

Children's Health Scotland, formerly Action for Sick Children Scotland, is the only charity in Scotland dedicated to informing, promoting and campaigning on behalf of the needs of all sick children within our healthcare system.

Our work includes: Working with the Scottish Government, NHS and voluntary sector to ensure that health services are planned for sick children and young people in child centred environments with appropriate ratios of trained staff.

Informing children, parents and carers of their rights and responsibilities; empowering them to participate in decisions about treatment and care.

Raising awareness, representing children's needs and concerns within government, healthcare committees and other non-governmental organisations.

Promoting high quality of health care services at home and in hospital, while working to obtain equality of services and access across Scotland.



Newsletter Summer 2017

New Name - Same Mission



Gwen Garner

Gwen Garner, Trustee writes:

After more than 50 years of campaigning for the healthcare rights of children and young people, and their families, Action for Sick Children Scotland is changing its name to Children's Health Scotland in order to reflect better its current focus and range of activities.

The charity has its roots in the 1950s. This was when Scot, James Robertson, made the landmark film 'A Two Year Old goes to Hospital' (1952). It showed how Laura, who had gone into hospital for an operation, reacted to being separated from her parents. As was the common practice of the day, they were not allowed to stay with her. The film demonstrates the impact of maternal deprivation on children when they are separated from their primary carers. Laura repeatedly says; 'I want my Mummy, I want my Mummy!' Robertson, who worked at the Tavistock Clinic with John Bowlby, also made 'Going to Hospital with Mother' (1958).

Robertson's films proved to have a profound effect on how we treat children in healthcare settings. They informed the work of the government committee, chaired by Sir Harry

Platt, which produced The Welfare of Children in Hospital Report. It was adopted as policy in 1959. However, it took the screening of Robertson's films on national television in 1961, and the subsequent establishment of the charity Mother Care for Children in Hospital (MCCH), which pressed for the recommendations of the Report to be implemented, for changes in practice to be adopted. MCCH spread UK wide and in 1965



became the National Association for the Welfare of Children in Hospital (NAWCH). By adopting the campaign name Action for Sick Children in 1991, it emphasised that the work is not just limited to hospital settings.

From these foundations, Action for Sick Children Scotland has campaigned for children and young people to receive the highest

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New Website Launched

Children's Health Scotland is also delighted to announce the launch of its new website. It's easy to find your way around and access useful information. Have a look at

www.childrenshealthscotland.org



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standard and quality of care when they are ill in hospital, at home or in the community, and also for their greater involvement along with their families, in decisions about health services.

Robertson would be amazed if he were alive today to see the progress that has been made. Although how children are cared for now is light years from the situation in Robertson's day, there are always improvements that can be made. Our organisation has addressed many issues such as the care of premature babies, facilities for adolescents, accommodation for parents and facilities for children, children in orthopaedic wards, parents in the anaesthetic room, children and pain, dental surgical services for children in Scotland, oral health provision for children with additional support needs (our Special Smiles project), access to education for children and young people absent from school due to illness, and for the mental health of children and young people to be given the same priority as their physical health.

With the launch of the new name Children's Health Scotland, the charity looks forward to continuing its work

to support every child and young person to have their healthcare rights upheld and their healthcare needs met.

James Robertson was a psychoanalyst and psychiatric social worker.

Visit: www.robertsonfilms.info

John Bowlby is best known for his research into attachment formation and his development of attachment theory.

Visit: www.verywell.com/john-bowlby-biography-1907-1990-2795514

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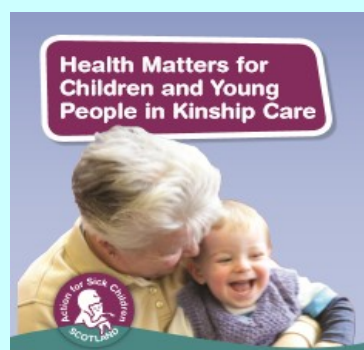
Health Matters for Children and Young People in Kinship Care DVD Launched

On 15 June we launched our new DVD **Health Matters for Children and Young People in Kinship Care** at Norton Park in Edinburgh. This was a lively event which attracted representatives from Children 1st, Mentor Scotland, Citizens Advice Scotland, Contact A Family and the Scottish Government. We were delighted that most of the carers from the Grandparents Parenting Again & Kinship Carers (Midlothian) group, who appeared in the film, came along.

