



Spring 2020

Children's Health Scotland

Save the date for Scottish Children's Health Week 2020

Page 3



- Nominate now!

Do you know someone
who deserves a Scottish
Children's Health Award?

FEELING GOOD

CONFERENCE AND AWARDS 2020

4 SEPTEMBER 2020 • SHERATON GRAND HOTEL, EDINBURGH

BOOK NOW



Unprecedented review of Scottish care system demands radical overhaul

#KeepThePromise

Children's Health Scotland is pleased to support the findings and recommendations of the Independent Care Review report. The Review calls for a radical overhaul of Scotland's 'care system' and publishes, for the first time, the human and economic cost of the current provision and its failures.

The Care Review was set up by the First Minister, Nicola Sturgeon MSP and has listened to more than 5,500 experiences. Over half of those were children and young people with experience of the 'care system', adults who have lived in care and their families.

The in-depth examination of all aspects of care in Scotland has revealed a system that is fractured, bureaucratic and unfeeling for far too many children, young people and families. The Care Review has demanded change and the report has five foundations for this:

1. **VOICE:** The voice of children must be heard at all stages;
2. **FAMILIES:** What all families need to thrive;
3. **CARE:** That builds childhoods for children who Scotland has responsibility for;

4. **PEOPLE:** With a relentless focus on the importance of relationships; and

5. **SCAFFOLDING:** So that the structure is there to support children and families when needed.

Fiona Duncan, Chair of the Independent Care Review said: "I have heard countless stories of when the care system gets it wrong; separation, trauma, stigma and pain. Too many childhoods have been lost to a system that serves its own convenience rather than those within it. This is a radical blueprint for a country that loves, nurtures and cherishes its children. This is Scotland's chance to care for its children, the way all good parents should."

“The in-depth examination of all aspects of care in Scotland has revealed a system that is fractured, bureaucratic and unfeeling for far too many children and families.”



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NOMINATE NOW!
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My Operation shared with us by Isla McCash



Save the Date!

Scottish Children's Health Week 2020

31 Aug - 6 Sept
#feelinggood

We're launching the first Scottish Children's Health Week 2020 #feelinggood that will run from Monday 31 August to Sunday 6 September 2020. The week will focus on the health and wellbeing of children and young people and their right to the best quality healthcare. We hope as many people as possible will join our conversations.

Commenting on the week, Professor Richard Olver, Chair of Children's Health Scotland said: "Preparations are now underway to create a wonderful week for children, families, professionals and advocates for children and young people across Scotland to come together and focus on children's health and wellbeing and feeling good. It is the hope that everyone involved with children's health and wellbeing in Scotland will take the opportunity to be part of the week and celebrate how we work side by side to keep children healthy."

The hashtag 'feelinggood' has been created for Scottish Children's Health Week to encourage children and young people to talk about their health, feelings and emotions. The week will include seven 'themed' days, spearheaded by Bear, that have been created to help children and young people share their thoughts and feelings about their health and wellbeing and will include the presentation of the Scottish Children's Health Awards. A range of resources will be available to support the week and children and young people will be encouraged to take part by creating colourful and imaginative masks to reflect the 'themed' days.

"Children's Health Scotland has a big part to play in enabling children and young people to learn about their

health and wellbeing and their right to the best quality healthcare," added Helen Forrest, Chief Executive of Children's Health Scotland.

"We're launching Scottish Children's Health Week to help achieve this and encourage as many children and young people as possible to talk about their health and wellbeing. Through sharing with others, it is hoped the week will make a difference to children and young people in Scotland."



Meet Bear!

A close relative of our logo, you will be seeing much more of Bear in the run up to Scottish Children's Health Week as he is helping us create special moments for each day of the week. Kitted out in welly boots AND sunglasses (it's Scotland, after all!) Bear will also reveal a different look for every day of Scottish Children's Health Week. Bold, bubbly and big-hearted, and with more than a little bit of attitude, Bear will be with us to show you just how much fun it can be to be friendly, caring or brave! Look out for more information on Scottish Children's Health Week online and in our next magazine.

It takes all of us to raise happy healthy children

Looking after a child is not always easy. 'All of Us' is a partnership working in Edinburgh, created to make sure that everyone knows where to turn for help with parenting or if they have concerns about a child. It involves the Edinburgh Child Protection Committee, NSPCC Scotland and other third sector organisations.

To support the 'All of Us' campaign, Children's Health Scotland took part in the recent Family Drop-In Event in the Leith Community Centre, organised by the City of Edinburgh Council and NSPCC. The event included fun family activities, snacks, drinks, arts and crafts. Our Hard to Reach Development Officer, Linda Alexander, was there to chat to those who wanted to find out more about health and wellbeing services available to them.

