



Children's
Health Scotland

TRAINING AND
RESOURCES



Health Matters for Children and Young People in Kinship Care

We provide training directly to Kinship Carers and design bespoke sessions to suit specific needs and interests. This training is delivered **FREE OF CHARGE** as Children's Health Scotland is funded by the Scottish Government and other trusts and foundations. Please contact us for more information.

Training topics

- Managing the healthcare needs and rights of children in care
- Mental health and emotional wellbeing for children in care
- Consent and Confidentiality
- Play techniques to help children cope with Dental, Medical and Hospital treatment and pain
- Getting it right for Looked After Disabled Children and those with complex healthcare needs
- Impact of Loss and Change
- Adolescence Matters

Services during COVID-19

1:1 Phone and Email Support

We offer support on any health-related matter. Sometimes a listening ear helps. Please contact us using the details below.

Question and Answer Sessions

In these times of uncertainty and questions flying around, we would like to provide what reassurance we can. Please send in your questions to the email below and watch our website for details of forth-coming Q&A sessions.

Online Sessions

We can offer short bitesize sessions on some workshop topics such as: mental health and emotional wellbeing, ways to cope with stress and anxiety, loss and change. These will be advertised on our website.

Please ask us questions. For example we have been asked:

“Is it safe for my child to go to school when I am shielding?”

For more information and to arrange your training sessions, please contact:

Anne Wilson, Development Officer
Children's Health Scotland

Tel: 0131 553 6553 | Mob: 07792 388397

Email: anne.wilson@childrenshealthscotland.org



The aim of Children's Health Scotland is to make sure children and young people get the best quality healthcare. 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.

Registered office:

Children's Health Scotland
22 Laurie Street, Edinburgh EH6 7AB



enquiries@childrenshealthscotland.org



www.childrenshealthscotland.org



Find us on:



Scottish Government
Riaghaltas na h-Alba
gov.scot

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