

Autumn 2019



Children's Health Scotland

The
FLAMINGO
Study

Page 4

Foetal
Alcohol
Spectrum
Disorder

Page 8

**YOUNG PEOPLE
REACH
NEW
HEIGHTS**

WITH OUR SELF-MANAGEMENT SERVICE

We are the only charity in Scotland dedicated to informing, promoting and campaigning on the healthcare needs and rights of all children and young people.

Scotland Welcomes Refugees Gathering 2019

Thanks to CYPFEIF Funding, Children's Health Scotland attended the recent Scotland Welcomes Refugees Gathering 2019 at the TouchBase Business Centre, Glasgow.

Visiting with our Health Play Box, banner, bubbles, and a suitcase full of information we joined this vibrant, fun and family friendly event that was a showcase of international art, music, storytelling and much more. It was a celebration of the variety of backgrounds that refugees bring to our communities.

Talking about the event Linda Alexander from Children's Health Scotland said: "Our Health Play Box enticed children to our stand, and they loved the hospital play, dressing up and learning new words. The children had a good understanding

of the real medical equipment (stethoscopes, bandages) and were "treating" each other as well as "patient" teddies and puppets.

"All the children seemed to have had some hospital experiences. It was actually the children who brought their families to our stand, who were then interested in finding out more about Children's Health Scotland and how we can support them. Some took away bags packed with information and others just asked questions. It was busy and great fun and people were generous with their feedback."

The event was completely FREE for those attending and aimed at connecting welcome groups, grassroots movements, like minded individuals and refugees with one another.



What's Inside:

2-3 Our latest news

4 The Flamingo Study

5 Climbing high with our Self-Management Service

8 Foetal Alcohol Spectrum Disorder



Special Feature:

Starrie prepares for her hospital appointment

6

10

Working in partnership with the Dundee International Women's Centre

WORKING TOGETHER TO SAFEGUARD CHILDREN'S RIGHTS

Our views on how best to incorporate the UN's 'gold standard' for children's rights into Scots law and improve the lives of children and young people has now been submitted.

To summarise, we welcomed the commitment made by the Scottish Government to incorporate the UNCRC into Scots law before the end of this session of parliament in 2021 and our response asked for greater visibility to be given to the health rights of children and young people.

Within our response we commended the work of the Children and Young People's Commissioner for Scotland and Together on producing the Draft Children's Rights (Scotland) Bill and the importance of meeting the international 'gold standard' for incorporating the UNCRC into Scots law.

We joined with Together and 35 of its members to sign a joint letter to the Minister for Children and Young People, highlighting the importance of meeting the international 'gold standard' for incorporating the UNCRC into Scots law.

We also worked with YouthLink Scotland, who were commissioned by the Scottish Government to organise and run an engagement event with young people aged between 12-18 years, where they could share their views on Incorporating the UN Convention on the Rights of the Child (UNCRC) into Scots Law.

By working independently and together with others in our sector we hope that in the future more children and young people in Scotland will be able to realise their right to the best quality healthcare.

Our Children and Young People's Health Rights e-Learning resource to showcase at the VHS Annual Conference 2019

Children's Health Scotland will be exhibiting at the forthcoming VHS Annual Conference and showcasing our Children and Young People's Health Rights e-Learning resource for practitioners in health and social care.

Some latest insider news is that the conference will feature a poster competition on current work and projects which 'Realise the Right to Health' and we have been shortlisted as finalists.

Anne Wilson, Development Officer with Children's Health Scotland tells us a bit more about the e-Learning resource.

"We developed our e-Learning module to assist practitioners to pursue a rights-based approach in line with UNCRC principles. It is primarily aimed at all health and social care practitioners who come into contact with children and young people when providing healthcare services (whether in hospital, in the community or at home).

Innovative and interactive activities, diagrams, scenarios and case studies all contribute to the appeal of this user-friendly resource which can be completed in your own time. It is worth remembering that this e-Learning resource is completely FREE and will take approximately 40 minutes to complete."



Just a couple of clicks and you're away.

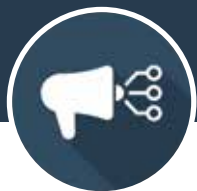
Visit <http://bit.ly/HealthRightsLearn> to get started.