Linda tells us more about her day.

“Oh, that's clever," I said aloud.

The NSPCC Family Drop-In Event was jumping with parents keen to know what help is out there. Equipped with the usual muscle building supplies and a banner, our Children's Health Scotland stall became a hub for parents. Chatting, it was evident that access to secondary health services, dental registration, information and consent, privacy and children's health rights generally, were limited. This was especially the case for those new to living in Scotland.

Young children played with the NSPCC toys; our health-related play uniforms and real stethoscopes sat coyly on the edge of our table, along with bubbles, books, feathers, and our new children and young people resources.

"He wants to be a doctor; 'doctor', 'doctor', 'doctor'. That's all he says," a mum confided to me.

Quickly putting on the green tabard and cap, with a stethoscope around his neck he smiled broadly. And then it happened - the rush for Play-Doh and the word was out. Children mooched round our table for what they described as 'cool stuff'. This included our 'Fortune Teller', which is based on the GIRFEC wellbeing indicators and designed to be an interactive approach to engage children and young people about their health and wellbeing.

"Can we play with these?" asked the children.





Our HARD TO REACH Service

No-one thinks of themselves as 'hard to reach'. It's a convenient catch all phrase, and for one reason or another, not all parents, children and young people know about their health rights and, while not all use health services, they may experience difficulties when they do.

Our Hard to Reach Service is led by Linda Alexander and aims to ensure that health and wellbeing services in Scotland are easier to reach. By delivering this service, we are better placed to know the barriers which prevent some families, children and young people accessing health services or achieving their child health rights. To find out more give us a call on **0131 553 6553** or email Linda at linda.alexander@childrenshealthscotland.org

Then tucking the ends of the stethoscope into their ears they listened intently to each other's hearts. Science in motion – they then ran around and around and around the hall. Eventually they stopped and listened again to their hearts. How clever.



What to do if you have concerns about someone else's child

Don't wait until you are sure before sharing your worries. Visit NSPCC helpline or call **0800 800 5000**, weekdays 8am to 10pm and weekends 9am to 6pm. You can also call your local Social Care department. If you suspect a child is in immediate danger call **999**.

FEELING GOOD

#chsconf20
#feelinggood

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

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.

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.

4 SEPTEMBER 2020
SHERATON GRAND HOTEL, EDINBURGH

BOOK NOW

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

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.

SCOTTISH C HEALTH AWA



NOMINATE NOW

Nominations for the inaugural Scottish Children's Health Awards 2020 have opened.

You have until 5:00pm on 12 July 2020 to make your nominations, while the Awards Ceremony will take place on Friday 4 September 2020 at the Sheraton Grand Hotel Edinburgh.

We are looking for nominations for the following awards.



CHILDREN'S AWARDS 2020

AWARD 1: CHILDREN'S CHOICE AWARD

Relationships shape the way we see the world and affect all areas of our learning and development. If you are a child or young person who has received treatment in hospital, at home, or in the community then this is your chance to say "thank you" to someone special in your life who has made a difference to your world. We are looking for someone special who has made a significant difference to a child or young person whilst they are undergoing treatment and whose care really stood out.

AWARD 2: HEALTH AND WELLBEING AWARD

Children are precious and so is their health and wellbeing. When parents leave their children in the care of practitioners, they also hand over responsibility for their health and wellbeing. We are seeking a nominee/team who has made a difference to the health and wellbeing of a child or young person. This difference could have been achieved in school, in hospital or in the community through treatment or advocacy.

AWARD 3: HEALTHCARE RIGHTS AWARD

All children and young people have human and healthcare rights. For example, children have the right to the best health possible and to medical care and the right to play and education in hospital. These rights are articulated in the United Nations Convention on the Rights of the Child (UNCRC) and the EACH Charter. This award will acknowledge the extraordinary steps taken by a nominee/team to advance the healthcare rights of children and young people.

AWARD 4: HEALTH-RELATED PLAY AWARD

Health-related play is more than just a chance to have fun - it is 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 to speed up recovery either in hospital or at home. We are looking for someone special, or perhaps a special team, who has made a significant difference to a child's life through health-related play.

AWARD 5: IMPROVING LIFE EXPERIENCES AWARD

Through this award we want to recognise the commitment and expertise of a nominee/team who has made a significant difference to improving life experiences of a child or young person undergoing treatment. We are looking for a nominee who has made a difference to the confidence and resilience of a child or young person so they are better able to deal with their current difficulties. The nominee may also have helped children and young people develop basic skills and habits to help them deal with challenges later in their life.

