



A IMESSAGE FROM OUR CHAIR

As I write this, the UK is emerging from another lockdown at the end of a year which, by any measure, has posed a major challenge to the health and wellbeing of children and their families.

Through the work of our staff, we have seen clearly the impact that COVID-19 has had on the children and young people we support. Problems with mental health and wellbeing, digital exclusion, online safety, poverty, hunger, health rights - none of which are new to us but all of which have been accentuated as a direct result of the pandemic. Some of the changes we had helped to initiate pre-pandemic are now being reversed, which is really disheartening.

Given the unprecedented nature of the pandemic, it is hard to predict what lies ahead, but one thing about which I am sure, is that for children and young people to thrive, it is critically important that their voices are heard and their needs addressed.

Our Manifesto, launched in January prior to the Holyrood election and issued to all political parties, was informed by the needs of those we support. It called for improvements to be made to the provision of facilities and physical and mental health services for children and young people, and their families and carers, in ways that give realistic hope that real change will take place. We are committed to work with the Scottish Government to enable these changes to be realised.

There is so much to be done to repair the damage that COVID-19 has inflicted on the health and wellbeing of children and young people. While the crisis has continued, demand has grown, and fundraising has been under pressure. Our dedicated staff have worked tirelessly to ensure children, young people, and their families and carers have continued to receive support. Their work is reflected in this Annual Review and Impact Report and some key highlights of this work include:

- The launch of SMS:CONNECT a new online Self-Management Service for children and young people living with long-term health conditions.
- The delivery of a new Children's Health Challenge to share a greater understanding of healthcare rights for children and young people. The challenge has been accessed by over 50 schools and over 1,000 school children have taken part.
- The launch of Scottish Children's Health Week and Awards that showcased the tremendous amount of work and activities which focused on the health and wellbeing of children and young people in Scotland.
- The publication of our Minority Ethnic Health and Information Service (MEHIS) research which provided a picture of local support and information services for refugee and asylum-seeking families.
- The development of an open access Professional Learning Resource in Mental Health and Wellbeing for use by all staff working in schools across Scotland. The resource was commissioned by the Scottish Government and we have been working in partnership with Digital Bricks and the Mental Health Foundation.
- The distribution of over 400 My Health Play and Information Packs to support vulnerable families in the community. The work was funded with grant aid from the Scottish Government and delivered in partnership with the Trussell Trust.
- The delivery of virtual health-related play sessions to primary school children and the delivery of virtual 1:1 sessions to support the health and wellbeing of children and young people.

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Continued...

A MESSAGE FROM OUR CHAIR

Looking to the future, we will remain focused on supporting the health and wellbeing of children and young people and their families through our five key strategic priorities as outlined in our Children's Health Scotland Strategy 2020-23. The voices of children and young people must continue to be heard and specifically we will aim to achieve the following:



1. Expertise and information: We will work to ensure that children, young people and families have access to age-appropriate information to enable them to receive the best quality healthcare. EACH Charter Article 7, UNCRC Articles 23 and 24.



2. Voice: We will work both at national and local level with all those responsible for the formulation of healthcare policy to ensure the voices of children and young people with health conditions are heard. EACH Charter Articles 8 and 9, UNCRC Articles 28 and 29.



3. Improving life experiences: Our work will continue to enable children and young people to receive the best possible healthcare to improve their life experiences. EACH Charter Article 8 and 10, UNCRC Articles 23 and 24.



4. Training and resources: We will provide a range of training and resources to ensure that children, young people, and their families are empowered to identify the needs of children during illness and access appropriate services. EACH Charter Article 7, UNCRC Articles 28 and 29.



5. Health-related play: Play is a serious business when it comes to children's health. It is more than just a chance to have fun and is a fundamental right for children. We will continue to advocate for health-related play for all children - in hospital, in the community and at home.

Today, I am more certain than ever of the importance of our mission and values, and proud of our achievements, many of which are reported here. I remain hugely grateful for the commitment of our staff and to the Executive Committee, who continue to serve, support, and scrutinise the charity's work.

Next year will be critical as we continue to do everything possible to ensure children and young people have the best health outcomes possible. I know this cannot be achieved without the continued hard work, knowledge and enthusiasm of our staff, the dedication of our supporters and volunteers, and the generosity of our funders. More than ever, this support is essential to ensure that our work continues so that every child and young person can exercise their right to best quality healthcare.



