

Summer 2024



Children's Health Scotland

**SAVE
THE DATE**
for Scottish Children's
Health Week 2024



Scottish Children's Health Awards –

Let someone
special know you
care. Nominate
them today for
a special Teddy
Trophy.



ANNUAL GENERAL MEETING OF CHILDREN'S HEALTH SCOTLAND

The 2024 Annual General Meeting (AGM) of Children's Health Scotland will be a hybrid meeting taking place via Zoom and in our offices at Forthside Way, Stirling on Saturday 12 October 2024 at 11.00am.

The activities and finances of Children's Health Scotland from April 2023 to March 2024 will be discussed at the AGM, together with some of our key achievements over the past year. If you would like to attend our AGM please email events@childrenshealthscotland.org.



What's Inside:

4 Health Rights Training

Find out more about our health rights training to student nurses from the University of Glasgow.

6 Self-Management Skills

Boosting the confidence and self-esteem of children living with a health condition.

8 Learning About Rights

We're educating school children about the UNCRC and health rights.



10 My Health, My Rights Charter

We were very excited when children and young people with health conditions told us they wanted a Charter. We now have their Charter and our very own Health Rights Defenders.

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

Do you know someone special who deserves a very special Teddy trophy? Then nominate them for an award.



14 Children's Waiting Lists at an all-time high

Paediatricians in Scotland are calling for urgent and bold action to improve waiting times.

16 Calming Techniques Workshop

Find out more about this Workshop for Foster and Kinship carers.



18 Charity of the Year

Are you looking to choose a charity of the year for your organisation?



WINNER

2-8 September 2024

SAVE THE DATE

for Scottish Children's Health Week 2024

We are so excited about our forthcoming Scottish Children's Health Week and hope you have a 'Save the Date' in your calendar for 2-8 September 2024. This year we are celebrating with a Parliamentary Reception during the week itself and by hosting our Bear's Tea Party at the Balmoral Hotel, Edinburgh on Saturday 24 August 2024. At this event we will present the prestigious Teddy trophies to winners of a Scottish Children's Health Award, talk about the forthcoming activities for Scottish Children's Health Week, and give a little insight into the progress of our My Health, My Rights Campaign.

Scottish Children's Health Week has been created to focus on the health and wellbeing of children and young people and their right to the best possible health.

Bear's Tea Party is a special celebration of the week ahead and the daily lives of the children and young people we support.

We know and understand that our children and young people and their families have many barriers to building friendships and feeling socially included. That's why we do run self-management skills Programmes to help them develop life-long skills that they require to take care of themselves, gain control of their lives, and better

manage their health conditions. In addition, part of our work involves bringing our families and carers together for fun events and activities to support their mental health and wellbeing, build friendships, and feel more socially included. So, at Bear's Tea Party we will be hosting children and young people with health conditions and their families alongside foster and kinship care families, with the aim of providing a magical afternoon of celebration, rights, play and of course fun.





HEALTH RIGHT TO STUDENT

"The most important thing I learned today was that it is essential that you explain things to children in a way they understand and that they should always have an adult with them."

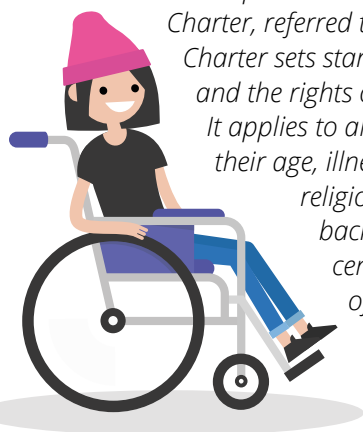
"Something important I learned today was about the rights of a child in hospital and to never treat children like adults."

"No matter what age you are, you have a right to give consent or not to medical related treatment."

"Children are very different from adults and shouldn't be treated as young adults, there are a wide variety of things you can do to make a child's experience in hospital easier."

In April, our staff delivered Health Rights Training to student nurses from the University of Glasgow. Eilidh Findlay and Rhianne Forrest delivered the training, ensuring that fun and interactive activities were practised to facilitate discussions on what a child's perspective of hospital might look like, and how to help children manage their stress.

