

Autumn 2024



Children's Health Scotland

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Bear's
Picnic at
Stirling Castle
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**GEORGIE HYSLOP
WINS YOUNG
ACHIEVER
SCOTTISH
CHILDREN'S
HEALTH AWARD**



Find out who else won a Teddy Award - Pages 10-17

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BEAR'S TEA PARTY

We hosted a wonderful Bear's Tea Party at the Balmoral Hotel to celebrate Scottish Children's Health Week and the Scottish Children's Health Awards.



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LAFS PROGRAMME

A self-management and self-care Programme for kinship carers.



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PARLIAMENTARY RECEPTION

Celebrating the right of every child to the best possible health at this very special reception.



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CELEBRATING THE UNCRC

We launched our My Health, My Rights Charter on the day that the UNCRC became incorporated into Scots Law.



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SCOTTISH CHILDREN'S HEALTH WEEK 2024

What an amazing week. Find out what we got up to this year.



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DREAMNIGHT AT BLAIR DRUMMOND

Find out how we were treated like VIPs, when we were invited to the park after it had closed for a very special evening of fun, food, and entertainment.



Pages 10-17

SCOTTISH CHILDREN'S HEALTH AWARDS 2024

Find out who one a special Teddy Award produced exclusively for us by Royal Selangor.



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CHARITY OF THE YEAR

We are on the search for organisations that could have a huge impact on our work by choosing us as their Charity of the Year.



Pages 18-19

BEAR'S PICNIC AT STIRLING CASTLE

A completely free event for kinship care families delivered as part of our LAFS Programme.



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AUTUMN FUNDRAISING

It's time to get ready for shorter days and longer coats and we think it's the perfect time to start fundraising with Children's Health Scotland.



BEAR'S TEA PARTY



Bear's Tea Party shines a light on our forthcoming Scottish Children's Health Week and the presentation of our prestigious teddy trophies to the winners of a Scottish Children's Health Award. Hosted by journalist and TV presenter Catriona Shearer, this year our event was held on Saturday 24 August 2024 at the Balmoral Hotel, Edinburgh and we were delighted to have a room buzzing with children, foster and kinship carers, and their loved ones, all engrossed in Bear's Tea Party.

"This event serves as a hub for celebrating award winners and playing fun-filled games, whilst providing a backdrop for forging lasting memories, and a venue for fostering connections," said Helen Forrest, Chief Executive of Children's Health Scotland. "Guests even had the opportunity to test their knowledge with our Health Rights Quiz, to earn the esteemed title of Health Rights Defenders, along with a badge of honour. The icing on the cake? For us it's the priceless interactions with children and their families, award winners, and the pure delight of tapping into our inner child with laughter and, of course, delectable cakes!"



“The event was so welcoming and such fun, I felt very lucky to be invited. Thank you to all the Children's Health Scotland team.”

Feedback from a guest





MY HEALTH, MY RIGHTS

PARLIAMENTARY RECEPTION

This Scottish Children's Health Week we had the privilege of hosting our My Health, My Rights Parliamentary Reception, sponsored by Ruth McGuire, MSP. This gathering celebrated the tireless efforts of our Health Rights Defenders whilst showcasing Scottish Children's Health Week and proudly exhibiting the notable achievements of our charity.

Our keynote speaker was Nicola Killean, the Children and Young People's Commissioner Scotland, who highlighted the importance of the UNCRC and Children's Rights. Then our own Michelle Wilson, Head of Children's

Services, delivered a heartfelt acknowledgment of our My Health, My Rights campaign's progress and stressed the importance of persistent advocacy for child health rights.

Our Health Rights Service, always on the frontlines, continues to support the development of our Health Rights Defenders, spreading their awareness through the My Health, My Rights Charter for children and young people. Our reception was successful in creating an engaging space for children and professionals to get together to learn more about this Charter that defends the right of every child to the best possible health.



"Thanks so much for inviting me! Young people like us don't get a chance to be in Parliament often and have people listen to our words, so it's been great seeing it. I've never been in the Parliament before." Lyall, aged 15

At the Reception we had games too! Our children and young people always tell us how much they love to play, and we know at Children's Health Scotland that play is a fundamental right. Some of our games included: our My Health, My Rights Pairs game where guests could match rights, and we also had our stress bucket game where you could toss your stresses away (this is a firm favourite in our SMS Programmes). Guests could also write why rights are important on our My Health, My Rights shield tree highlighting what right was most important to them.

Showcased at this event were drawings from Health Rights Defenders from Burgh Primary School, Cranhill Primary School, Langbank Primary School and the Royal Hospital For Children (Glasgow) who all helped to create our My Health, My Rights Charter.

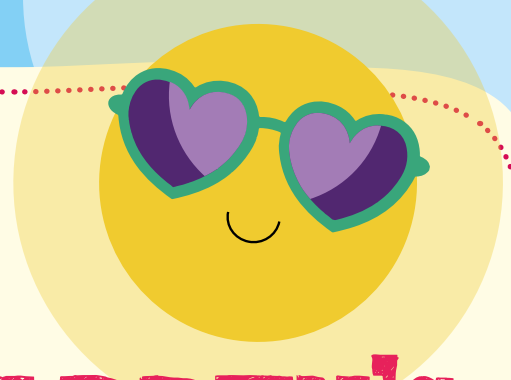
"I would like to thank everyone who attended our My Health, My Rights Parliamentary Reception and who made Scottish Children's Health Week extra special this year," said Helen Forrest, Chief Executive of Children's Health Scotland. "I would also like to thank Ruth for sponsoring our reception and Nicola for the wonderful speech she delivered on children's rights. Of course, this event wouldn't have been possible without our Health Rights Defenders so I would

like to send a special thank you to all the wonderful and amazing children and young people who work with us to defend the right of every child to the best possible health."