AWARD 6: YOUNG ACHIEVER AWARD

Through this award we want to acknowledge a child who has kept going, when it might have been so much easier to give up and shown great determination. We are seeking a child or young person who has gone above and beyond, showing enormous courage in their life and never giving up.

**PLEASE GO ONLINE AT WWW.CHILDRENSHEALTHSCOTLAND.ORG/EVENTS/AWARDS
TO FIND OUT MORE INFORMATION ON EACH AWARD AND TO MAKE YOUR NOMINATION**





WE'RE DELIVERING NEW ORAL HEALTH TRAINING IN PARTNERSHIP WITH NHS EDUCATION FOR SCOTLAND

We've partnered with NHS Education for Scotland to deliver brand-new training aimed at third sector organisations in receipt of the Oral Health Community Challenge Funding. The new Smile Big and Sparkle training will target those interested in learning more about improving oral health, especially for children and young people living in areas of multiple deprivation.

During training participants will discuss and learn what is needed to help improve the oral health of children and young people, including oral and wider health improvement messages. Myths and facts surrounding children's oral health and the fundamentals for the cause and effect of child dental decay have also been included in the training to address some of the most common misconceptions.



Children's oral health has improved over the last decade, with the Childsmile Programme and our own Special Smiles Training, for children with additional support needs, making a significant contribution to this improvement. However, despite this, 45% of children living in areas of multiple deprivation have tooth decay before reaching the age of 5; and it remains the single most common reason to admit a child to hospital for a general anaesthetic.

The purpose of the Community Challenge Fund is to reduce oral health inequalities and support better early years' oral health thus reducing the number of young children having a general anaesthetic for tooth extraction. The fund supports the Scottish Government purpose to be healthier by helping people to sustain and improve their health, especially disadvantaged communities, ensuring better, local and faster access to health.



"The training day will put a strong emphasis on learning through play and will discuss the health rights of children and young people, the EACH Charter and the United Nations Convention on the Rights of the Child," said Dagmar Kerr who runs our Children's Health and Wellbeing Service in Greater Glasgow and Clyde. "There will also be a focus on accessing treatment, and preventative measures, which can empower improvements in the oral health and wellbeing and enable the provision of equitable services for all children and young people living in Scotland."

“The training day will put a strong emphasis on learning through play and will discuss the health rights of children and young people, the EACH Charter and the United Nations Convention on the Rights of the Child”



FANTASTIC NEWS!

OUR SELF-MANAGEMENT SERVICE IN EDINBURGH AND THE LoTHIANS IS FULLY FUNDED FOR THE NEXT YEAR

Our Self-Management Service, which exists to help children and young people with long-term health conditions to cope better with their illnesses, has received some fantastic news. It has received a National Lottery Award from the National Lottery Community Fund, meaning that the service is now fully funded for the next year.

The award complements other funding we have received from various Trusts and Foundations including: BBC Children in Need, the JK Young Endowment Fund, Foundation Scotland, the Agnes Hunter Foundation, Comic Relief and the Robertson Trust.

The Self-Management Service operates two age specific programmes: one for children aged 10 to 12 and one for young people aged 13 to 17 years. Each programme consists of six workshops which focus on increasing mental and physical wellbeing and confidence. The programme also looks at how young people can manage stress, emotions, friendships, feelings, healthy eating, talking with parents/carers, teachers and health professionals.

Commenting on the award Helen Forrest, Chief Executive of Children's Health Scotland said: "We would like to say a huge thank you to all those who have shown their support of our Self-Management Service. Since 2015,

this service has successfully supported children and young people with long-term health conditions to cope better with their illnesses.

"The impact of chronic illness on a child can be severe. They are at risk from social isolation, difficulty in making friends, poor mental health and wellbeing and poor educational and career outcomes due to missing school. Some may find it difficult to be open about their illness with peers, health professionals and teachers. Many are bullied for being 'different', for example taking medication or because they cannot take part in the same physical activities as their peers.

"Through research and evaluation, we know we have successfully delivered our Self-Management Service to children and young people over the past five years. We are proud to have made a difference to their lives, but we haven't achieved this alone. We need funding and the grants and donations we have received over the past six months mean we are able to continue



to deliver our Self-Management Service in Edinburgh and the Lothians which is such great news."

Commenting on the National Lottery Award for the Self-Management Service, Neil Ritch, The National Lottery Community Fund Scotland Director, said: "I am delighted that Children's Health Scotland has secured a grant from The National Lottery Community Fund. This award will make a real difference where it is needed most, and I wish Children's Health Scotland every success delivering a great project for their community."