NOTICE OF AGM

The 2019 Annual General Meeting (AGM) of Children's Health Scotland will be held at Children's Health Scotland, 22 Laurie Street, Edinburgh, EH6 7AB on Saturday 12 October 2019 at 11.00 am.

The activities and finances of Children's Health Scotland from April 2018 to March 2019 will be discussed at the AGM, together with some of our key achievements during the year. If you would like to attend our AGM please email events@childrenshealthscotland.org.





THE FLAMINGO STUDY

A group of researchers and professionals from across Scotland, including Simita Kumar from Children's Health Scotland, have come together to work on the FLAMINGO study.

Flamingo stands for the **FL**ow (of) **Ad**missions (in) children (and) you **NG**peOple.

Professor Steve Turner of Royal Aberdeen Children's Hospital tells us a bit more about this research project.

"Emergency admissions of children to hospital are rising by more than 4,000 each year in Scotland. Zero-day hospital admissions (i.e. being admitted and discharged on the same day) explain the vast majority of these emergency admissions. Some zero-day admissions may be safely avoided but we do not know how to 'slow the flow' of zero-day admissions."

For example, we do not know whether doctors in emergency departments, general practice surgeries or out-of-hours facilities are sending children to hospital in equal proportions. Another unknown is whether certain illnesses are referred by one of these 'streams' of referral.

"Our research will answer the questions:

- 1. Within the 'flow' of referrals are there identifiable 'streams' of zero-day admissions which could be slowed?*
- 2. What are the implications to general practice of slowing the flow of zero-day admissions?*
- 3. Which of these 'streams' is the most important to slow down first?*

"To answer the first two questions, we are linking details of every hospital admission between 2015 and 2017 to other routinely collected NHS data. To answer the third question, we will work in partnership with children,



families and NHS professionals to prioritise the next steps to develop intervention(s).

"We would be very grateful for any offer of help from a parent (or group of parents) whose child has been admitted to hospital and discharged home on the same day."

"This study will give information which will be essential to developing interventions to safely reduce paediatric hospital admissions."

If you would like to help with this study please email simita.kumar@stir.ac.uk.

“ We would be very grateful for any offer of help from a parent (or group of parents) whose child has been admitted to hospital and discharged home on the same day. ”





CLIMBING HIGH WITH OUR LOTHIAN SELF-MANAGEMENT SERVICE

Young people participating in our Lothian Self-Management Service are used to encountering challenges. However, for many of them standing at the base of a sheer rock wall with a climbing rope in their hands was a completely different type of challenge. Organised as a social outing for the group, for two hours the young people scrambled, slipped and pulled themselves upwards, searching for tiny hand and footholds on the cliff wall under the expert guidance of the climbing instructors below.

Commenting on the outing Simita Kumar, Programme Officer for the Self-Management Service said: *"The Lothian Self-Management Service was set up for young people aged 10-18 living with a chronic or long-term health condition. The blocks of six workshops (two per year for the 10-12 and 13-18 age groups) gives young people a chance to meet others and explore the feelings associated with having a health condition through a range of group discussions and fun activities. After each block of workshops, the young people participate in a social outing and at the end of the summer a group of our 10 to 12 year olds had the opportunity to take part in a climbing day at Blackford Quarry."*

"For many of the young people this was their first time climbing on natural rock, and it was great to see everyone eager to try and push themselves out of their comfort zones."

With the instructors from My Adventure Edinburgh and a group of parents watching from below, the young people took it in turns to scale the cliff face.

"Despite some drizzle which set in as the activity progressed, the youngsters kept going. Each time they aimed to push themselves higher when it was their turn, while the young people waiting below shouted up encouragement and helpful advice. There was loud cheering whenever a friend made it to the top."

“ Everyone who took part in the activity managed to push themselves in some way. ”

Living with a long-term health condition can be an isolating experience, particularly for children and young people in school where they may be the only person with a health condition. So, the opportunity to meet other people can give them a big boost in confidence and self-esteem.

During the workshops, facilitated by Simita Kumar and Conor Smart, young people are encouraged to share their experiences, both positive and negative, in a safe and supportive environment.