Professor Richard OlverChair, Children's Health Scotland







We provide children,
young people and families with
appropriate expertise and information,
so they have equitable access to best
quality health services. This meets with:
UNCRC Article 17 Access to information;
and EACH Article 10 Children shall be
treated with tact and understanding,
and their privacy shall be
respected at all times.

SOME OF OUR MAIN HIGHLIGHTS

CHILDREN'S HEALTH CHALLENGE

To share a greater understanding of healthcare rights we created the Children's Health Challenge. Accessed online over 50 schools, over 1,000 primary aged children have taken part in the challenge that has delivered wellbeing support and health rights information.

DUNDEE INTERNATIONAL WOMEN'S CENTRE (DIWC)

We wrote a five-week programme jointly with DIWC called Flourish. This programme looked at health, rights, responsibilities, play and parenting and uses discussion, cooking and craft. The programme has been well received and will be repeated when possible.

SMS:HUB

We've developed an SMS:HUB for children and young people - a space with information about health and wellbeing topics, as well as signposting to further resources and support. We are running monthly SMS:HUB sessions where we talk about health and wellbeing and have 'guest sessions' run by external organisations such as the Teapot Trust and Clown Doctors.

VULNERABLE CHILDREN AND YOUNG PEOPLE

Working with the Trussell Trust, we distributed over 400 My Health - *Play and Information Packs* to support vulnerable families in the community.

"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."

SCHOOL PUPIL



Through our work children, young people, and their families, including those who live with long-term health conditions, will have greater understanding of child healthcare rights and an improved ability to access child health services at times of illness. We deliver a national service across Scotland with face-to-face support in three geographical areas: Lothian, Greater Glasgow & Clyde and Tayside.

OUR IMPACT

HEALTHCARE RIGHTS

We have helped the following to more fully understand healthcare rights information.

14,060

3,278

2,960

CHILDREN AND YOUNG PEOPLE

945 HARD-TO-REACH PARENTS 191 PARENTS/ CARERS WITH ENGLISH AS A SECOND LANGUAGE



2,166

NHS staff across 14 health boards received information on the children's healthcare rights agenda.

"The Scottish Government welcomes the support of Children's Health Scotland to deliver our ambition for Scotland to be the best place in the world to grow up. There are some exciting initiatives planned within the CHS Strategy that will make a big difference to children and young people and I look forward to working together with those in the sector to make sure they get the best quality healthcare in Scotland."

Minister for Children and Young People



From March 2020 to April 2021 a total of...

245,108 people viewed our Facebook posts.

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253,300 people viewed our Twitter posts.

7,000 people watched an interview with Holly.



4,000 people watched Rare Disease Day film.



20,396 publications or information distributed on healthcare rights over the past year.

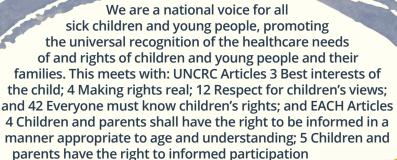
45,835 pageviews on our website over the past year.



RADIO INTERVIEW

During Children's Mental Health Week Hollie, who took part in our SMS:CONNECT programme and mum Vikki went live on BBC Good Morning Scotland. They both talked about their experience of COVID-19, mental health and Time to Talk Day. In this interview Vikki spoke about the support she had received from Children's Health Scotland.

A NATIONAL VOICE



in all decisions involving their healthcare; and
10 Children shall be treated with tact and
understanding and their privacy shall be
respected at all times.

SOME OF OUR MAIN HIGHLIGHTS

In 2020 we launched Scottish Children's Health Week and Awards that showcased the tremendous amount of work and activities which focused on the health and wellbeing of children and young people in Scotland.

Rory Crawford from CBeebies was welcomed as a new Charity Ambassador.

Our Manifesto was published that called for improvements to be made to the provision of facilities and services for children and young with health conditions and their families.

We prepared and delivered 49 presentations/workshops to professional organisations on children's health rights, e.g., Genetic Alliance Roadshow and Family Fund events. "I want to thank both
Dagmar and Lisa for their help during
lockdown and to Dagmar for her continued
involvement in and support of our Social Work
programme at Edinburgh Napier University."

SUSANNE GOETZOLD, EDINBURGH NAPIER UNIVERSITY



We worked in partnership with Napier University and are now members of the Glasgow University Admissions Group, meaning we can influence the inclusion of healthcare rights information for students.