Commenting on the training Rhianne said: "Article 24 of the UNCRC tells us that every child has a right to the best possible health, no matter who they are or where they come from. Our Health Rights Training outlines what this means in practice and of course includes health-related play. During our session with the University, we talked about the European Association of Children in Hospital Charter, referred to as the EACH Charter. This Charter sets standards for the quality of care and the rights of sick children and their families. It applies to all sick children, regardless of their age, illness, disability as well as their religion and their social or cultural background. Child and family centred care is the philosophy of care supported by the EACH Charter and we spoke about how important it is to make sure children's rights are protected,



respected and fulfilled. We know that when children have their needs and rights met, they have a much more positive experience within a medical setting, meaning they are more likely to continue to look after their health as an adult."

Eilidh and Rhianne also spoke about their work on the SMS Programmes and how children and young people with a long-term health condition might also feel when transitioning to adult services.

100% of the students who took part in the training said that their knowledge of health rights had improved.



TS TRAINING NURSES



Both of these publications are used in our health rights training.

88% said they knew more about our SMS Programmes and self-management. Following the training, one delegate told us: *"Interesting presentation, very relevant to nursing degree and I feel confident that I will be able to help children and their families have a better experience in a hospital setting."*

We provide Health Rights Training for free to universities and colleges within the Glasgow area thanks to funding from NHS Greater Glasgow & Clyde, which supports our Health Rights Service. If you would like more information on this training, please contact us on CYPHRS@childrenshealthscotland.org.



A Friendly Drop in for Information

Our team have been working closely with the Health Play Specialists at the Royal Hospital for Children, Glasgow. Through this partnership we now have a monthly stall during clinic days that has lots of information on our Children and Young People Health Rights Service and our Self-Management Skills (SMS) Programmes. The stall is a great place to ask questions, get information and our friendly team can help children and young people self-refer for our SMS Programmes. We'd love to see you there, so keep an eye on our social media where we post our visit dates.





BOOSTING THE CONFIDENCE AND SELF-ESTEEM OF CHILDREN THROUGH OUR SMS PROGRAMMES

SMS:WhyWeight is a Programme that has been designed by Children's Health Scotland and delivered in partnership with NHS Forth Valley. This Programme revolves around patient centred care, and the development of self-management skills for children and young people who are beginning their journey with the dietetics department.

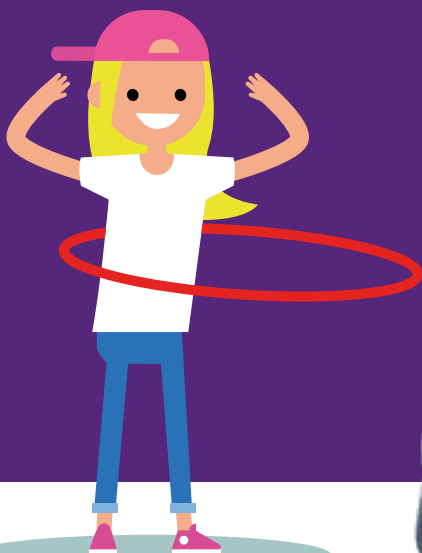
SMS:WhyWeight aims to boost the confidence and self-esteem of children and young people so that they feel able to take control of their own health and wellbeing and take steps towards positive changes in their everyday lives, without turning their world upside down.

Earlier this year we ran our first in-person Programme. The group was made up of young people living in and around Falkirk aged 13 – 17, with sessions focused on creating positive change through learning about goal setting, routines and managing stress. Commenting on the Programme our staff member Eilidh Findlay said: *"This group particularly loved the games we played through the weeks, as it helped them to get to know each other better and gain a sense of belonging."*

They quickly became comfortable sharing stories with the team and each other thanks to games like Telephone and Would you Rather! Building social skills through games is a valuable experience which helps to develop empathy and understanding in a group setting - particularly when one young person arrived with a bandaged wrist, so everyone did an activity one handed!

"The group loved sharing what they had been up to at home and at school through the weeks, which helped us to realise how our hobbies and the things we love can help our health and wellbeing."

SMS Why Weight in person was a great success and we can't wait to do it again! To find out more about SMS Why Weight or to enquire about a similar bespoke Programme for your organisation, please email: sms@childrenshealthscotland.org



Our SMS Programmes support children and young people with health conditions

When children and young people have something going on with their health, everything else in their lives can become overwhelming. Often children and young people can feel alone or isolated, like they are the only people in the world with these experiences. Our Self-Management Skills Programmes help these children and young people to cope better with their health and wellbeing when everything becomes too much. It is designed to improve the relationship children and young people have with their health and wellbeing whilst building their confidence and self-esteem.