But what is a Health Rights Defender?

Our Health Rights Defenders were started by children and young people aged 9-17 living with a health condition or concern who had taken part in one of our SMS Programmes. Through working with the Children and Young People's Commissioner Office Scotland and learning more about human rights defenders, they saw a need for Health Rights Defenders who could defend and champion the health rights of children and young people. As our group of Health Rights Defenders developed, they also wanted people to be able to join in and spread word of their campaign and their Charter. So, we now have our Health Rights Defender badge in the shape of a shield for those who work with us to defend the right of every child to the best possible health.





SCOTTISH CHILDREN'S HEALTH WEEK 2024

2-8 SEPTEMBER 2024

A huge thank you to all those who took part in our fifth annual Scottish Children's Health Week. The week was created to firmly focus on the health and wellbeing of children and young people in Scotland and their right to the best possible health and 2024 was another hugely successful year.

Commenting on the week, Helen Forrest, Chief Executive of Children's Health Scotland said: "We're excited to celebrate our fifth Scottish Children's Health Week, a week filled with inspiration and excitement focused on the health and wellbeing of children and young people. A huge thank you to all our partners for their fantastic contributions, making this week enjoyable and full of great ideas to support the right of every child to the best possible health."

This year we printed 3,000 Activity Books and distributed these within communities throughout Scotland including schools and hospitals. The following pages capture a little essence of the fun filled week and we are already planning for 2025. So, remember to save the date – 1-7 September 2025.



#BEACTIVE MONDAY

#BEACTIVE Monday kicked off the start of Scottish Children's Health Week and we partnered with our friends at Learning Through Landscapes who asked us to get naturally creative outdoors and be inspired by nature. We can all benefit from being active every day. It can help you feel stronger, more energetic, sleep better – and have FUN! #BEACTIVE Monday was all about getting involved with games, spending time outdoors, and getting our bodies moving. All kinds of exercise and help with this to improve your health and wellbeing physically, socially, emotionally, and mentally. So, for Monday we showcased various ideas to #BEACTIVE which included: Animal Magic; Balancing Acts; and Stretching.

Thank you to our friends at Learning Through Landscapes for sharing this activity with us. You can find more ideas from Learning Through Landscapes on their website at <https://ltl.org.uk/>



#BEBRAVE TUESDAY

For #BEBRAVE Tuesday we explored Family Story Stones courtesy of Winston's Wish. This activity asked us to think of up to six events

in our lives and decorate a stone for each one to mark the occasion. These stones can then be kept in a special bag or memory box which can be added to in the future. We

highlighted that being brave doesn't always feel like being brave. If you stretch yourself and do something that makes you feel uncomfortable, it can increase your confidence and make you feel proud. On #BEBRAVE Tuesday we also listed three try it Tuesday ideas which included: Role Playing; Setting Goals; and Time for Reflection.



**WINSTON'S
WISH**
Giving hope to grieving children

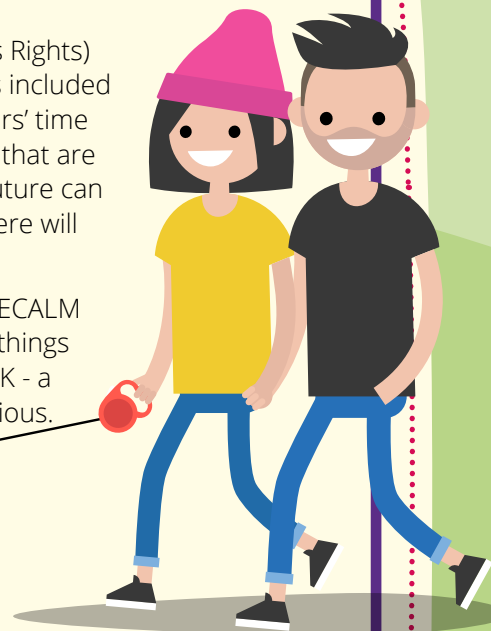
Thank you to our friends at Winston's Wish for sharing their Family Story Stones activity with us. You can find out more ideas and information from Winston's Wish at winstonswish.org



#BECALM WEDNESDAY

A big thank you to our friends at Together (Scottish Alliance for Children's Rights) for providing us with Build Your Own Time Capsule #BeCalm activity. This included thinking about what you would like children and young people in 100 years' time to know about your life in Scotland in 2024. They asked us to draw items that are important to us and represent our life right now so that children in the future can learn what life is like in 2024. It can be hard to control your emotions. There will always be times when you feel overwhelmed, angry, scared, or unsure.

