they are now guiding the development of the Young People's Charter and inspiring others to become Health Rights Defenders who will work to defend and promote the rights of children and young people in Scotland.

Currently we are working on the My Health, My Rights Charter within schools across Scotland and it is scheduled to be finished in time for our Parliamentary Reception which is to be held in September 2024.



FREE WORK CARERS IN

We are pleased to announce that our **FREE Workshops for Foster and Kinship Carers in Scotland** are now available to book online. This is a new development for 2024 with carers now able to book online through Eventbrite which means they have direct access to Workshops of their choice.

Commenting on this new development, Helen Forrest, Chief Executive of Children's Health Scotland said: "Thanks to funding from the Children, Young People and Families Early Intervention Fund and the Robertson Trust we are able to deliver a series of FREE Workshops throughout the year. These focus on supporting carers to better understand the healthcare needs and rights of children in their care, so they are better able to support them in times of need."

"In order to deliver these Workshops, we very much value the relationships we have developed with local social work departments, support groups, and national charities such as The Fostering Network and the Kinship Care Advice Service for Scotland (KCASS) and we are delighted to be working with them to move

the booking of our Workshops online. Together we want as many Workshops as possible, focused on different topics, to be available to as many carers as possible throughout Scotland. I think it's also worth mentioning that although the booking for all these will be online, some will be delivered in-person in partnership with others. The aim is to give as much choice as possible to carers so they can book onto a Workshop on a date and time which suits them."

Our workshops for Foster and Kinship Carers are themed around topics suggested by the Carers so they are directly relevant to caring for a child or young person and we are confident from our feedback that our sessions are interactive, entertaining, and informative.

“ I really appreciate sharing ideas with other people. You come into the Workshop, and you are listened to, believed, and supported by others in the same position. ”

Kinship Carer

“ This Workshop has given me coping mechanisms to research and practise. It made me think about the impact of loss as an adult and how much more difficult this must be for a child. ”

Foster Carer

THIS WORK IS FUNDED BY:



SHOPS FOR SCOTLAND

In addition to delivering Workshops, the Care Experienced Children and Young People Service also offers a range of services, help, information, and activities which includes mini/taster sessions and one-to-one support. Just look at some of the work we achieved over the past year as detailed in our Impact Report.



CALMING
TECHNIQUES

MENTAL
HEALTH &
WELLBEING



ADOLESCENCE
MATTERS

32
SESSIONS
TO 312 CARERS

LOSS AND
CHANGE

TRAUMA

CONSENT



3,500

households received information on Mental Health and Emotional Wellbeing through the Fostering Network Magazine.



130

care experienced children under the age of 12 received information on health rights.



312

kinship carers received resource packs.

1,619

professionals including local authorities and Independent Fostering Providers received our training resources.



285

FOSTER AND KINSHIP CARERS

attended 32 sessions delivered across Scotland.



540

parents or carers received healthcare rights information.

384

professionals attended our events.



13

opportunities for our Family Participation Group to help influence policy, and the design and shape of healthcare services.



Please turn the page for more information...

BOOK YOUR PLACE NOW ON OUR FREE WORKSHOPS AND WELLBEING OF CARERS AND THE CHILDREN



ADOLESCENCE MATTERS

Being a carer for a teenager can be an incredibly rewarding but often challenging experience. Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health. This session shares an understanding of why adolescence matters to care experienced children.



CALMING TECHNIQUES

Practically every carer has been confronted by a situation when their child 'loses it' or has a 'meltdown'. This session will help explain why this might be happening, how to avoid it in the first place, and provide some practical techniques for coping with it when it does happen. Its aim is to give better knowledge and understanding of calming techniques for carers.



MENTAL HEALTH

Compared to other young people, care experienced children and young people are five times more likely to have a mental health disorder, like anxiety, depression, post-traumatic stress disorder or behaviour problems. This session looks at ways of fostering positive mental health and emotional wellbeing for care experienced children and young people.



THE IMPACT OF LOSS AND CHANGE

Loss and change are part of life. All children will experience it at some point. However, we know and understand that care-experienced children will go through more loss and change than other children. This session looks at ways to help Foster and Kinship Carers understand the impact of loss and change on the children and young people in their care.

To book now visit
<http://tinyurl.com/careexperiencedworkshops>



OPS DEVELOPED TO SUPPORT THE HEALTH AND YOUNG PEOPLE IN THEIR CARE.



