

EARLY BIRD PRICE £63pp
NORMAL TICKET PRICE £90pp



**Children's
Health Scotland**

CONFERENCE AND AWARDS 2020

FEELING GOOD



Includes the
presentation of the new
**SCOTTISH
CHILDREN'S
HEALTH AWARDS**

#chsconf20
#feelinggood

4 SEPTEMBER 2020
SHERATON GRAND HOTEL, EDINBURGH

BOOK NOW

Children's Health Scotland Conference 2020

FEELING GOOD



Do you work in the children's health and wellbeing sector?

Then put the date in your diary and **BOOK NOW** for the Children's Health Scotland Conference 2020 | Feeling Good which is all about sharing ideas, experiences and good practice in relation to children's health and wellbeing.

Our theme of Feeling Good has been chosen to raise awareness and promote the importance of good emotional health and wellbeing for children and young people. The conference will reflect on current research and theory whilst looking at best practice and the rights of children and young people with regards to emotional health and wellbeing. It will provide the perfect opportunity for delegates to share ideas, listen to examples of good practice and look at resources that you can then take away to use in your workplace.

The morning session of the conference will include a Keynote Speech and Guest Presentation about Feeling Good in relation to children and young people's health and wellbeing. It will also include a range of morning workshops which have been designed to share ideas of what is working in practice whilst encouraging a deeper understanding of what it takes to feel good.

In the afternoon the conference will include further workshops, followed by a panel discussion on celebrating successes and overcoming challenges in addressing children and young people's health and emotional wellbeing. It will conclude with the presentation of the Scottish Children's Health Awards.

Learning outcomes

Delegates attending this conference will have a better understanding of:

- The successes and challenges in relation to the emotional health and wellbeing of children and young people.
- How Scottish Government policy is supporting the emotional health and wellbeing of children and young people in Scotland.
- How health-related play can help children physically, mentally and emotionally.
- How every child and young person has the right to the best quality healthcare.

The Market Place

The Market Place is the networking hub at the conference with a range of exhibitors ready to meet you. We encourage delegates to visit the Market Place and meet with fellow professionals whilst taking the opportunity to chat with exhibitors and discover new resources and ideas.

Who should attend?

The conference is aimed at all those involved in the children's health and wellbeing sector. This includes: healthcare, education and social services; voluntary organisations; parents, carers, and young people. This is your chance to learn more about the importance of good emotional health and wellbeing for children and young people.

WORKSHOPS

Health-related play

More than just a chance to have fun, play is serious business when it comes to a child's health. Health-related play can help children physically, mentally and emotionally. This workshop will look at Health-related play, discussing more about a child's right to play which is fundamental to their health and wellbeing. It will focus on putting the child at the centre and how, by using play, you can give children the right to be heard and understood and to express their feelings.



Building emotional resilience through youth partnerships

Within the children's health and wellbeing sector it is essential for organisations to work together. This workshop showcases three organisations that have formed a youth partnership and are now working collaboratively to improve the health and wellbeing of children and young people. These three organisations are Children's Health Scotland, the Edinburgh Children's Hospital Charity and the Teenage Cancer Trust. Collectively they are giving children and young people access to age appropriate and person-centred care – either in hospital or in the community. Together they are providing better support for children and young people and addressing the need to feel good through building emotional resilience and confidence.



Preventing bullying behaviour

Bullying is both behaviour and impact; what someone does and the effect it has on a person's capacity to feel in control of themselves. We call this their sense of 'agency'. It is behaviour that is often harmful and can damage the lives of those involved – whether they are being bullied, witnessing it or doing it. This workshop will give an understanding of bullying behaviour and how it may be prevented.



Compassionate care – practising what we preach

A new practice resource promoting compassionate care includes examples of how the Care Inspectorate has taken a more flexible position to how services are applying rules and allowing people more control of their care and a more personalised experience. This workshop will share practice examples and what compassion and love mean for people receiving and providing healthcare services. Participants will be invited to explore and share with others what compassion means for them and how 'the system' can become more loving and compassionate. Each of the participants will also be given a copy of the resource and invited to add practice examples to the Care Inspectorate's website.



Sleep well | Feel good

Sleep plays a vital role in good health and wellbeing throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety. This workshop will look at the secret to achieving more simply by closing your eyes. It will seek to discover what sleep is anyway; what happens if you don't sleep well, how sleep can benefit you, and how you can become a sleep star.



GIRFEC and the EACH Charter

The Children and Young People's Health Rights e-Learning resource promotes a greater understanding of the healthcare rights and needs of children and young people and their families in relation to GIRFEC and the EACH Charter. This workshop will give more insight into the interconnections between the UNCRC and GIRFEC, through the EACH Charter in this e-Learning resource. The ALLIANCE has produced a range of updated easy read GIRFEC resources which will be available at the workshop. These will be helpful to parents and practitioners alike.



BOOKING FORM

NAME
ADDRESS
JOB TITLE
TELEPHONE NUMBER
EMAIL ADDRESS
Please specify any dietary requirements or additional needs.

YOUR ITINERARY

You can attend one workshop in the morning and one in the afternoon. Places will be allocated on a first-come, first-served basis.

Morning Workshop

Afternoon Workshop

PAYMENT DETAILS

- The delegate rate for this conference is £90.00 per person.
- Early Bird Discount. Delegates booking before 29 May 2020 will receive a 30% discount on the delegate rate and will pay £63.00pp.
- You can book online for this conference at Eventbrite. Alternatively you can send a cheque or fill in the credit card details on this booking form and post to Children's Health Scotland at the address below.

Conference Bookings 2020,
Children's Health Scotland,
22 Laurie Street, Edinburgh, EH6 7AB.


TOTAL AMOUNT DUE		
CARD HOLDER NAME		
CARD NUMBER		
ISSUED DATE (if applicable).		
3 DIGIT SECURITY CODE	START DATE	EXPIRY DATE

Please return this booking form by 31 July 2020. NO REFUNDS WILL BE MADE AFTER 6 AUGUST 2020.

Registered office:

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22 Laurie Street, Edinburgh EH6 7AB

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Find us on:



Scottish Government
Riaghaltas na h-Alba
gov.scot

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FEELING GOOD CONFERENCE PROGRAMME

Date: Friday 4 September 2020

Venue: Sheraton Grand Hotel, Edinburgh

Time	Programme
8.45am - 9.30am	Registration Coffee
9.30am - 9.45am	WELCOME Professor Richard Olver, Chair Children's Health Scotland
9.45am - 10.00am	KEYNOTE SPEECH Maree Todd MSP, Minister for Children and Young People
10.00am - 10.45am	GUEST PRESENTATION Dr William Bird MBE CEO, Intelligent Health
10.45am - 11.15am	Tea/coffee
11.15am - 12.15pm	Morning Workshops
12.15pm - 1.15pm	LUNCH
1.15pm - 2.15pm	Afternoon Workshops
2.15pm - 3.00pm	PANEL DEBATE Feeling Good Celebrating successes and overcoming challenges in addressing children and young people's health and emotional wellbeing.
3.00pm - 3.15pm	Tea/coffee
3.15pm - 4.30pm	Presentation of Scottish Children's Health Awards
4.30pm	Conference close

Please note timings are subject to change