"It was a privilege to see the group looking out for each other, forming new friendships and spending time with other young people who understand without requiring any explanation," added Simita. "Everyone who took part in the activity managed to push themselves in some way, and it was great to see some young people who were often shy during workshops, throw themselves into climbing and come away with big smiles on their faces. As well as pushing themselves physically, it was also an opportunity to chat to other members of the group about their journeys and we hope to set more challenging activities which bring the young people together in the future."





Starrie prepares for her appointment with Children's Health Scotland

Starrie is a primary two pupil at Ardler Primary School. She was referred to our Children's Health and Wellbeing Service in Tayside by the Family and School Support Worker after her mum contacted the school for some advice. Following a GP appointment it was evident that Starrie would need a hospital appointment to treat an issue with her eye and mum was keen to gain some additional support for her daughter.

Michelle Wilson, our Area Officer in Tayside, was asked if she would meet with mum and daughter to chat through what help might be available for Starrie.

Speaking about the meeting Michelle said: *"When I met with mum and daughter it was explained that Starrie may need an operation and that she was feeling worried and anxious about going to hospital appointments and what to expect. I explained that our organisation works with lots of children who are feeling just the same. I spoke with Starrie about all about the fun toys and dressing up clothes in our Health Play Boxes and asked if she would like me to come back so we could play together with the toys and dressing up clothes. Mum and Starrie thought that was an excellent idea."*

Children's Health Scotland have Health Play Boxes with realistic dressing up clothes which cover a wide range of medical professions. They include toys to enable play around medical themes, eg doctor's bags, stethoscopes and a range of Dr and Nurse puppets.

"Following further discussion, it was felt Starrie would really benefit from playing about her hospital appointment," added Michelle. *"So that's where we started and I continued to meet with Starrie for the next five weeks. Ardler Primary has a fantastic room with a play corner which we were able to use."*

"On our first week I laid out all the toys and dressing up clothes and Starrie chose what she wanted to wear. It was always the Dr's coat. Then we would fill the pockets with all the instruments - particularly the toy ophthalmoscope. We used the puppets and teddies as patients and practised



examining them. We made sure they were comfortable and always explained what we were doing and why. After two sessions Starrie was feeling more confident and on the third week she was taking the lead as the doctor, telling her patients what was happening and why."

"Starrie had her hospital appointment after our third session. Mum phoned me afterwards to say it had gone extremely well. Starrie had been relaxed and confident. She let me know that she was really delighted that our service was available and that the next step in Starrie's care was an MRI scan. The hospital felt she had coped so well with the eye examinations at her appointment that they did not feel she would need to be sedated for this (as is usual for children in primary two)."



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Children's Health Scotland have Health Play Boxes with realistic dressing up clothes which cover a wide range of medical professions with toys to enable play around medical themes.



"I agreed with mum that we would do another couple of sessions to prepare for the MRI scan. Starrie enjoyed arts and crafts as well as play. Our service always

has well stocked arts and craft supplies so I collected these together and filled a bag with "bits and pieces" such as old egg boxes, cereal packets plastic lids etc. Again, I laid out all these on the table and asked Starrie to tell me about how her appointment went, which she did brilliantly. We then started chatting about the MRI scan and looked at some pictures of the machines. Eventually we decided to build our own one out of the things on the table so that teddy could have an MRI scan.

"Starrie really enjoyed this and we made the best decorated machine we could. We found a sound file of an MRI machine and used this for the sounds it makes. We even made headphones for teddy and an eye mask with tv attached.

"We then practised with teddy using the machine and practised lying on the floor - still as statues - to show teddy how still he had to be."

After five weeks Starrie felt confident and knowledgeable about what would happen when she visited hospital and kept her MRI machine in her classroom at school.

She is now ready and currently waiting on her appointment.

Our sessions helped Starrie to realise her rights to information and participation. EACH Articles 4 & 5 and UNCRC Article 12.