We maintained our strong voice within NHS GG&C and are members of their Rights of the Child Group.

Through our work, organisations and professionals responsible for child health policy and provision have a greater understanding of the health rights and needs of sick children, young people and their families. Professionals have a greater ability to contribute to these needs and public bodies are better able to take forward the rights of children and young people as laid out in the Children and Young People (Scotland) Act 2014. Through our work our service users have an increased ability and/or opportunity to influence the design and shape of healthcare services by inputting to national and regional policy, practice and provision.

OUR IMPACT

7,768 professionals



28% NHS Staff 3% Scot Gov We worked with 7,768 professionals on national/regional groups (28% NHS Staff, 8% local authority, 52% voluntary organisations, 4% education workers, 3% Scottish Government) and 5% other.









20,396

Children and young people, families and professionals received our magazine, e-news and our Annual Review & Impact Report.

80 presentations

Prepared and delivered 80 presentations and workshops to professional organisations on children's health rights, e.g., Genetic Alliance Roadshow and Family Fund events.





We represented the needs of children and young people/families on

national/regional committees/groups.

SCOTTISH CHILDREN'S HEALTH AWARDS 2020 WINNE HEALTH-RELATED PLAY AWAR

SCOTTISH CHILDREN'S HEALTH WEEK



4,094

new people visited our website and **8,117** pageviews for the SCHW landing page.



4,500

e-bulletins issued promoting healthcare rights.

5,000

print copies of a FREE Activity Book were distributed.



56,000

people reached on Facebook. This included 22,000 unique views on Facebook, a 357% increase in pageviews and a 1,156% increase in post engagement on Facebook.

21,000

people reached on Twitter, gaining 32,600 impressions (4,700 per day) on Twitter. 119 link clicks on Twitter directing visitors to CHS services or those of our partner organisations.

MEHIS RESEARCH SCOTTISH CHIL

Our MEHIS research, published in Autumn 2020, provided a picture of local support and information services for refugee and asylum-seeking families.

It was hoped the research would empower refugee and asylum-seeking families, children and young people to exercise their right to the best possible health, especially when problems or barriers are encountered.

SCOTTISH CHILDREN'S HEALTH AWARDS

We launched and proudly presented seven very special awards to courageous children and those who are making a difference to the health and wellbeing of children and young people in Scotland. Congratulations to all those who received an award.



IMPROVING LIFE EXPERIENCES



We improve the life experiences of children and young people. This meets with:
UNCRC Articles 15 Setting up or joining groups; and 24 Health, water, food, environment; and EACH Articles 7 Children shall have full opportunity for play, recreation and education suited to their age and condition and shall be in an environment designed, furnished, staffed and equipped to meet their needs; and 8 Children shall be cared for by staff whose training and skills enable them to respond to the physical, emotional and developmental needs of

children and families.

SOME OF OUR MAIN HIGHLIGHTS

In 2020 we launched SMS:CONNECT - a new online Self-Management Service for children and young people living with long-term health conditions. Self-Management means improving the relationship you have with your health and wellbeing and building your confidence and self-esteem.

Working in partnership with NHS Forth Valley we piloted a new and very successful SMS:CONNECT *Why Weight?* healthy weight programme for children and young people in their region.

During the past year news about mental health was rarely out of the headlines, perhaps resulting in a stronger focus to this year's

Children's Mental Health Week
2021, organised by Place2Be.

"I enjoyed taking part and it has helped me to be more open. I also loved the social aspects of the programme! I think it was very powerful to share our stories and to realise we are all going through the same thing regardless of what our conditions are."

Young person

The theme for 2021 was #ExpressYourself and as we are an imaginative team here at Children's Health Scotland, we thoroughly embraced it to share ideas of how children and young people can use creativity to express themselves.



We deliver national services across Scotland focused on the health and wellbeing of children and young people. We work directly with children and young people, parents, carers and professionals to ensure the best possible healthcare is received for children and young people to improve their life experiences.

OUR ~ IMPACT



118

families have received 'home packs' with health and wellbeing materials through the SMS:CONNECT service.



20

CHILDREN AND YOUNG PEOPLE

who took part in the summer and autumn programmes of SMS:CONNECT attended a virtual 'Christmas Party'.

26

children and young people who have taken part in SMS:CONNECT programmes have produced a Digital Story about themselves, their health condition or their interests; and shared these with their groups.