THANK YOU

We would like to thank the various Trusts and Foundations who have funded our Self-Management Service, including:





My operation by Isla McCash

Hello. My name is Isla, I am 10 years old and I am in primary school in Dundee.

My left leg was 2.3cm longer than my right leg. I had some operations when I was very small, but I don't remember this. I go to Ninewells hospital to have regular check-ups and x-rays on my leg and I have had the same consultant since I was small.

After my last visit to see my consultant, he told me I would need an operation to shorten the big bone in my leg and make my legs the same length. My mum was with me. I really liked that the consultant spoke to me and not just my mum. He explained what would happen in the operation, when it would be and that I might need a wheelchair or crutches after my operation while I got better. My operation was going to be on the 13th of December.

My mum and I went to see my head teacher to talk about what would happen to me at school if I was in

a wheelchair or using crutches. I was feeling anxious because my classroom was upstairs, and my school and playground have lots of stairs.

My head teacher was really helpful and also spoke to me - not just mum about all the things they could do to help me. The really big one was that they decided to move my whole class downstairs as soon as possible so that it wouldn't be difficult for me to get around after my operation. My head teacher also told me and my mum about Michelle from Children's Health Scotland who could come and see me in school and might be able to help me feel less anxious. I wasn't sure because I was feeling anxious about my operation and when I don't know exactly what is going to happen, I can be indecisive. Me and mum thought it would be a good idea for me to meet Michelle.

“ I found it really helpful to have Michelle from Children's Health Scotland to talk to about the things I was anxious about and for us to learn information about these things together and plan out how things would go in hospital. ”



Michelle came to meet me at school on the 12th of November. She told me who she was and that her job was to work with young people who were feeling a bit worried about something like an operation and see if there was anything she could explain or help with. She brought a big bag with lots of toys and dressing up clothes inside. We had a look at these, but I felt I was too old for these.

I was worried about the anaesthetic and what would happen to me. Michelle and I spoke about when



On the Saturday I had really bad spasms in my leg while I was practicing using my crutches with the Physiotherapist and had to be helped back to bed until the spasms stopped. The next day I didn't want to try my crutches again and the Physiotherapist was not patient with me. It would have been better if she was a special Physiotherapist for children like the one I had on the Friday.

you have an anaesthetic. We talked about the cream that the nurse puts on your hand to make it go numb and that there would be a big plaster over it to let the cream work. Once my hand was numb the Doctor would put the canula into one of my veins and the medicine to make me fall asleep would go into there. Michelle was able to tell me that someone would play games with me on a tablet and distract me while this happened and that my mum could be with me the whole time. We spoke about this quite a lot over a few weeks and I felt less worried. I also knew that mum would stay with me the whole time I was in hospital which I was pleased about.

I had my operation on the Friday and got to come home on the Monday afternoon. I knew I would have medicine to stop it being sore after my operation, as Michelle and I had spoken about that a few times. I was nervous about using the crutches as I thought I would fall over. Michelle and I had also spoken about crutches and had walked around pretending we had some, so I knew they were like having extra legs. The children's Physiotherapists were really patient with me and knew it was my nerves stopping me feeling confident with using them.

My mum was really good and kept encouraging me. She kept reminding me that we could get home once I could manage my crutches on the stairs. The children's Physiotherapist was also encouraging me to go up and the down the stairs just outside the ward and mum had Kinder chocolate for every stair I managed - which really worked because it was my nerves that were stopping me.

Once I was home, mum really encouraged me to move around on my crutches and do my exercises. I was a bit worried about being back at school but had planned out that a friend would help me in school if I needed help and my mum was dropping me off and picking me up.

I am now back at my swimming classes and only a tiny bit behind the others. I am even back at my dance class and can do most of my dance steps.



Michelle has popped in to see me a few times since my operation to see how I am doing.

The things that helped me the most were adults speaking to me and involving me in planning. I found it really helpful to have Michelle from Children's Health Scotland to talk to about the things I was anxious about and for us to learn information about these things together and plan out how things would go in hospital.

I am looking forward to wearing sandals in the summer and pleased to be back at swimming and dancing so soon after my operation.

To find out more about Michelle and the Children's Health Wellbeing Service we deliver in Tayside and surrounding areas visit www.childrenshealthscotland.org or email michelle.wilson@childrenshealthscotland.org

Choose us as your Co-op local cause

We are super excited to have been chosen by the Co-op and its membership as one of their causes. This means that when Co-op members from all over Scotland shop and choose us as their charity of choice, 1% of what they spend on selected Co-op branded products and services will go straight to us through the Local Community Fund. It's also worth remembering that you will get 5% of whatever you spend straight back into your Co-op membership account to spend on products of your choice.