Our three wellbeing Wednesday ideas to help you #BECALM included: imagining you're on a Safari Walk; doodling things that come to mind whilst in a Doodle Daze; and BREAK - a calming technique to try when feeling stressed or anxious.



together
Scottish Alliance for Children's Rights

Thank you to our friends at Together (Scottish Alliance for Children's Rights) for providing this #BeCalm activity. You can find out more ideas and information from Together at www.togetherscotland.org.uk/

#BEHAPPY THURSDAY



Our friends at Family Fund provided us with two activities to let our hearts #BEHAPPY. These included doing something to help us remember a happy time and sharing our dreams through filming, stories, poems, or songs. Being happy is not just about feeling good. Happiness is also about emotional health and wellbeing and being able to make the most of the good times and cope with the bad ones, to experience the best possible life. Happiness really is a skill that we can all learn that will last for a lifetime. Our three joyful Thursday #BEHAPPY ideas to try included: If you're happy and you know it nursery rhyme activity; making a Fortune Teller; and curating your feed using social media.



Thank you to our friends at Family Fund for sharing these #BeHappy activities with us. You can find out more about how Family Fund can support disabled children in Scotland at www.familyfund.org.uk.



#BEFRIENDLY FRIDAY

For #BEFRIENDLY Friday we partnered we partnered with the Children & Young People's Commissioner Scotland for an activity which focused on the fact that we are all unique, with our own thoughts, feelings, interests, likes, and dislikes. However, we can sometimes forget to be friendly to ourselves and look after our own feelings. This activity asked us to think positively

about ourselves and say out loud, draw, or write three things to celebrate all the wonderful things that make you, you. Relationships and feeling connected to other people is one of the most important ways to positive mental health and emotional wellbeing. One of the best ways to stay connected to people is through our friends so our three fabulous Friday #BEFRIENDLY ideas to try included: Let's Play; creating a shared playlist with your friends through Playlist Pals; and making someone's day by giving them a compliment. These are all great ideas to try with friends who will always be there for us when we need them most.



Thank you to our friends at the Children and Young People's Commissioner Scotland for sharing this #BeFriendly activity with us. You can find out more about how the work of the Commissioner at www.cypcs.org.uk.



#BEKIND SATURDAY

The smallest act of kindness can make a huge difference, whether it's a kind word, a thank you or even just a super smile! There are bigger acts of kindness such as volunteering or going shopping for someone who needs your help. Being kind

helps us connect with other people, makes them feel good, and helps our own mental health and wellbeing too! Our

three super Saturday ideas to help us #BEKIND included: saying good morning to the first five people you see during the day; making a kindness bingo card with things you could do to be kind to others; and trying to notice when others do something kind and pointing it out and saying thank you. Our #BEKIND partner was Action for Children who shared with us their 100 Acts of Kindness activity. Our book included a page with 100 hearts, and you were asked to colour a heart each time you were kind to someone or someone was kind to you and then watch the love hearts grow stronger.



Thank you to our friends at Action for Children for sharing this #BeKind activity with us. You can access more advice and support from Action for Children at www.parent-talk.org.uk.

#BEHELPFUL SUNDAY

Helpful people help others. Being helpful means doing things to care for yourself, your family, friends and community. It can start with looking for people who might need your help and doing something to help them out of love. What could you do today to

help someone else and make them feel special? Our Activity Book suggested three special Sunday #BEHELPFUL ideas that included: thinking

about things that need to be done in your home like tidying up and helping with chores; lending a helping hand to an elderly relative, neighbour, or friend; and perhaps consider volunteering for a charity or organisation centred around your own interests. Our partner for this day was the British Red Cross who suggested many ways to help people who are lonely even if it is just listening and saying something kind.



Thank you to the British Red Cross for providing this #BeHelpful Activity. You can find out more information and activities about the British Red Cross at www.redcross.org.uk.



SCOTTISH CHILDREN'S HEALTH AWARDS 2024

The Scottish Children's Health awards have been created to celebrate courageous children and young people and those who are making a difference to their health and wellbeing.

We are delighted that Journalist and TV presenter Catriona Shearer once again interviewed all the winners and helped us to present the awards in person at Bear's Tea Party held on Saturday 24 August at the prestigious Balmoral Hotel, Edinburgh. We would also like to thank Royal Selangor who produce such wonderful Teddy Trophies to support our awards. The stories of the winners are featured on the following pages, and we would like to send out a huge well done to all the winners and a huge thank you to Catriona for helping us to present these awards.



**THANK
YOU
CATRIONA**

**Congratulations
to all our
winners!**



GEORGIE HYSLOP WINS YOUNG ACHIEVER AWARD

The Young Achiever award recognises a young person who has shown great determination and courage in life – and our winner, Georgie Hyslop, from Ardrossan is a beacon of resilience and compassion.

Georgie was just 15 when, on the 8 December, she was diagnosed with Ewings Sarcoma – a type of cancer. *"It was such a shock, just before Christmas,"* she says.

It's difficult for anyone whose life hasn't been touched by cancer to imagine the magnitude of such news.

"As a parent, getting a cancer diagnosis for your child; the world stops," says mum, Lynn. *"It's so difficult to process that information - it was like a train hitting us, so for a 15-year-old, I can't begin to imagine what that's been like for her."*

But Georgie was already full steam ahead with plans to help others in the same situation. In an incredible display of selflessness, just 20 days after receiving her diagnosis, Georgie set up a fundraising account with the aim of raising £5,000. Her determination and resilience to keep fundraising through her own battles has been inspirational. She's smashed that target and has raised more than £25,000 to date organising everything from a sponsored shave to a fun day and a concert in a local church.