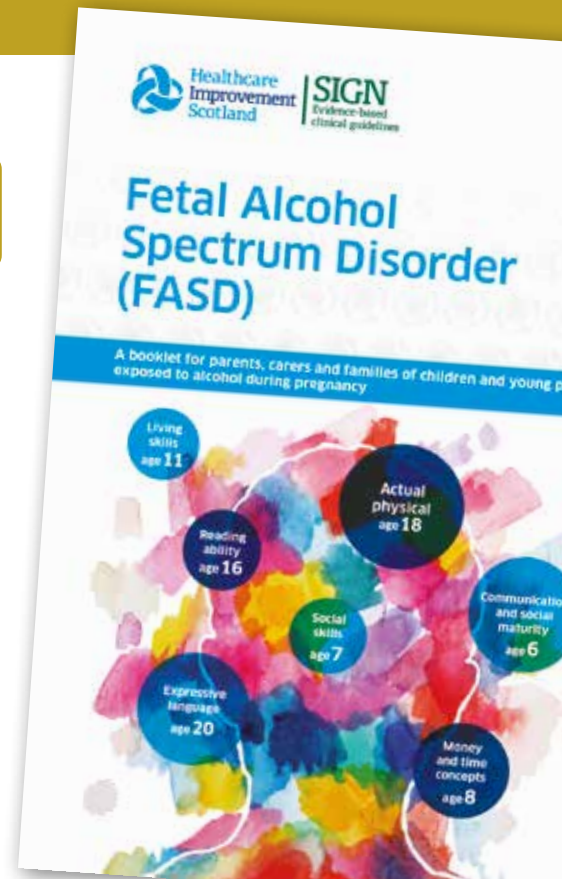
Foetal Alcohol Spectrum Disorder (FASD) SIGN Guideline

There is no way to know for sure the impact that drinking alcohol might have on an unborn baby. It could have different effects at different times during pregnancy and might affect one baby but not another. What we do know is that heavy drinking during pregnancy could increase the risk of Foetal Alcohol Spectrum Disorder (FASD)*.

With this in mind, Children's Health Scotland was pleased to be involved in the development of the SIGN Guideline on FASD. This work took place over almost 18 months and included focus groups, interviews and consultation responses to capture the views, thoughts, knowledge and lived experience of Kinship carers and their families. The findings were actually used in the creation of two documents as well as the Guideline itself:

1. The experiences of caregivers looking after individuals with foetal alcohol spectrum disorder: a rapid synthesis of qualitative studies, HIS, January 2019 https://www.sign.ac.uk/assets/a_rapid_synthesis_of_qualitative_studies.pdf.
2. The draft information booklet - Foetal Alcohol Spectrum Disorder (FASD): A booklet for parents/ carers and families of children and young people. (Contact SIGN for booklet publication date)

* Information on Foetal Alcohol Spectrum Disorder and support for individuals and caregivers after diagnosis - https://www.sign.ac.uk/assets/information_about_fasd.pdf



FASD is a lifelong neurodevelopmental condition that may be diagnosed in someone who was exposed to alcohol before they were born. This can show up in several different ways, such as problems with learning, attention, memory or language, and also difficulty with abstract concepts (e.g. maths, time and money), poor problem-solving skills, difficulty in learning from consequences and confused social skills.

Some children will also have physical effects, such as smaller head circumference, damage to the structure of the brain, heart or kidney problems, vision or hearing impairment and the characteristic facial features sometimes called sentinel features.





We'd like to thank all the carers who took part for their generous contributions of knowledge, expertise and time.

Commenting on the development of the SIGN Guideline on FASD, Anne Wilson, Development Officer with Children's Health Scotland said: *"FASD might not become obvious until the child does not reach developmental milestones, or displays worrying behaviour, or learning difficulties emerge once the child starts school. What is certain though is that carers, families and communities need access to appropriate services and ongoing support throughout the person's life."*

"The carers we spoke to were very pleased to have the opportunity to input their views and experiences as they recognised how important it was to have the right information and psychological support. While they themselves may have faced challenges – lack of diagnosis, little support or services – they wanted their experience to make things better for other carers in the future."

"We'd like to thank all the carers who took part for their generous contributions of knowledge, expertise and time."

Children's Health Scotland delivers free workshop sessions to Kinship carers on a variety of health-related topics, to support them to care for their children. Carers can also contact us directly for information and advice on individual issues. Our film **"Health matters for children and young people in Kinship Care"** explores health-related issues for the children in their care and discusses sources of support and help. This film can be view at <https://www.childrenshealthscotland.org/resource/health-matters-children-young-people-kinship-care/>



Dundee International Women's Centre keen to find out more about children's health and wellbeing

Dundee International Women's Center (DIWC) seeks to engage, educate and empower women from diverse ethnic and cultural backgrounds, to help them achieve their personal goals. This year the DIWC invited Children's Health Scotland to come along to one of their meetings to deliver a workshop on Children's Health and Wellbeing. The women were particularly interested in finding out more about what we do, and about our Health Play Boxes.