Three simple steps to choosing Children's Health Scotland:



BECOME A CO-OP MEMBER

First you need to become a Co-op member. You can do this very simply online at <http://bit.ly/CHSBecomeAMember> and you will need to pay £1. Or you can pop into your own local Co-op store or give the Co-op a call on **0800 023 4708**. Your membership will buy you a share in the Co-op, which gives you: 5% back to spend next time when you buy Co-op products; a share in their profits if they do well; the right to vote on how the Co-op does business.



CHOOSE CHILDREN'S HEALTH SCOTLAND

Once you are a member you need to choose us as your cause. We can be found on the following page <https://membership.coop.co.uk/causes/32352>. Please link us up on your membership page to choose us as your cause.



START BUYING

Start buying Co-op branded products either online or instore and use your Co-op membership card.

Remember Co-op branded products includes eligible purchases on travel, pet, home and car insurances and Funeralcare.

When Members buy Co-op branded products and services, the Co-op will give 1% to a local cause. Your support can help raise more for causes in your community.

Go online coop.co.uk/membership and make us your cause.



1% of the purchase price or cost of Co-op own branded goods and services purchased by Co-op Members will be donated to local good causes as chosen from time to time by Co-op Members. Please visit coop.co.uk for further details on how this is calculated.



WE NEED KILTWALKERS

2019 was an unforgettable and record-breaking year for the Kiltwalk. Now Scotland is getting ready to do it all over again in Glasgow, Aberdeen, Dundee and Edinburgh in 2020.

2020 registration is LIVE right NOW for the Kiltwalk which is set to be even bigger and better than ever. Also, thanks to the support of The Hunter Foundation, all participating charities will receive an amazing 150% of all fundraising. Those taking part can choose to walk 6, 15 or 23 miles to raise money for Children's Health Scotland and four events are available right now for registration:

 **kiltwalk**

Arnold Clark

 **Royal Bank of Scotland**

 **THE HUNTER FOUNDATION**



GLASGOW - 26 April 2020



ABERDEEN - 7 June 2020



DUNDEE - 16 August 2020



EDINBURGH - 13 September 2020

If you would like to walk for us then please go online and register now, choosing us as your charity of choice. If you then give us a ring, we can provide you with support and of course kit you out with one of our lovely t-shirts.

For more information email

fundraising@childrenshealthscotland.org

or give us a call on **0131 553 6553** to find out more.

Are you ready to drop 165ft from Scotland's most iconic structure and take part in a phenomenal event?

We are looking for some daring volunteers who are prepared to take on a rather unique challenge of abseiling down the iconic Forth Rail Bridge in aid of Children's Health Scotland. The abseil will involve dropping 165ft, free-fall (SAS-style) to the sandy beaches below.

The abseil is taking place on Sunday 11 October 2020 and you will be taking part in Scotland's largest abseil from Scotland's most iconic structure which now has world heritage status. The Forth Rail Bridge will be celebrating its 130th birthday in 2020 – yet another reason to take part in this phenomenal event.

We are offering a limited number of **FREE** charity places. All you have to do is take the plunge and pledge to raise £185 for Children's Health Scotland. In return we will provide your place, supply you with guidance, support and help with your fundraising efforts - and of course we will gift you a gorgeous branded t-shirt.



Get your **FREE** charity place with Children's Health Scotland by emailing our Events Team at **events@childrenshealthscotland.org**. You will then be sent a pledge form to sign, followed by a unique registration link. For more information please email **fundraising@childrenshealthscotland.org** or give us a call give us a call on **0131 553 6553**.



Children's
Health Scotland

TRAINING AND
RESOURCES



Health Matters for Children and Young People in Care

We provide training directly to Carers who look after somebody else's child i.e. Foster, Kinship or Respite Care. We also design bespoke training 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. If you are a local authority, independent provider or part of a care group, please contact us to find out more.

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

Training arrangements

- **Where?** At your group's usual meeting place/carers centre.
- **When?** At a time to suit your carers.
- **How long?** Session lengths are usually four hours although can vary according to the topic.
- **Costs?** Free of charge as Children's Health Scotland is funded by the Scottish Government and other trusts and foundations.

“ Very interesting day – will help me to take more time to understand the child. I need to think not what's wrong with you, but what happened to you? ”

Carer's feedback after workshop sessions

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

Anne Wilson, Development Officer
Children's Health Scotland

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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.

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