Most people hadn't heard of the type of cancer she has, so as well as raising money, she's also raising awareness. *"Georgie's courage to fundraise for other people while going through her own treatment is nothing short of astounding,"* says Lynn. *"She makes her family very proud - she's a true warrior."*

Mum Lynn and Dad Paul were able to tell her news of the award in hospital, which came at a momentous time. *"When my mum and dad read out the winners e-mail to me, we were in hospital."*



"I was really happy to hear I'd won this award, and it came at a very special time, because I'd just been told by my doctors that my scans showed no evidence of disease."

In giving this award to Georgie, the judges were impressed not only by the fundraising, but by so many more aspects of Georgie's story and said, *"To think of fundraising and to set up her fundraising account page only 20 days after diagnosis is a tribute to her resilience. By involving her community in her fundraising, Georgie has also raised awareness of her condition. Finally, the stories of her engagement with other patients, notably dressing as Spider-Man to make a fellow young patient smile, are also great demonstrations of Georgie's character."*

Congratulations, Georgie, on winning the Young Achiever Award

To read Georgie's full story visit <https://tinyurl.com/CHS-GEORGIE>



WENDY TAYLOR WINS CHILDREN'S CHOICE AWARD

The Children's Choice Award recognises someone who has made a significant difference to a child or young person undergoing treatment in hospital, at home or in the community. It's a "thank you" in recognition of the difference they've made to a child's world. Our winner is Wendy Taylor.

Wendy is an Advanced Nurse Practitioner in the Schiehallion unit (haematology/oncology) at the Royal Hospital for Children in Glasgow. She works with all age groups from babes in arms to teenagers and her role spans nursing and medical, but, she says, her focus is always on the young people and their families. *"We work to create trust with young people and their families, to walk with them on their journey, managing their health needs, supporting them, assisting them and being there for them."*

For the families of young people receiving treatment, it can be a frightening time and Wendy recognises this. *"These families have to trust us with their precious ones. It can be a very scary time when your child is unwell, but we are there for them, managing their care, looking after them. We are the 'well kent' face!"*

Wendy says she and her colleagues work hard to *"try to normalise the abnormal,"* and this was reflected in the judges' decision. The panel was impressed with how Wendy can translate complex medical information to families with non-medical backgrounds, making difficult times easier for parents. The panel especially noted Wendy's ability to support all her patients but also her personal interest of trying to help with what was important to each individual child.

The fact that Wendy was nominated by a parent of a patient in her care is testament to her dedication to helping families whose young person is receiving treatment. *"The first I knew about this award was when the Dad called me at work,"* she says. *"I was completely taken aback, speechless, which is rare for me! It's very humbling, as this family is going through treatment, which is intense, and they have found the time to think of others."*

Getting to know the families and extended families well is one of the most enjoyable areas of Wendy's



work, as well as *"the banter, the smiles, laughter and cuddles."* She says watching them cope admirably with the diagnosis, treatment and how they adjust is fulfilling.

Wendy says it's such a privilege to be nominated and to be recognised for the work she and her colleagues do. *"It can be a hard job and a rewarding job in the same day."*

"We walk this journey up Schiehallion with these families, and like any Scottish hill we don't know what the top will be like, but we are always there for them."

"In the words of Jackie Chan 'Sometimes it takes only one act of kindness and caring to change a person's life.'"

Congratulations Wendy on winning the Children's Choice Award.

To read Wendy's full story visit <https://tinyurl.com/CHS-WENDY>



CARNEGIE SWIMMING CLUB WINS HEALTH AND WELLBEING AWARD

This award recognises a person or team who has made a difference to the health and wellbeing of a child or young person. Our winner is Carnegie Swimming Club.

Focused on competitive swimming, the club has over 220 members, ranging from the age of 4 through to 51, training and competing at all levels across Scotland. The swimming programme is led by head coach Susan Taylor, who – along with a team of lead coaches – develops training to give swimmers at all levels the best chance of achieving their personal goals, whether that's to be able to swim a full 25m Freestyle or competing in the British championships.

The club was nominated by the Mum of a young swimmer, Lily, who has ADHD and ASD in recognition of their efforts to support her. Having previously been asked to leave other swimming clubs, which were unable to adapt to her needs, she is now thriving at Carnegie as they embraced her abilities and worked with her and her mum to identify how to get the best out of each session.

Alan Gill, the club's President says, *"We work hard at Carnegie swimming club to understand all young peoples' needs, and the coaching team are experienced at finding ways to adapt sessions to ensure all swimmers feel a sense of accomplishment from every training session and competition they take part in."*

"Swimming is the perfect sport for Lily as it helps her to put her high energy levels into something she really loves doing."

At Carnegie, swimmers learn important skills in a supportive environment where they're encouraged to set goals and work to achieve them. *"These goals*



may be small for some, but huge for others," says Alan. "Every goal achieved brings joy to each swimmer and encourages them to achieve the next steps. The sport develops physical and mental strength, which we see in swimmers of all ages."

In recognising the Carnegie Swimming Club, whose coaching team are volunteers, the judging panel was impressed by the efforts of the club in making swimming accessible to all children, where para swimmers train and compete alongside their able-bodied peers. In addition to this, the panel noted the wider educational focus and the organising of activities outside the pool to widen the experience for those involved. The panel also loved the nominator's awareness of the UNCRC!