Talking more about the workshop, our Tayside officer Michelle Wilson said: *"The visit went really well with lots of discussion from the women about a variety of health-related topics. They all thought that the toys and dressing up clothes were great, and at the end I was asked if I would consider coming back to do further workshops."*

Michelle has now delivered four further workshops with the DIWC that we have summarised in this feature.

WORKSHOP ONE:

Weaning and nutrition

At this workshop Michelle provided information on School Nurse and Health Visitor contact information, and how and when you would contact them. Information was shared about the Minor Ailments Service which generated further discussion about: common childhood illnesses; the importance of vaccinations; head lice etc. Our publications like "How to help children cope with needles", our GP leaflet and our Parent Pack were of particular interest.

The group attending the workshop was made up of a variety of women from Britain, Hungary, Syria, Romania, Bangladesh and Pakistan – a combination which provided much hilarity when using Google translate and demonstrations to talk about the treatment for head lice.

The development stages of children were also a topic of conversation at this workshop and it was acknowledged that parents are experts on their own children. Information was given on who to contact and how, should a parent have a concern about their child.

NHS advice on weaning and nutrition in infants and under fives was then discussed in greater detail. There were talks about the importance of a healthy diet with plenty of fruit and vegetables, and about homemade food being cheaper and healthier than jars.

Hidden vegetable sauce was made into naan bread pizza, with the recipe given to the women attending the workshop. When the children joined the group everyone ate the pizza, with the mums delighted that their children were enjoying lots of vegetables that they wouldn't normally eat.





“The children made octopuses out of paper plates and puppets with wooden spoons.”

WORKSHOP THREE: Positive Parenting

Positive parenting with effective and age appropriate discipline was the subject of the next workshop, with information shared on where to access good and reliable information. Michelle worked through two scenarios:

1. Bedtime routines.
2. Using electronic entertainment.

The group discussed how to deal with these situations and how routine and consistency are essential for children. Reward jars and star charts were created, and there were discussions on the variety of ways they could be used. With play materials and a lot of imagination, the children made octopuses out of paper plates and puppets with spoons.

We explored the importance of play as part of positive communication.

WORKSHOP TWO: Health-related play

The focus of this workshop was on health-related play and children played a major part in its delivery.

Michelle had prepared salt dough at home and brought instructions to the group on how to make it. Everyone then made handprints which were cut out and decorated and the mums took them home to bake. In addition, shakers were created out of old water bottles and balloons filled with rice to make lots of noise. While playing together, we were able to explore the importance of feeling safe and how fun filled activities can promote health and wellbeing and secure attachment. The result was a fun filled morning, where everyone played together and had fun, and because we were making things together there were no issues with language.

WORKSHOP FOUR: Health Play Box

The final workshop focused on Health Play Boxes that contain dressing up clothes. The Health Play Box helps children explore healthcare themes in a safe environment and learn about health-related vocabulary and procedures. The parents really enjoyed the health play activities and played together with the children. Nursery rhymes were chimed, stories were read aloud and the two huge boxes that Michelle brought along enticed the imaginations of the children as they decided what to do with them. The boxes demonstrated brilliantly how inexpensive play can be, and once again broke down language barriers between children. The session finished with cups of juice, tea and scones.

Help us make sure children and young people get the healthcare and treatment they need.

PLEASE DONATE TODAY

MY HEALTH: We offer information and resources and represent and support all children and young people and their families when they need help with their healthcare and the right to it.

MY MIND: We provide workshops for children and young people, some with a range of mental health and chronic conditions, to develop skills and strategies to self-manage their conditions.

MY VOICE: We are a national voice that is dedicated to informing, promoting and campaigning on the healthcare needs and rights of all children and young people.

MY RIGHTS: We exist to raise awareness of the health rights of children and young people.

If you would like to make a donation to help fund our work please send a cheque to the address below or go online at www.childrenshealthscotland.org and click on the donate button.

THANK YOU.

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Find us on:



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Voice



Improving Life Experiences



Training and Resources



Health-related Play



Expertise and Information