Commenting on the SMS Programme, our staff member Eilidh Findlay said: *"During our SMS Programmes, children and young people have the opportunity to meet other people their age, who understand what they are going through. Sessions have an informal atmosphere with a mixture of activities and games to help everyone get to know one another and have fun! We listen to children and young people, and we adapt our Programmes to meet their needs and concerns."*

SMS:F2F (face-to-face) is our in-person Programme which allows children and young people to come together and get to know themselves better, through self-management. Part of the process is building knowledge and understanding of the support surrounding you and the opportunities you may have in the community. To do this, SMS:F2F invites partners from other organisations to participate in our sessions and share their expertise with the group. At our most recent SMS:F2F, we were lucky enough to partner with Relax Kids, The LUNA Project and The Teapot Trust.

Earlier this year we delivered an SMS:F2F Programme in Edinburgh which saw lots of children and young people come together, make friends, and have a good time while learning valuable self-management skills. Our next Programme will be delivered later this year in Glasgow. The feedback from families has been heartwarming and shows exactly why the SMS Programmes are so important for children and young people.



"This is the only thing that has worked for him. We've tried so many different services and nothing else has worked. We're seeing him come out of his shell and be more confident. He's even made a friend at the Programme, and they've been playing together. She understands what it's like for him and they talk about their health." Family member

To refer a child or young person to our next SMS Programme, visit:

<https://www.childrenshealthscotland.org/self-management-service-interest-referral-forms/>

Or for more information on the SMS Programmes email: **sms@childrenshealthscotland.org**





Learning about rights and the UNCRC



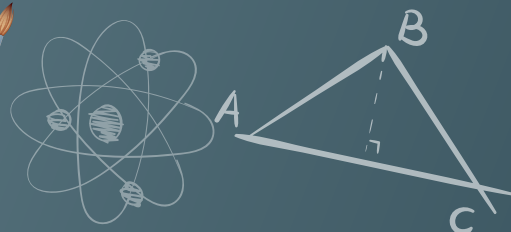
Over the past few years many schools in Scotland have focused on educating children about the United Nations Convention on the Rights of the Child (UNCRC) which is a legally binding international agreement setting out the civil, political, economic, social and cultural rights of every child, regardless of their race, religion or abilities. Learning about rights not only sets the standards that children can expect as they move through life, but it can also empower them to use their voice when their rights are not being respected, protected, or fulfilled.

Talking about health rights, our staff member Rhianne Forrest said: *"Every year, schools across the country hold a Health Week to learn about health and wellbeing and the right of every child to the best possible health. This year, we were invited to Langbank Primary School in Renfrewshire to take part in their Health Week and talk to the children about their health rights. Of course, a topic of discussion included the fact that on 16 January 2024, Royal assent was granted for the UNCRC Bill in Scotland, meaning it is now officially an Act. Most of its provisions will come into force on 16 July 2024."*



It is often considered that school visitors are the experts in the topics they are discussing. However, on our recent visit to Langbank Primary School, we encouraged the children to be the experts on their own health rights!

"The voices of children and young people are incredibly important as they are the experts on their own lives and can give us, as adults, valuable insight into what matters to them," continued Rhianne. "Childhood is an ever-evolving experience that can change drastically in just a few years, and so even those in their late teens might not know exactly what younger children want and need."





Delving into the world of health rights, the children at Langbank Primary School were keen to show us their knowledge of rights and told us that:

"Rights are things you have that have to be looked after".

They let us know that they felt the right to be respected (UNCRC Article 12); the right to education (Article 28); and the right to know about your rights (Article 42); are all important to them.

Primaries 4/5 and 6/7 even helped us with our My Health, My Rights Charter, which has 10 rights chosen by children and young people across Scotland that they feel are important. Primaries 4/5 and 6/7 wrote and drew for us what rights mean to them and were excited to share their ideas on why rights matter.

"Rights protect you and help you to be looked after, they're really important"

Even the younger classes got in on the action! With primaries 1 and 2/3, we learned all about our friend Bear who had broken his leg and had to go to hospital.

The children came up with ideas on how Bear might have broken his leg:

"Maybe he was on a boat and got his leg bit by a shark!"

After that, we all worked together to phone an ambulance, and ride in it with Bear



to the hospital, where he met nurses, and doctors and surgeons, oh my!