Congratulations to all at Carnegie Swimming Club on winning the Health and Wellbeing Award.

To read Carnegie Swimming Club's full story visit <https://tinyurl.com/CHS-CARNEGIE>



HEATHER BEATTIE WINS HEALTH-RELATED PLAY AWARD

Health-related play is more than just a chance to have fun; it's 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 speed up recovery either in hospital or at home. This award recognises a special person or team who's made a significant difference to a child's life through health-related play. Our winner is Heather Beattie.

As Play Service Manager at Royal Aberdeen Children's Hospital (RACH), Heather is responsible for managing and developing the Play Service, which comprises a team of Senior Healthcare Play Specialists, Play Specialists and Play Workers.

They help minimise any adverse effects of a child or young person's experience with healthcare using their skills, training and knowledge to support patients and their families when navigating healthcare, treatment and illness.

The team offers support and a programme of activities to help relieve boredom, continue development, establish routines, provide fun, rehabilitation and help speed recovery.

Heather was the first person to train as a Health Play Specialist at RACH 33 years ago and went on to develop a Play Service to meet the needs of the patients, families and staff. As well as the management side of the service Heather has a clinical role in helping prepare families for procedures, treatment and in helping them to understand their conditions.

Through the medium of play she helps families to cope; ensuring they have positive experiences and empowering them to deal with challenges. "It is a privilege and so rewarding to be able to help a patient face and deal with things such as a blood test or scan," she says, "or help them understand their illness."



One of the most rewarding aspects of Heather's role is helping patients who have refused a procedure or are reticent to take medicine. She teaches them coping skills and establishes a trusting relationship to see them through the process. "I am always so proud of the patients when they've been able to overcome their fears and anxieties and undergo the procedure," she says. "They are so proud of themselves and I wish I could bottle their smiles and courage to show others."

In recognising Heather's work in health-related play, the Children's Health Scotland judging panel felt her contribution was making a huge difference in this area. They highlighted her creativity in making the best use of the available resources and gave special mention to her work at Halloween and Christmas that ensured everyone was able to enjoy the events. The panel also acknowledged the work of the wider Play Service team.

Congratulations, Heather, on winning the Health Related Play Award.

To read Heather's full story visit <https://tinyurl.com/CHS-HEATHER>



CHANGING OUR WORLD WINS HEALTHCARE RIGHTS AWARD

The Healthcare Rights Award acknowledges the extraordinary steps taken by a team to advance the healthcare rights of children and young people. Changing our World - the children and young people's advisory group for Children in Scotland - is our winner.

The group, ranging in age from 8 – 25, with different backgrounds, ideas, experiences, and views, work with Children in Scotland to influence all aspects of its work to ensure it's relevant to the lives of children and young people

Roderick, a member of Changing Our World, says it's really important to have a voice. "It's essential for children and young people to have a say in organisations that aim to help people our age. We meet every month, either online or in person, to discuss important topics for children and young people, including health issues like vaping.

"Vaping amongst young people has been a massive problem in my community and it's great to see the issue brought to everyone's attention," he says. "I was one of the people who really wanted Changing our World to talk about the issue, so winning the award is a big encouragement for me personally."

Parisa Shirazi, Senior Policy, Projects and Participation Officer at Children in Scotland nominated Changing Our World in recognition of how the group chooses issues they're passionate about and work hard to bring about change. *"I nominated them because of their dedication to improving the rights of children and young people all over Scotland."*

Parisa enjoys supporting Changing Our World members to work on the issues they care about. *"I see my job as providing that support and structure for them to share their views in ways that work for them. I particularly enjoy seeing members grow in confidence in areas they initially would have felt more nervous about, such as public speaking and working with MSPs."*



It's that sense of sharing views and working with others that Roderick really enjoys too and gets a lot from. *"It's great to meet up with people from across the country and share our experiences of the problems that face children and young people today. Also, we get free pizza!"*

The Children's Health Scotland judging panel recognised the importance of the group being children-led and having the opportunity to share their experiences and views. The panel also was also impressed with the interaction with the Minister for Public Health and Women's Health.

Parisa echoes that sentiment and says she would like the legacy of this award to be that Changing Our World – and other children and young people across Scotland are motivated to keep their views, and to see that their voices matter.

Congratulations to Changing Our World, on winning the Healthcare Rights Award.



JENNY MCNEILL WINS IMPROVING LIFE EXPERIENCES AWARD

The Improving Life Experiences Award recognises the commitment and expertise of a person or team who's made a significant difference to improving life experiences of a child or young person undergoing treatment. Our winner is Jenny McNeill.

Jenny is the team leader of Falkirk Council's Interrupted Learners Service, which supports people who are unable to attend school due to physical or mental health reasons. Jenny and her team work with young people on a one-to-one and small group basis, nurturing and preparing them to return to academic work.

Jenny's vision was to create a bespoke support service for young people with health issues where they'd feel nurtured and supported to achieve the best version of themselves. The young people who use it refer to it affectionately as 'The Cottage'. They say it's like coming to a small family home where they feel safe and secure, which is testament to Jenny's vision.