DISABILITY AND COMPLEX NEEDS

Children with disabilities and complex needs have a range of unique conditions that overlap, which can affect their health and wellbeing. They require additional or specialist support so that they can lead healthy, fulfilling lives. This session focuses on gaining knowledge and understanding on the health and wellbeing of children and young people living with disabilities and complex needs.



HEALTHCARE RIGHTS

Children and young people in care have the right to the best possible health. Those caring or working with them have a responsibility to promote and support this while recognising that it is the carer who can make the biggest impact on the child's experiences and environment. This session looks at managing the healthcare needs and rights of care experienced children and young people.



UNDERSTANDING SELF-HARM

There are no fixed rules about why people self-harm. However, the intention is usually to punish themselves, express their distress, or relieve unbearable tension. Sometimes it may be a mixture of all three. This session focuses on gaining better knowledge and understanding of self-harm among care experienced children and young people.



UNDERSTANDING TRAUMA

It is vital that carers are given the knowledge and skills they need to help children and young people through the complexities of understanding trauma and supporting their recovery. This Understanding Trauma and Supporting Recovery session has been developed to support carers who look after children and adolescents who have been impacted by trauma.

THIS WORK IS
FUNDED BY:



Scottish Government
Riaghaltas na h-Alba
gov.scot





VOICE

Nominations now open for the Scottish Children's Health Awards 2024

Do you know someone special who deserves a very exclusive teddy award?

The Scottish Children's Health Awards exist to celebrate courageous children and young people, and those who are making a difference to their health and wellbeing.

Nominations are now open, and you have until 5.00pm on Friday 12 July 2024 to nominate someone special. The award categories are shown on the opposite page. We also have a **Lifetime Achievement Award** which isn't listed as this award is not open to public nominations. The award will be presented to children and young people, and health professionals who, in the judges' opinions, has made outstanding contributions to the health and wellbeing of children and young people.

We are delighted that once again Journalist and TV Presenter, Catriona Shearer, will interview all the winners to share their stories whilst helping us to present their awards. The winners will be



revealed during Scottish Children's Health Week on 2 - 8 September 2024, so save the date! So, do you know someone who deserves one of these coveted teddy awards? Then go online and enter now.

If you know a child who deserves some special recognition for the great determination they have shown when it might have been so much easier to give up, or a health professional/team whose work is inspirational then please go online and enter now. The awards are easy to enter and FREE.



The award categories are as follows:



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 a trophy for a child or young person who has shown great determination and kept going, when it might have been so much easier to give up. We are seeking any 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





Children's
Health Scotland

Millie meets the dentist

9-year-old Millie is worried about going to the dentist.

Our story book tells how Millie worked through her anxieties by understanding her rights to play, to be informed, and to participate in decision making.

Using health-related play, Millie was able to visit the dentist, who gave her control and respect throughout her visit.



The second half of 'Millie meets the Dentist' contains information and ideas to help adults communicate with children, how to create a personalised story and includes links to helpful downloads.

'Millie meets the dentist' is now available to buy from Children's Health Scotland for £6.99.

**Please email
enquiries@childrenshealthscotland.org
to get yours!**



This book looks at ways to help children, young people, and those who care for them, to become confident about going to the dentist. The first part of the book is told by Millie, and she tells us about the things that helped her prepare for, and then cope with, her visit to the dentist. After Millie's story ends, there is a section especially for grown-ups. This section explains how to support children who may struggle to deal with new or unfamiliar situations and aims to give an insight into behaviour and how we can use stories, play, breathing and relaxation to calm down a nervous child.





SPECIAL SMILES DENTAL HEALTH TRAINING



Over the past few months, we've been out and about delivering our Special Smiles Dental Health Training. This training has a strong emphasis on learning through play and includes discussions on the rights of children and young people, the EACH Charter and the United Nations Convention on the Rights of the Child.

Commenting on the training, Rhianne Forrest, Officer at Children's Health Scotland said: *"We have been delivering this training over many years and it has a strong focus on the importance of communicating with children and young people through health-related play. For example, at our last session we practised some breathing activities such as feather breathing and bubble breathing - both of which can help a fight or flight response and calm ourselves down. We spoke about the importance of toys and how they can help non-verbal children and those with additional support needs to play and understand a dental experience. Play is how children navigate the world, how they can test boundaries, and how they can explore in a safe and secure way. It's serious business and especially important for children with additional support needs, as it's a way for them to express their feelings and concerns."*

Our Special Smiles training promotes a rights-based approach to oral health and is relevant for dental health support workers, dental nurses, dental hygienists/therapists, and dentists working with children and young people to improve their oral health. Our last few sessions have been delivered in partnership with NHS Education for Scotland. The learning within this course is also appropriate for those working with the early years, both in the local authority and voluntary sector. It is particularly useful for those who are supporting children and young people with additional support needs.