11 SMS:CONNECT Why Weight? sessions delivered to 9 children and young people. NHS Forth Valley have commissioned a further 4 SMS:CONNECT Why Weight? Programmes for 2021-2022.



SMS: CONNECT



Support for 44 children and young people in primary and secondary school who were experiencing challenges to their health and wellbeing.

SMS:CONNECT online sessions delivered through 6 programmes to 63 children and young people.



SMS:HUB sessions held with 43 children and young people.



young people acted as peer mentors and we recruited 1 young volunteer.

children and young people have been involved in producing 6 short videos for awareness campaigns on social media.





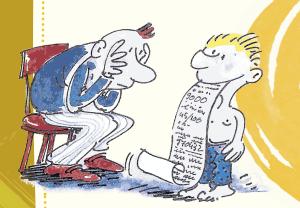




SMS:HUB developed and launched to enable us to continue to engage and support children and young people who have taken part in SMS with monthly sessions, share resources, news and participation opportunities, and allow them to stay in touch safely.



TRAINING AND RESOURCES



We involve children and stakeholders in the creation and development of our training materials. This meets with: UNCRC Articles: 12 Respect for children's views; and 13 Sharing thoughts freely; and EACH Articles: 4 Children and parents shall have the right to be informed in a manner appropriate to age and understanding; and 8 Children shall be cared for by staff whose training and skills enable them to respond to the physical, emotional, and developmental needs of children and families.

SOME OF OUR MAIN HIGHLIGHTS

Children's Health Scotland, in partnership with the Mental Health Foundation Scotland and Digital Bricks, secured a Scottish Government tender to develop an online Professional Learning Resource in Mental Health & Wellbeing for all school staff in Scotland. We have led on the consultation and engagement with school staff, children and young people, and families – including a survey of 749 members of school staff and 8 Focus Groups.

During March we were proud to support Kinship Care Week, providing a taster session on understanding trauma and helping recovery.

Carers, particularly those who are unpaid, provide vital support for their loved ones who are often among the

"Thank you so much for your wonderful talk last night. I really enjoyed it, as did everyone else. I love hearing you talk - you inspire me to be better!"

Project Manager Officer, Rare Conditions

most vulnerable in our society. This year we continued to develop and deliver a range of training provided **FREE OF CHARGE** to carers, thanks to funding from the Scottish Government and other trusts and foundations.

We provide a range of training and resources to ensure that children, young people and their families are empowered to identify the needs of children during illness and access appropriate

services. We design bespoke training to suit specific needs and interests. This is delivered FREE OF CHARGE as we are funded by the Scottish Government, and other trusts and foundations.



OUR IMPACT

GLASGOW UNIVERSITY
TRANSITIONS AND
HEALTHCARE RIGHTS
PRESENTATION



72% greatly increased knowledge

2.8% partly increased knowledge



STRESS &

EATING MATTERS



DIGITAL & ONLINE SAFETY 18 SESSIONS TO 83 CARERS

COPING WITH LOSS

TRAUMA

HELPING RECOVERY



3,500

Households received information on our Adolescence Matters webinar through The Fostering Network Newsletter.



1,024

professionals including local authorities and Independent Fostering Providers received our training resources.

366

Kinship Carers received healthcare rights information.

93%

now have a better understanding of these rights.

38 staff and volunteers attended the Oral Health, Healthcare Rights and Health-related Play workshop.

184 Foster and Kinship Carers

attended 26 online sessions delivered across Scotland.



372 FOSTER AND KINSHIP CARERS

eceived Stress Awareness activities.



18 KINSHIP

Zoom calls delivered on health-related topics.



Foster Carers in Fife with children who were being admitted into hospital, or already in hospital having received treatment, let us know how much they appreciated our support. They were able to use our relaxation and play techniques to help distract and alleviate their children's distress. They particularly liked using the breathing techniques with bubbles and the sensory story with all the play equipment which were all in the play bags that had been posted to them in advance of the webinar session

NHS EDUCATION FOR SCOTLAND BEREAVEMENT CONFERENCE:

BEREAVEMENT MATTERS IN KINSHIP CARE

"No matter whether it is over 30 years ago, it never leaves you. So I know what she is going through, and I can listen and support her. It's cathartic to talk about it as you can't talk about it to anyone else and if this helps others to get more support and better services then it will have done some good."