The highly skilled staff work with young people on a first name basis and get to know them and their family. The team then works with them and their original school to achieve National Qualifications and other awards so they're successful and ready for their next steps.

"We work in partnership with agencies to make sure that each young person transitions on to a positive destination," she says. "This could be back to school, work or further education, and is completely bespoke to what is right for that young person at the time."

The Cottage has its own course in partnership with Forth Valley College, where a staff member supports the young people in their classes and during social times. They learn practical skills, like cookery, painting and decorating whilst also being supported to continue with further education.

It's a huge source of pride for Jenny to visit the college and meet the young people The Cottage has helped to support. "Hearing them shout my name and come running over to tell me how they're doing makes me so proud to work for this



service," she says. "Seeing them go on to achieve college courses and then move on to employment is the most wonderful part."

Jenny's hope is for more young people and families to be able to access the support they need and says young people's mental health is her passion. She looks forward to continuing to support young people to achieve their hopes and potential.

Congratulations, Jenny, on winning the Improving Life Experiences Award.

To read Jenny's full story visit <https://tinyurl.com/CHS-JENNY>



ALYSON WALKER WINS LIFETIME ACHIEVEMENT AWARD

The Lifetime Achievement Award isn't open to public nominations; it's presented to a health professional who, in the opinions of the judges of the Scottish Children's Health Awards, has made outstanding contributions to the health and wellbeing of children and young people.

Our winner, Alyson Walker, impressed the panel with her passion and dedication to the Theatre Improvement Initiative at the Royal Hospital for Children in Glasgow where she's a Consultant Paediatric Cardiac Anaesthetist.

It's a specialised role – there are only six people in Scotland who do the job, anaesthetising children from all over the country who require heart surgery, from newborn babies to teenagers. *"It can be a challenging job, but it's always rewarding,"* says Alyson, who has a special interest in helping children with anxiety and additional needs who require procedures or surgery.

She's passionate about improving the patient experience and has been asking children, young people, families and staff about the experience they were having in theatres - and where improvements could be made, one of which was the physical environment.

In 2018 Alyson set about the challenge of making the theatre suite a more welcoming, friendly, relaxing place to visit using a co-design approach. She assembled a team of interior designers, architects, project management, infection control, and illustrators to work on her vision. *"The meeting of the two worlds: the clinical world and the creative world was a beautiful partnership,"* she says. *"It plays into my creative side, which was very much put aside when I started medical school."*

Glasgow Children's Hospital Charity was instrumental in turning Alyson's dream into reality. *"They listened to my pipe dream, immediately understood the importance, and they got behind it 100%. I've been blown away by the encouragement, support and love that GCHC has put into this project."*

Alyson wants to make her award about the work that goes on in theatres and hopes it will raise



awareness of the work of Glasgow Children's Hospital Charity. *"They're a team filled with energy, passion, belief and a love of their job. From day one, they believed in the vision to make our children's operating theatres more child friendly. They understood that the moments that children and families spend with us last a lifetime. And they have helped us realise the first part of our vision. We continue to work with them and any interested donors to transform the anaesthetic rooms next. We hope that our theatres will set an example to other children's operating departments around the world of how to create an empathic environment."*

Congratulations, Alyson, on winning the Lifetime Achievement Award.

To read Alyson's full story visit <https://tinyurl.com/CHS-ALYSON>



BEAR'S PICNIC AT

On a thankfully sunny day in August (and from memory there were very few of them) we held our first Bear's Picnic event for kinship carers, and their families, in partnership with Stirling Castle.

The completely free event opened with self-management and self-care activities delivered in fun ways to encourage engagement with families. We then had our biggest health rights quiz ever before tucking in to a scrumptious picnic and our day finished with a guided tour of the castle.

When we asked kinship carers what they thought of the day, they told us...

'My favourite part of the day was meeting other families in a similar situation and watching the children having fun and playing with each other.'

'What a brilliant idea to bring families together. Most of these kids won't have had something to look forward to over summer. This gave them something to do without the stress of having to pay for anything.'

'We loved the picnic area, lovely setting and all the children being able to mix and play games together. A favourite part was getting the tour of the Castle, and the guide was nice and informative. A fantastic day!'



STIRLING CASTLE

And then the children told us..

'I LOVED the brownies, and taking my Bear. Playing with the other kids was really fun too.'

'I met a kid whose Gran looks after him too! Just like me! I've never met another kid like me before.'

'My favourite part was Stirling Castle and the games! Lunch was lovely!'

Our feedback from the day clearly shows how much everyone enjoyed it!

- 91% of those who attended said knowledge of resilience and self management skills had improved
- 91% said their knowledge of self-care had improved
- 83% said their knowledge of children's health rights had improved
- 91% also said their connection to the Children's Health Scotland community had strengthened because of the picnic

This completely free event for kinship care families was delivered as part of our Looking After your Family and Self (LAFS) Programme funded by ALLIANCE Scotland. We would like to thank ALLIANCE Scotland for funding this very special event, and to thank Stirling Castle for partnering with us and the Broadcroft Hotel for providing our delicious picnic food (the brownies were an extra special favourite!)

If you are a Kinship Carer and would like to know more about LAFS you can email LAFS@childrenshealthscotland.org and you can also check out our Eventbrite to see what free workshops are available.