The classes knew that Bear could have mum or dad or another trusted adult with him in hospital, and told us:

"It might be scary in hospital if you were by yourself."

And

"Mum and Dad would make you feel safe, and better in hospital. They need to help look after you because you don't know the doctors and nurses".

Luckily, Bear got an X-ray and then an operation, to fix his broken leg, and with the help of Primaries 1 and 2/3 he was feeling much better afterwards!

Visiting schools and having conversations with children and young people is a huge part of ensuring that every child and young person has the right to the best possible health.

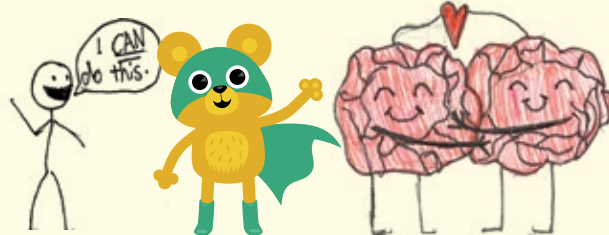
To find out more about school visits, email: CYPHRS@childrenshealthscotland.org



DO YOU WANT TO JOIN OUR HEALTH RIGHTS DEFENDERS?



Children's Health Scotland is the leading charity in Scotland that promotes, defends, and protects the healthcare rights for children and young people in Scotland. We couldn't do what we do without our Health Rights Defenders.



But what is a Health Rights Defender and how can I be one?



A Health Rights Defender is someone (a grown-up, child or a young person) who helps our Charity defend the right of every child to the best possible health. Some people might raise money, some people might ask us to visit their school, and some may promote our work to inspire children, parents, and carers with knowledge and understanding of the United Nations Convention on the Rights of the Child (UNCRC) and health rights, and defending these rights, when necessary, with professionals, government, committees, and non-governmental organisations.

We have a very special group of young volunteers called Health Rights Defenders who inform us about our work and make sure we are listening to children. These children and young people might have taken part in our SMS Programmes and are living with a Health Condition.

Schools can also become Health Rights Defenders. They can ask for a visit and learn all about our My Health, My Rights Campaign and the work we are doing to promote and defend children's rights.



If you would like to join our Health Rights Defenders then you can email **CYPHRS@childrenshealthscotland.org**

www.childrenshealthscotland.org

With thanks to:



Scottish Government
Riaghaltas na h-Alba
gov.scot

We acknowledge the support of the Scottish Government through CYPPEIF and ALEC Fund Grant.

Registered office: Children's Health Scotland
Cameron House, Forthside Way, Stirling FK8 1QZ
enquiries@childrenshealthscotland.org
www.childrenshealthscotland.org

Children's Health Scotland. A charitable company limited by guarantee.
Scottish Charity No. SC006016. Registered Company No. 100114.
All materials © Children's Health Scotland 2024.

MY HEALTH, MY RIGHTS

CHILDREN AND YOUNG PEOPLE'S CHARTER

We always try to listen to what children and young people tell us about their health and wellbeing, and their right to the best possible health. Also, whenever we can, we seek to empower, promote and advocate for their voices to be heard, respected and valued.



So, we were very excited when children and young people with health conditions told us they wanted a Charter that showed their 10 most important health rights, looking for inspiration from the UNCRC and the EACH Charter. They made a start and then we took it schools and hospitals across Scotland for their help because we all wanted a Charter *"made by children and young people for children and young people"* and not one made by adults. Our children and young people also told us that when people become aware of their Charter and what it means to them then they could become Health Rights Defenders.

The drawings for the Charter are made of course by the children and young people involved in its creation, so a special thank you to:

- Children's Health Scotland Health Rights Defenders
- Cranhill Primary School
- Burgh Primary School
- The Royal Hospital for Children, Glasgow

#MyHealthMyRights
Every child has the right to the best possible health



You can find out more about our My Health, My Rights Children and Young People's Charter by visiting our website. We'd like to thank NHS Greater Glasgow & Clyde, the Robertson Trust, the Children, Young People and Families Early Intervention Fund, and supporters of Children's Health Scotland for helping us make this happen. It truly is a testimony and celebration of children and young people's rights in Scotland.

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 a health professional 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 waiting lists at an **all-time high**

Paediatricians in Scotland are calling for urgent and bold action to improve waiting times after a new report shows increasing demand and long waits for children and young people.