Kinship Carer

HEALTH-RELATED PLAY



Play is a fundamental right for children.
This meets with UNCRC Articles: 4 Time for play, recreation, and education; 5 Family guidance as children develop; and 31 Rest, play, culture, arts; and EACH Article 7 Children shall have full opportunity for play, recreation and education suited to their age and condition and shall be in an environment designed, furnished, staffed, and equipped to meet their needs.

SOME OF OUR MAIN HIGHLIGHTS

Working with the Trussell Trust and with grant aid from the Scottish Government's Community Wellbeing Fund, we distributed over 400 My Health - *Play and Information Packs* to support vulnerable families in the community.

In autumn we started to do a bit of clowning around with the Clowndoctors. Part of the charity Hearts and Minds, these experts in therapeutic clowning are now partnering with our

SMS:CONNECT programmes to bring fun and laughter into the lives of the children and young people we support.

Primary 2b children at Battlefield Primary School in Glasgow were the first to try out and benefit from our new virtual play workshop. At a time when visitors to school were very limited, Mrs Sarah MacFie, Acting "All the
materials in the Play Box
provided hours of relevant
and engaging play, both through
teacher led activities - discussion and
story books - and more imaginative
play, whereby the children used the
equipment to recreate a doctor's
surgery, hospital setting and opticians
- the opportunities are endless!

Mrs Sarah MacFie Acting Principle Teacher

Principle Teacher, worked with Dagmar Kerr, our Children's Health and Wellbeing Co-ordinator in Glasgow to deliver the health-related play session.

A health-related play box was delivered to the classroom ahead of the workshop

and then Dagmar virtually delivered the session via her laptop.

We advocate for health-related play for all children - in hospital, in the community or at home. More than just a chance to have fun, play is serious business when it comes to a child's health and health-related play can help children physically, mentally, and emotionally.



OUR C IMPACT

Our Ambassador and friend from CBeebies, Rory Crawford, recorded a very special rendition of Going on a Bear Hunt to help us celebrate International Picnic Day in June 2020.



Together with The Big Brave, we believe that letting children and young people know what will happen when visiting hospital is the key to ensuring they maintain trust in us. Therefore, together, we produced a series of colourful illustrations to help explain what to expect if you are visiting hospital.

What to bring to hospital:

Your grown up!

Pyjamas or comfy clothes

· Nappies and feeds for young children & babies

· A drink of water or juice for everyone else!



Asks questions and checks your height, weight, breathing, and temperature. Also puts some special cream on the back of your

specialis.

These are trained staff you may meet to explain about going to sleep and having an eration, and who help you prepare for what is going to happen.

This is the doctor who looks

fast asleep for your

operation, keeps you

questions.

after you, makes sure you are

comfortable and safe, and

wakes you up when it's all finished. They will explain all about this and answer any





This is the doctor who will do your operation. They will explain to you and your grown ups all about the operation. They will ask you and your grown up to sign a form agreeing to have the operation.

Asks MORE questions and checks you over to make sure you are healthy.

IF YOU HAVE ANY QUESTIONS PLEASE JUST ASK! WE LOVE HEARING YOUR QUESTIONS, THERE MIGHT BE SOMETHING WE HAVEN'T ASKED THAT YOU THINK IS IMPORTANT - THIS IS YOUR CHANCE TO TELL US.

our Tip Cards and Fortune Teller which we developed from a recognised need for asylum seekers, migrants, and refugees to be able to navigate health systems independently (one of the aims of the New Scots Strategy 2018-2022). The resources are for all children to learn about health, their rights, and accessing health services in the community.

We continued to distribute







EUROPEAN ASSOCIATION FOR CHILDREN IN HOSPITAL (EACH) CHARTER

The EACH Charter recognises and endorses the rights of the child as stipulated in the UN Convention on the Rights of the Child (UNCRC), and in particular the key principle that, in all situations, the best interests of the child should prevail.

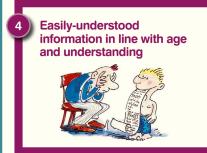
Children's Health Scotland is the only charity in Scotland dedicated to informing, promoting and campaigning on the healthcare needs and rights of all children and young people.











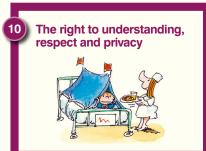












www.childrenshealthscotland.org

Cartoon captions are adapted from the European Association for Children in Hospital (EACH) Charter and Annotations and should be read alongside the complete text.