AIM

The course seeks to enhance the preventative care system for children and young people most in need by assisting schools, parents and carers to carry out their role in developing good dietary and oral health habits and to support the child to cope emotionally with dental care and treatment. The course also encourages dental services to become more patient and child friendly to enable children and young people with additional and complex support needs to experience a more positive contact with the dental health service.

On completion of this course candidates will be able to:

- Describe the benefits of learning through health-related play, together with the importance of health-related play in healthcare or community settings.
- Interpret a rights-based approach to oral health with children, young people, and families.
- Demonstrate health-related play in action using techniques that actively engage with children, young people, and their families or carers in relation to oral health improvement.
- Design interventions that support the oral health of children and young people in a way that meets their rights and needs according to their developmental stage.



If you are interested in finding out more about this training, please email enquiries@childrenshealthscotland.org



OUR NEXT SMS:CON NOW OPEN FOR REF

Our next Self-Management Skills (SMS):CONNECT Programme, that supports the health and wellbeing of children and young people living with a health condition, starts on the 27 May 2024. This is a national Programme delivered online over six weeks with two one-hour sessions delivered each week. Five weeks of the Programme focus on building a toolkit of Self-Management Skills. We talk about the importance of looking after our health and wellbeing, sleep, friendships, what self-care looks like for a young person with a health condition, how to cope in school and what navigating that environment is like with a health condition and being able to talk about how we are feeling and our concerns.

Talking about the Programme, Michelle Wilson, Head of Service said: *"Our SMS Programmes are designed to support all children and young people living with a health condition who need additional health and wellbeing support at a critical moment in their lives. They are fully inclusive and are designed to build empowering relationships with our children and young people based on their individual needs and rights. We actively encourage our children and young people to have a say over how the Programmes are delivered, with a strong focus on building respectful, compassionate, and trusting relationships. It is important to highlight that the Programmes do not focus on a specific health condition or disability, and we work in collaboration with partners and health professionals to tackle mental health stigma, trauma, and living with invisible health conditions."*

The team delivering our SMS:CONNECT Programmes has a wealth of qualifications and experience in the delivery of youth work programmes, including: teaching, psychology, nursing and working with young volunteers. The Programme is split into two age categories: for children aged 9-12 and for young people aged 13-17 years. All are focussed on empowering children and young people to take ownership of their conditions whilst learning new techniques which encourage improvements in how they feel about themselves. From our feedback we know we are delivering a Programme that is meeting the needs of the children and young people we support.



“ Previously blood tests have been very difficult for her but yesterday she was able to prepare herself and manage successfully to get bloods...her self-confidence seemed much improved and just overall much happier. So, thank you! ”
Healthcare professional

“ She’s enjoyed it so much. It’s given her something to do after school when otherwise she wouldn’t have had anything. You don’t understand the difference you’ve made - just how much it has boosted her. Thank you for all that you do it’s so vital. ”
Family

“ I like that I can join in from my house, I feel more comfortable here and less stressed about meeting the new people. The group is a lot of fun and we learn a lot too! ”
Young Person

To refer a child or young person to an SMS Programme in 2024, please visit our website or email: sms@childrenshealthscotland.org

NECT PROGRAMME ERRALS

SMS:HUB and Partnership Working

Once children and young people have completed an SMS Programme, they are invited to join our monthly online community - the SMS:HUB.

So, what is a community and why is it important? In relation to the health and wellbeing of children and young people, a community is a safe space for them to grow and learn together and being part of it allows for unique opportunities to provide support and encouragement which is an invaluable part of self-management.

In 2023, our SMS:HUB won the Alliance Empowering Self-Management Project of the Year Award, for our work in building an incredible community of and for children and young people. In the past few years, it has grown into a place where children and young people not only feel they belong, but also where they take ownership of the experiences the SMS:HUB can offer them.