The Royal College of Paediatrics and Child Health (RCPCH) has published the report 'Worried and Waiting: A Review of Paediatric Waiting Times in Scotland'. The crucial report looks at waiting times data from October 2012 to September 2023 and places a spotlight on paediatric waiting times in Scotland.

Commenting on the report Michelle Wilson, Head of Children and Young People Services with Children's Health Scotland said:

"Children's Health Scotland is very pleased to support RCPCH Scotland in the publication of their report Worried and Waiting: A Review of Paediatric Waiting Times in Scotland. It highlights what children, young people and those who love and care for them have also been telling us: 'Waiting for appointments takes too long'.

"The report not only highlights issues of concern but carries strong recommendations that will help Scotland realise its Promise to all our children – in order that they feel loved, safe, healthy, and respected and have the opportunity to be the best they can be. Thus, on the eve of the incorporation of the UNCRC into Law in Scotland in July 2024, we can truly say that every child has the right to the best possible health."

In support of the review, we were pleased to take part in a Parliamentary Round Table and contribute to discussions, including what some potential solutions may involve.



Scottish paediatricians report that over the past 11 years, pressures on services and staff have greatly increased and this has resulted in a greater number of children and young people waiting for longer periods. The standard waiting times target for Scotland states that 95% of new outpatients should wait no longer than 12 weeks from referral stage to the point of being seen. In October 2012, the percentage of patients across Scotland waiting over the 12 weeks target was 1% of total waits. By September 2023 the percentage of patients waiting over 12 weeks had increased to 48.9%.



As Dr Mairi Stark, RCPCH Officer for Scotland said: "An 114% increase in outpatient waiting times over the past 11 years signifies a clear failure to prioritise the health and wellbeing of our children."

She goes on to remind us of how significant an impact long waits can be, particularly for children and young people who may need treatments at different ages and stages of

development. Often if the right window is missed to treat a child or the wait is too long the consequences can be irreversible.

As the leading children's health charity in Scotland, we often see the devastating impact of long waiting times on the children and young people with health conditions who we support. They can then often become anxious about what is going to happen next. Why haven't they had an appointment? Dr Stark highlights this perfectly: "It is not the same as for adults: if you miss the right window to treat a child or wait too long the consequences can be irreversible."

The report highlights what children, young people and those that love and care for them have also been telling us.

"Waiting for appointments takes too long".

"No one tells me what's happening".

The recent publication of Scottish Government Summary Statistics of Schools in Scotland 2023 highlights that sickness absence with no educational provision has risen from 3.5% in 20/21 to 5.0% in 22/23 and that sickness absence is higher amongst children with additional support needs.

Children's Health Scotland fully supports the three recommendations in the Review.

Recommendation 1: The Child Health Workforce

- A whole systems approach with the child at the centre
- Genuine engagement with children and young people

We feel these actions would enable children to be at the heart of planning for their needs.

Recommendation 2: Data Collection

Data Collection has been high on our agenda for some time. Currently data is not collected in line with the UNCRC age range of 0-18 years. Data supports planning and identifying gaps and needs is vital if we are to understand where the gaps and needs are. We firmly believe that improvement in the collection and utilisation of child health data would allow us to know whether we were upholding and meeting children's healthcare rights.

Recommendation 3: Access to Services.

- Empowering children young people and those that love and care for them.
- Building capacity, education and support within schools.

Improved access to and funding of primary care and cross-sector community-based services, resources and advice for children, young people, and families to support their health and wellbeing.

To conclude the Review not only highlights issues of concern but carries strong recommendations that will help Scotland realise its Promise (<https://thepromise.scot/>) to to all our children – in order that they feel loved, safe and respected and have the opportunity to be the best they can be. We need to give the child health workforce the support it needs right now to care for the children and young people of Scotland. RCPCH is urging the Government to heed their advice and implement their recommendations. Only by tackling long waiting times can we provide the appropriate, holistic care that children need. Healthy children grow up to be healthy adults, so the time to act is now.





Calming Techniques for Carers and their Children and Young People

The idea for our Calming Techniques Workshop came directly from carers who had attended our Understanding Trauma Workshops. They told us: "Well, I think I get the Trauma bit now but so what? What can I do about it?"