LOOKING AFTER YOUR FAMILY AND SELF

A programme delivered in partnership with the ALLIANCE Scotland

Raising a child in kinship care is one of the most fulfilling and rewarding accomplishments a person can make. But caring also brings its own challenges, and it's important that kinship carers look after not just their family but also themselves on their kinship journey. This is vitally important to ensure that they can look after their child or young person as much as possible.

Our Looking After your Family and Self (LAFS) Programme has been developed by Children's Health Scotland, and funded through the ALLIANCE Scotland, with the unique experience of kinship care in mind. The Programme consists of workshop sessions, social sessions, and a bespoke monthly online community HUB. Sessions not only provide information and support for kinship carers but also offers a safe space to share experiences and ideas with each other. Each LAFS Session 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.

Developed through consultation with kinship carers, LAFS has a variety of workshop sessions that focus on different areas of self-management and aim to improve knowledge of specific topics as well as knowledge of health rights. These sessions some of which are still at the development stage, include:

- Sleep
- Self-care
- Stress
- Self-awareness
- Building resilience
- Health and wellbeing
- Healthy boundaries
- Education

Each workshop session, shown on the opposite page, takes kinship carers to the root of the theme and asks the question, *what does this mean for my family?*

Many kinship carers will find themselves at some time in their life, thinking *"if the kids are ok, I'll be ok."* In actuality, when we are caring for children and young people, they need us to be ok before they can open themselves up and reach their full potential. LAFS aims to look after your family and self, changing our thinking to, *"if I'm ok, the kids will be ok"*.





Sleep | Two-hour workshop

Discover why sleep is important whilst learning about good and bad sleeping habits and sleep routines. The session looks at possible reasons for sleep issues whilst suggesting some practical ideas for getting better sleep.



Self-Care | Two-hour workshop

Self-care isn't selfish. It means taking time to do things that help you live well and improve your mental, physical and social health. The session discusses why self-care is beneficial whilst exploring beneficial activities.



Self-awareness | Two-hour workshop

It is vital that, as adults, we are aware of our own feelings and emotions to be able to recognise if we're finding things difficult. This session discusses self-esteem, self-image, and self-awareness and why these matters to kinship carers.



Stress | Two-hour workshop

Stress, depression and anxiety can be common mental health risks. This session discusses why understanding stress is beneficial before looking deeper into causes and how to alleviate stress before it becomes too much.



Health and Wellbeing | Two-hour workshop

It's so important to take care of your own health and wellbeing so you can provide the best support to the children in your care. This session discusses hints, tips, and guidance to improve your health and wellbeing.



Healthy Boundaries | Two-hour workshop

One of the hardest aspects of being a carer is having to navigate healthy boundaries within your family. This session discusses setting boundaries to help maintain your carer role whilst looking after your own physical and emotional health.



Education | Two-hour workshop

Kinship children may have experiences which continue to impact on their behaviour. Schools should look to support children to improve behaviours by incorporating trauma informed, attachment aware practices. This session discusses education, health and rights.



Building resilience | Two-hour workshop

There are things that carers can put in place to help build resilience such as accessing services, improving family relationships, communicating understanding, planning contact time and embracing a loving community. This session looks at all these in greater detail.

To find out more about workshops that are currently available visit <https://tinyurl.com/CHS-EVENTBRITE>

MY HEALTH, MY RIGHTS

CHILDREN AND YOUNG PEOPLE'S CHARTER

This Charter has been created by children and young people living with health conditions in Scotland. In no particular order, it shows their 10 most important health rights. They asked for them not to be numbered, as they are all equally important in their own right.

At Children's Health Scotland, we listen to what children and young people tell us about their health and wellbeing, and support their right to the best possible health. We think this Charter is amazing and send a big thank you to every individual who has helped to create it.

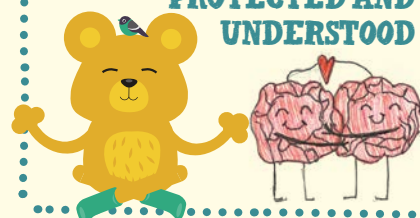
A RIGHT TO INFORMATION IN A WAY WE UNDERSTAND



A RIGHT TO BE EDUCATED ON OUR HEALTH



A RIGHT TO HAVE OUR BELIEFS RESPECTED, PROTECTED AND UNDERSTOOD



A RIGHT TO ACCESS BENEFICIAL FOOD AND WATER



A RIGHT TO FUN



A RIGHT TO SAFE SPACES



A RIGHT TO RESPECT, PRIVACY, AND DIGNITY



A RIGHT TO KNOW A TRUSTED ADULT CAN STAY WITH US



A RIGHT TO BE HEARD AND RESPECTED



www.childrenshealthscotland.org

With thanks to:



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CELEBRATING UNCRC BECOMING SCOTS LAW

To celebrate the United Nations Convention on the Rights of the Child (UNCRC) becoming Scots Law on 16 July 2024, we launched a brand new My Health, My Rights Charter in the Atrium of the Royal Hospital for Children, Glasgow. This Charter has been created by children and young people living with health conditions in Scotland for children and young people.

"On 16 July we proudly launched our My Health, My Rights Charter which has been created by children and young people living with health conditions in Scotland" says Rhianne Forrest, Officer at Children's Health Scotland. "In no order, the Charter shows their 10 most important health rights, and they asked for them not to be numbered, as they are all equally important in their own right. Right now, is such an exciting time for the rights of children and young people in Scotland and we're so proud of our Health Rights Defenders who put together this Charter which supports the right of every child to the best possible health."