Through the SMS:HUB, our children and young people can join in fun and engaging social activities from the comfort of their own home. Partners like Edinburgh Zoo allow them to gain new experiences that they can build on outwith the HUB. The Glasgow Science Centre taught us new skills and the science of bubbles, bringing back confidence and self-esteem. Other partners like Village



Story Telling and The Scottish Book Trust helped to build communication skills and encouraged new and fun ways of exploring the world around us.

In 2024, we're excited to work with more partners based on feedback from the children and young people. This thriving community values the work put in by our partners and we know it wouldn't be the same without them! Strong communities go beyond basic needs, rather, they ensure that lives are filled with positive experiences, valuable memories, and a sense of togetherness. Thanks to our partners, we have been able to enhance our community and give our children and young people exactly what they have asked for.

To find out more about our SMS:HUB, please visit our website or
email: sms@childrenshealthscotland.org

Spring Fundraising Ideas

Spring is known as “the season of hope” because it symbolises the resurgence of life after the inevitable challenges of winter. This rising energy generally helps us feel more optimistic and driven to make the most out of our days. It is a time where we can get back outside and reconnect with nature as the sights, sounds and smells bring us hope and cheer as more light and warmth encourages colourful flowers to bloom and wildlife to thrive.

There is never a better time to make the most of all this new opportunity to fundraise some important funds for the children and young people who make up the Children’s Health Scotland community. We’ve put together 5 fantastic spring fundraising ideas that will help you raise money and have fun!

1 Easter Egg Hunt

It’s not just the Easter Bunny that is the best at hiding chocolate eggs! You can create an amazing Easter egg hunt that can be held inside or outside. Ask people to participate in the fun by contributing to Children’s Health Scotland. Let everyone know how their donations will be greatly appreciated while they can revive their childhood at the same time.



2 Spring Clean

Gather people around your community to help pick up litter and recycle. You could even offer prizes for the unique item found. You can choose a location where the clean-up event will take place perhaps at a local park, schools, and river.



3 Bake Sale

It’s an oldie but a goodie! Whether you host your bake sale in the comfort of your own home or have a bake sale at work, there’s no better feeling than satisfying rumbling tummies, whilst raising funds for a charity close to your heart.



4 Spring Gardening

Offer to plant some vegetables and flowers in your local area, for your neighbours or for your colleagues. Cut the grass, trim the weeds or find their missing garden gnome – it’s all for a great cause!



5 Picnic in the Park

Get your friends, colleagues, and community together by hosting a picnic in the park. With the better weather, we can socialise outdoors and everyone can have some nibbles and play some games for a small donation.



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

Are you looking to choose a Charity of the Year?

Then we would love to be chosen by you!



The health and wellbeing of children and young people and their right to the best possible health lies at the heart of our work. We are searching for organisations that could have a huge impact on our work by choosing us as their Charity of the Year. If chosen we would work with you to create fun and innovative ways to get the whole of your organisation, customers, clients, and stakeholders involved in fundraising for us.



More companies are choosing to commit to supporting charities long-term, rather than ad hoc, as they see the benefits of embedding the partnership within the culture of the company. Staff and customers develop a passion for the charity as they see the life changing difference their fundraising efforts make over the long-term. Also, linking your product or service with us will help your customers, particularly those with children, to become more engaged with your brand and we will work with you to deliver results.

Living with disabilities or health conditions can be overwhelming and isolating. We support children and young people who don't necessarily have services readily available to them that give them support in

building their confidence, self-esteem, and social inclusion. We particularly focus on helping those with long-term health conditions making them feel part of our family that stretches across Scotland. We provide health and wellbeing support Programmes directly to children and young people with disabilities and health conditions and Foster and Kinship Carers. We're the only charity in Scotland dedicated to informing, promoting, and campaigning on the healthcare needs and rights of all children and young people with health conditions and we work directly with children and young people, and those who love and care for them including families, carers, educators, and health professionals.

Choosing us as your Charity of the Year will also help to increase your business profile, by making sure you reach your Corporate Social Responsibility objectives. We're also here to shout about your wonderful achievements in the press and through our social media channels. You can support us throughout the year with charity collection boxes, getting creative with fundraising activities and spreading the word about what we do. Just be our biggest fan all year round! So, whether you are a business, school, association, club, or pub we would love you to support us.

If interested in partnering with us please email fundraising@childrenshealthscotland.org or give us a call on **0131 553 6553**.



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/ and send the completed form to 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.



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