Visit the EACH website www.each-for-sick-children.org or link through Children's Health Scotland website www.childrenshealthscotland.org

For copies of the Charter contact Children's Health Scotland 22 Laurie Street, Edinburgh, EH6 7AB Tel: 0131 553 6553 Email: enquiries@childrenshealthscotland.org

The EACH Charter is in line with the corresponding and binding rights of the child in general as stiplication in the UN Convention on the Rights of the Child and refers to children as being aged from 0-18. EACH is the umbrella organisation for member associations involved in the welfare of all children before, during or after a hospital stay (at home, in hospital or in the community). Charter illustrations: © PEF/APACHE France.

Children's Health Scotland, 22 Laurie Street, Edinburgh, EH6 7AB. Scottish Charity Number SC006016. Registered Company Number 100114.

THE PEOPLE WHO MAKE OUR WORK POSSIBLE

EXECUTIVE COMMITTEE

OFFICE BEARERS

Richard Olver, Chair Gwen Garner, Vice-Chair Derek Quirk, Treasurer

TRUSTEES

Helen Bauld (appointed 17 October 2020) Laura Bosworth Penelope Davis (stepped down 23 January 2021) Zoe Dunhill Euan Forbes Una MacFadyen Maggie Simpson (appointed 16 May 2020) Sylvia Smith

SENIOR LEADERSHIP TEAM

Helen Forrest, Chief Executive Officer Laura Smith, Head of Children's Health and Wellbeing Services Anne Wilson, Head of Development

SERVICE STAFF

Linda Alexander (to April 2021), Development Officer Dagmar Kerr, Area Co-ordinator, Greater Glasgow & Clyde Conor Smart (to June 2020), Programme Assistant Izzie Turley, Co-ordinator Michelle Wilson, Area Officer, Tayside



Day to day
management
and operations are
delegated to the Chief
Executive Officer and
Company Secretary, Helen
Forrest, who is accountable
through the line management
structure to an Executive
Committee made up of
the Directors and other
members co-opted by the
Executive Committee
during the year.

OUR PROFESSIONAL ADVISORS

Frances Barbour
Lady Caplan
Penny Davis
Dr Alice Fitzgibbon
Kay Fowlie
Jane Holmes
Gita Ingram
Juliet McCann
Dr Elaine Lockhart
Jacqueline Reilly
Grant Rodney
Prof George Youngson

AHUGE THANK YOU AND BIG HUGS TO ALL OUR FUNDERS

Our main funding source over
the past year continued to be from the
Scottish Government through the Young People
and Families Early Intervention Fund. These funds
were administered by CORRA. We are sincerely grateful
for this funding and for all the other trusts and
foundations who have enabled our work to focus
on the health and wellbeing of children and
young people during the past year.

"We're so happy to tell you we really liked your application for funding and we want to give SMS:CONNECT £9,995 to help your community thrive."

RODDY BYERS
HEAD OF FUNDING, NATIONAL
LOTTERY AWARDS FOR ALL















Community Fund









Scottish Government Riaghaltas na h-Alba gov.scot

We acknowledge the support of the Scottish Government through CYPFEIF and ALEC Fund Grant.



THE NUMBERS WHICH ADD UP TO FUND OUR WORK IN SCOTLAND

Treasurer **Finance Officer**

Derek Quirk Alison Glass FCCA **Independent Examiner** Jeffrey Crawford & Co **Bankers**

Royal Bank of Scotland

	2021	2020
INCOME		
Voluntary Income	£246,401	£216,438
Charitable Income	£21,251	£5,483
Investments	£784	£1,165
	£268,436	£223,086
EXPENDITURE		
Raising Funds	£22,121	£18,255
Charitable Activities	£248,016	£184,825
	£270,137	£203,080
ASSETS AND LIABILITIES		
Current Assets	£223,409	£203,780
Current Liabilities	£38,535	£10,082
Net Current Assets	£184,874	£193,698
Fixed Assets	£8,572	£1,449
TOTAL CHARITY FUNDS	£193,446	£195,147



The full charity accounts are available on request from the Company Secretary at Children's Health Scotland, 22 Laurie Street, Edinburgh, EH6 7AB.



CONVENTION ON THE RIGHTS OF THE CHILD

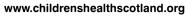
Registered office:

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





enquiries@childrenshealthscotland.org



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We acknowledge the support of the Scottish Government through CYPFEIF and ALEC Fund Grant.