As the leading children's health charity in Scotland we work to ensure that the health rights of children and young people are protected, respected and valued and we send out a special thank you to our Health Rights Defenders, Cranhill Primary School, Burgh Primary School, Langbank Primary School, Auchterhouse Primary School, Wishaw Academy Primary School and The Royal Hospital for Children Glasgow for their help in creating the Charter through their feedback, drawings, and words.

"The launch of the Charter was a massive success," continued Rhianne. "We worked in partnership with the Royal Hospital For Children Glasgow and the Glasgow Children's Hospital Charity to create the event and the Hospital Charity provided us with balloons and tables. We gave out over 100 Charter Packs whilst meeting and greeting old and new friends and it was such a great place to be on the day when UNCRC came into force in Scotland."





DREAMNIGHT AT BLAIR DRUMMOND SAFARI PARK

It is well documented that spending time in nature can benefit both your mental and physical wellbeing. Doing things like exercising outdoors or being around animals can have lots of positive effects and we recently saw some of these benefits for ourselves when we took part in Dreamnight at the Blair Drummond Safari Park.

"Dreamnight is a magical after-hours event at zoos and Safari Parks across the country," says Eilidh Findlay, Coordinator at Children's Health Scotland. "It's an evening filled with fun, food, and entertainment exclusively for chronically ill and disabled children and their families and it's particularly great for those who may find it difficult to visit such places during normal opening hours. We were delighted to be offered tickets to attend

the event with some of the children and families we support, and we were treated like VIPs, being welcomed into the park after it had closed for a very special night of fun. So, I would like to send a huge thank you Blair Drummond Safari Park for gifting us such a memorable event."





Dreamnight was held at Blair Drummond Safari Park in Stirling, and our staff members Eilidh and Rhianne accompanied 15 families and Bear and two volunteers on a night to remember.

"Many of our children and young people we support share a common interest in animals," continued Eilidh. "So, this evening trip to the Safari Park meant the world to them. Parents and carers told us that time as a whole family is often limited as many opportunities are only available to the child or young person who needs support. As such, siblings can feel left out, making this whole family experience all the more special."

Blair Drummond is home to Lemurs, giraffes, monkeys and even dinosaurs! In total they have over 300 animals in their care and Bear got to visit lots of them!

The SMS HUB attended Dreamnight for the first time in 2022. It was the first in-person event we attended with our HUB and it helped to launch our community in a whole new direction. Since then, we have held picnics, events and even a trip to the theatre.

We heard from many of our young people what a special event Dreamnight was and how good it felt for them to get out into the fresh air and experience a quieter trip to the park after hours. On talking about the experience, one of our young people told us: *"I can't travel very far, and I haven't been able to go anywhere for a while. I loved getting to see the animals, especially the big cats! Thank you."*

Our volunteer Matthew said: *"Visiting the Safari Park after hours gives families a more private experience where they can feel comfortable without the crowds, taking as long as they want to look around. It gives children with health conditions a chance to have experiences they might have missed out on otherwise."*



Thank you to Blair Drummond Safari park and Dreamnight for this amazing experience!



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 who 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**.



AUTUMN Fundraising Ideas to support our work with children and young people

It's autumn, which means it's time to get ready for shorter days and longer coats. We think this is a wonderful time of year to fundraise and we would love to have your help in raising much needed funds for us to continue to support the health and wellbeing of children and young people and their right to the best possible health. We have some great AUTUMN Fundraising ideas below – all we need is you.

A is for Art

Whether you are a seasoned artist or a new talent, you can show off your creative skills either in person or on a website or social media. If you need a reason to get creative, selling your artworks for donations towards Children's Health Scotland is a great way to make an impact. Alternatively, if you have an arty skill, you can host an art class where you teach others how they can do it themselves and donate the entry fee.



U is for Unforgettable Movie Night

Nothing good on in the cinemas? Host your own movie night at home. Make use of that Netflix subscription and dusty DVD collection by inviting everyone over, crunching popcorn, and watching some amazing movies. With Halloween and Christmas around the corner, why not make it a themed movie night? Collect the money you all would have spent on the cinema ticket and donate it towards our work.



U is for Ultimate Gaming Tournament

This is one for the little (and big) children. Collect your friends and host a gaming tournament in-person, online, or streaming on Twitch. Will you choose a Fortnite or League of Legends competition so see who comes out on top, a friendly game of Super Smash Bros or Street Fighter, or an old school Mario Kart tournament?



M is for Morning Run

Marathons, 5K's and other running competitions take place all year round. Check what runs are happening in your area and start training to take part. Running and other exercises are great for our physical and mental wellbeing. If you can raise donations for Children's Health Scotland, then your morning run will also do great things for the children and young people who we support.



T is for Tea (and cakes!)

It's a classic for a reason! Get your friends, colleagues, and community together to host a coffee morning or afternoon tea party. Everyone can bake or buy cakes and snacks and collect donations for the tasty treats.



N is for Neighbours

Why not invite your neighbours around for an afternoon tea party – okay so we mentioned this twice but we love a tea party! Invite them to bring food, drinks and games and collect donations for taking part.



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.

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