The film includes interviews with kinship carers and advice and guidance from professionals and experts on how to ensure kinship children have their health needs met. See the DVD on our website www.childrenshealthscotland.org or contact Anne Wilson on 0131 553 6553 for a copy.



Warm smiles from Kinship Carers at the event



Do you work with Foster or Kinship Carers?

Do they have questions about their child's healthcare?

If so our workshops are here to help. Topics include:

- Getting it right for looked after disabled children and those with complex healthcare needs.
- Managing the healthcare needs and rights of children in care
- Mental health and wellbeing for children in care
- Consent and Confidentiality
- Using play to help children cope with treatment and pain.

We can also design bespoke training.

Contact for more information
a.wilson@childrenshealthscotland.org

CONFERENCE

Child Healthcare in Scotland

Overcoming the Challenges to Equality

Friday 10 November 2017

**Royal College of
Physicians of Edinburgh**
9 Queen Street
Edinburgh
EH12 1JQ



Do Scotland's children and young people have equal
access to the best possible health care?
Consider how to meet the challenges to achieve
healthcare rights and equality for all.

Who should attend? If you work with, or are involved with children and young people in healthcare, education, social services, voluntary organisations, or are a parent or carer, this is a chance to hear about the challenges of achieving healthcare rights and equality for all Scotland's children and young people. RCPCH has approved this activity for CPD in accordance with the current CPD guidelines.

For more information and to book online go to:

<https://www.eventbrite.co.uk/e/child-healthcare-in-scotland-overcoming-the-challenges-to-equality-tickets-36395165921>

Mark McDonald, MSP Minister for Childcare and Early Years

How we can reduce health inequalities for
children and young people (*broad theme*)

Dr Catherine Calderwood, Chief Medical Officer

How Scottish Policy supports children's
healthcare rights (*broad theme*)

Professor Helen Minnis, Professor of Child and Adolescent Psychiatry, Glasgow University

Levelling the playing field – finding the
hidden children

**Chair: Dr Steve Turner, RCPCH
Officer for Scotland**

PANEL SPEAKERS

Hear our Speakers talk about ...

disabled children and young people;
those at risk of entering in care;
Deep End practice; young people in adult
services; children's mental health and
wellbeing, end of life care, asylum seekers
and refugees.

Hear the parent/carers and young persons'
perspectives.



Heart Tay Heart Mental Awareness Week

We were delighted to support the Heart Tay Heart inaugural Mental Health Awareness Week at the end of April. This was developed by volunteers who wanted to highlight the positive work happening in and around Dundee for mental health, to raise awareness of mental health, and to encourage as many people as possible to have conversations about mental health.

The event started with a mask exhibition 'Many Faces of Mental Health' allowing a range of people, from young school kids to adults living in care homes, to highlight their emotions and feelings. It allowed people to own their mental health in an incredibly powerful display.



The week focused on a range of strategies that could be used to help manage mental health and wellbeing. A number of activities, from information-sharing to practical activities, showed that people use different strategies at different times. As part of this event our Tayside Area Officer worked with two Angus schools and delivered interactive workshops to primary 6 and 7 pupils. The pupils enjoyed learning about physical, mental and social health, identifying indicators of good health, health rights, equality and diversity and sharing

their ideas and opinions about discrimination. They were very knowledgeable and recognised the importance of having conversations about mental as well as physical health. The following feedback from two pupils reveals what they enjoyed learning:

'I learned what social health is, and how to improve it. I also learned who got discriminated and left out in society most often, because we all talked about it and shared out thoughts.' Max

'I enjoyed the activity that you had to put the words/phrase into three columns (mental, physical, social health) because I learnt more about the different health you get and how to have good health.' Gemma

Self Management Project goes from Strength to Strength



Happy days - the class of June 2017!

The Lothian Self-Management Project is already on its third programme of the year. This year we have introduced volunteering to complement the programme as well as extra social activities to help everyone keep in touch. The young people in the 12-18 programme concluded the workshops with music therapy with everyone singing, rapping and beat-boxing to Ed Sheeran and songs from Moana!

The programme for 8-11 year olds is also underway with parents and carers joining the group as well. To find out more about the next programme or to make a referral please contact s.kumar@childrenshealthscotland.org



Young People in Hospital Guide

We are just about to print an update to this popular guide which is aimed at making a stay in hospital as good as possible. The guide is available for downloading from the resources section of our website. Contact the office for a hard copy.

Contact the office if you'd like a hard copy.

Children's Health Scotland is grateful to the Scottish Government which provides Children, Young People and Families Early Intervention Funding.



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