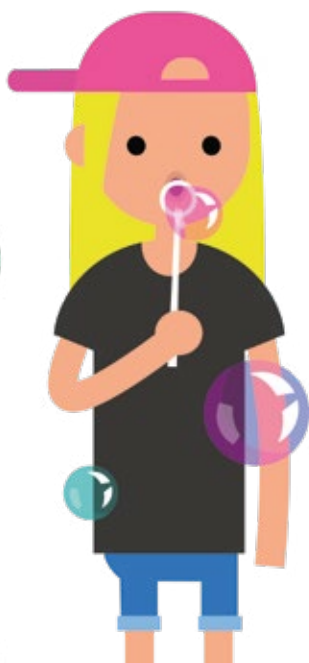
Taking this feedback into consideration, we developed our Calming Techniques Workshop which give carers a much more hands on way of helping with regulating and calming their children.

Practically every carer has been confronted by a situation when their child and young person 'loses it' and has a 'meltdown'. Whether this is in the home or in the middle of a busy supermarket, this Workshop helps to explain why this might be happening and how to avoid it in the first place, whilst providing some practical techniques for coping with it when it does happen.

A calming technique (also known as relaxation training) is any method, process, procedure, or activity that helps you to relax; attain a state of increased calmness; or otherwise reduce levels of pain, anxiety, stress, or anger.

Learning calming techniques allows you to take care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day.

Our Workshop aims to give carers a better knowledge and understanding of calming techniques and how these are important to the health and wellbeing of care experienced children and young people.



Calming Techniques Workshop

Calming Bags

You might be wondering what the following have to do with calming techniques: bubbles, feathers, pipe cleaner, beads, bubble wrap/fidget toy, notebook and pen. Each participant receives a Calming Bag with useful items for use during the Workshop but most importantly to continue to practise the activities at home. During the workshop, carers will revisit what happens in the brain when we are in fight or flight mode and therefore need to calm down. They will learn the importance of self-care and how calming techniques can help with looking after yourself. All of our activities are specifically chosen for both carers and the children and young people in their care with the aim of deepening the connection between them. It finishes with carers telling us which are their favourite activities from the session and which they would like to try out at home.

In one of our most recent Calming Techniques Workshop for Kinship Carers, 100% of those attending told us their understanding of calming techniques, and how it affects your health and wellbeing, had improved. In addition, following the Workshop, 100% felt better able to support children in their care and help them access appropriate services relevant to their health.

One participant told us: *"I am certainly going to be trying some of these activities with my child. I think it is what we have been needing all along. I knew some of them but wouldn't have been able to put them into practice so well as I can now."*



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 significant 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 to support their health and wellbeing available to them. We

particularly focus on helping those with long-term health conditions making them feel part of our family that stretches across Scotland. We provide mental 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**.



Summer Fundraising Ideas

It's officially summer! It's the time of the year to get excited about being outdoors and being creative in your fundraising activities. Summer gives us a window of opportunity to be more productive and lend others a helping hand. The hopefully warmer weather will allow you to take advantage of the great outdoors and raise money for our charity.

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 summer fundraising ideas that will help you raise money and have fun!

1 Outdoor Concert

Because people welcome any opportunity to get outside, listen to music, dance, or just simply relax, an Outdoor Concert as a fundraiser always works well. Ask people to pay for entrance to your spectacular fundraising show and let them know their donations to Children's Health Scotland will be greatly appreciated.



2 Car Wash

With the sun shining, cars will inevitably need a good wash. Simply gather a team of willing friends, armed with buckets, sponges and plenty of soapy water, and find a suitable spot to hold your car wash. You'll need lots of elbow grease, but the rewards could be sparkling and don't forget to promote your car wash widely through social media posts and local adverts.



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 Summer Gardening

Offer to do some summer gardening in your local area, or for your neighbours or friends, in return for a donation to our charity.



5 Picnic in the Park

Get your friends, colleagues, and community together by hosting a picnic in the park. With hopefully better summer 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 Cameron House, Forthside Way, Stirling, FK8 1QZ.

If you would like to discuss another method to pay in your donations, please email fundraising@childrenshealthscotland.org



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.

Registered office:

Children's Health Scotland
Cameron House, Forthside Way, Stirling, FK8 1QZ.

 enquiries@childrenshealthscotland.org

 www.childrenshealthscotland.org



Scottish Government
Riaghaltas na h-Alba
gov.scot

We acknowledge the support of the Scottish Government through CYPFEIF and ALEC Fund Grant.

Children's Health Scotland. A charitable company limited by guarantee.
Scottish Charity No. SC006016. Registered Company No. 100114.
All materials © Children's Health Scotland 2024.



Find us on:

