



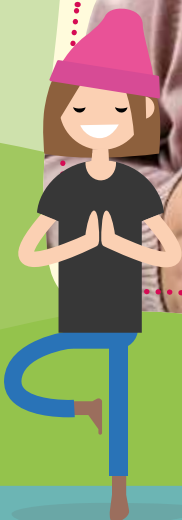
Children's Health Scotland

TWO YOUNG ACHIEVERS WIN NATIONAL SCOTTISH CHILDREN'S HEALTH AWARDS



SENSATIONAL
SUCCESS FOR
SCOTTISH
CHILDREN'S
HEALTH WEEK

Pages 7-12



Find out who won
a coveted Scottish
Children's Health Award!
Pages 10-23



ANNUAL GENERAL MEETING OF CHILDREN'S HEALTH SCOTLAND

The 2021 Annual General Meeting (AGM) of Children's Health Scotland will take place via Zoom on Saturday 30 October 2021 at 11.00am.

The activities and finances of Children's Health Scotland from April 2020 to March 2021 will be discussed at the AGM, together with some of our key achievements over the past year. If you would like to attend our AGM please email events@childrenshealthscotland.org.



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Special Feature:

Lucy raises an amazing £6,000 to help fund our work

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Find us on:



Scottish Government
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£5m Young Patients Family Fund launched to help families be there for children in hospital

A new fund has been launched by the Scottish Government to help families with the costs of visiting and providing essential care for their children in hospital. The Young Patients Family Fund will support the parents and siblings of young inpatients by covering expenses for travel, food and overnight accommodation where necessary.

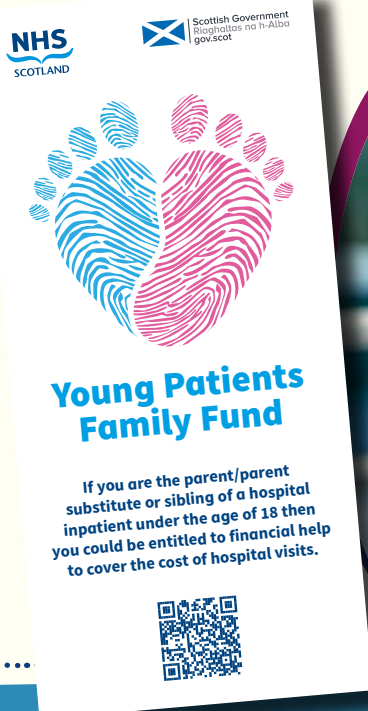
Initial investment of £5 million has been set aside for the fund, although actual spend will depend on demand. Public Health Minister Maree Todd launched the fund at the Royal Hospital for Children and Young People in Edinburgh, where she met with Deborah Robertson whose 10-year-old son Zak is an inpatient receiving treatment for Cystic Fibrosis.

Ms Todd said: "When a hospital stay is necessary, families want to focus on the health and wellbeing of their child, without the worry of the financial costs around being there for them. This fund will provide support when it is most needed, and is an extension of our Neonatal Expenses Fund, which covers costs for the parents of sick or premature

newborn babies. The Young Patients Family Fund extends the support to cover the families of all inpatients from birth up to the age of 18."

Children's Health Scotland welcomes the launch of this new fund that has been designed to help families with the costs of visiting and providing essential care for their children in hospital. It has been introduced following concerns raised by parents of children who received regular hospital treatment and struggled to afford the cost of accommodation, travel, and food whilst away from home. Spending time at hospital can be a really worrying time for young patients and their families/carers. Having the support of loved ones during hospital treatment can improve health outcomes for children and young people and we know this fund will make a real difference to families across Scotland across Scotland, which is a very positive step towards meeting EACH Charter articles 1, 2 and 3.

To read more about the fund and download leaflets and forms visit <https://tinyurl.com/CHSYOUNGPATIENTSFAMILYFUND>



ANNUAL REVIEW AND IMPACT REPORT 2020-21

Our Annual Review and Impact Report 2021 that gives a snapshot view of our work over the past year has now been published online.

The review tracks our progress against our five Key Strategic Priority Areas as outlined in the Strategic Plan 2020-23 whilst summarising the impact we have made in our sector over the past year. The targets set remained ambitious, but realistic, and were delivered by staff and volunteers who worked together to support children and young people with health conditions, and their families.

Commenting on the Annual Review Professor Richard Olver, Chair of Children's Health Scotland said: *"Through the work of our staff, we have clearly seen 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.

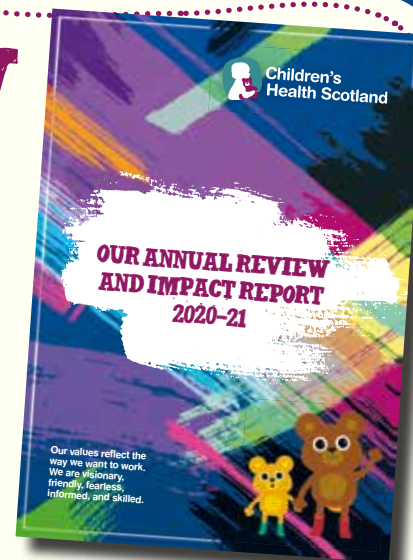
"There is so much to be done to repair the damage that COVID-19 has inflicted on the health and wellbeing of children and young people. While the crisis has continued, demand has grown, and fundraising has been under pressure.

"Our dedicated staff have worked tirelessly to ensure children, young people, and their families

and carers have continued to receive the health and wellbeing support they need, and their work is reflected within the Annual Review.

"The 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."

To view the Annual Review and Impact Report 2021 visit www.childrenshealthscotland.org



LUCY RAISES AN AMAZING £6,000 TO HELP FUND OUR WORK



Lots of love and a massive thank you to Lucy Walker, who recently raised £6,000 to fund our work to support children and young people with long-term health conditions.

Lucy (16 years old), who lives in East Lothian, organised a fun-filled fundraising event in August at Ormiston Bowling Club. Lucy worked hard on preparing for the fundraiser and was gifted some fantastic auction prizes including signed shirts and football boots from Midlothian Football Club and a session with an international bowler, Alan Marshal.

Lucy has first-hand experience of one of the self-management services we provide. She attended our new online SMS:CONNECT programme, which we launched last year and was so grateful for our help that she wanted to raise funds to help more children and young people with long-term health conditions.

Commenting on the fundraiser Lucy said: "I gained so much from taking part in the SMS:CONNECT Programme – from learning about my health rights to how to cope when feeling stressed or anxious. It gave me such a sense of reassurance that I'm not the only



one experiencing issues about my health conditions that I'm now more able to be open and honest with the people in my life. I was so inspired by their work that I organised a fundraiser at my local bowling club to raise much needed funds to support their work."

Helen Forrest, Chief Executive of Children's Health Scotland said: "We are so proud of Lucy for the progress she made on our programme and for organising such a fantastic fundraising event. I would like to say a huge thank you

to Lucy and all her friends, family and supporters who helped make the day such an amazing success. The money that Lucy raised will help us provide valuable support to other young people with health conditions and we are incredibly grateful that she chose to fundraise for Children's Health Scotland."

If you would like to organise a fundraising event for Children's Health Scotland, then please give us a call on **0131 553 6553** or email **fundraising@childrenshealthscotland.org**.

Millie goes to the dentist

What does it mean to have your rights met if you are autistic?

What about:

- The right to be informed in a manner that is right for you (EACH Article 4)?
- Do you have the right to be involved in decisions that affect you (EACH Article 5)?
- The right to be treated with respect (EACH Article 10)?
- The right to have a parent with you at all times (EACH Article 2)?

Meet Millie who moved with her family from England during the COVID-19 Pandemic. Millie has a diagnosis of Autism and was struggling to cope with the idea of visiting a brand-new dental surgery in Scotland to have her teeth checked.

Luckily for Millie, her Local Area Coordinator (LAC) from Enable Scotland knew about Children's Health Scotland and our health-related play resources.

Millie's mum Natalie, got in touch with Dagmar Kerr from our Children's Health and Wellbeing Service in NHS Greater Glasgow and Clyde. They arranged a 'play date', where Millie could explore dental topics in a non-threatening environment with the help of our health-related play boxes.



During this play session, Millie was able to try out real dental equipment, like a dental mirror, goggles, or a bib.

She and her mum read some of the story books about the dentist (part of the box) to the toy patients. She gave the patients names, looked at their teeth, and explained to them what they needed to do to keep their teeth healthy.

The toy patients were good at lying on the 'dental chair' and opening their mouths wide so that Dentist Millie (dressed up in one of our uniforms) could check them. After a while, it was mum Natalie's turn

to be a patient and eventually, Millie felt confident enough to be a patient herself, while mum pretended to be the dentist.

Throughout this play session, Millie stayed in control and only did things she was comfortable to do. There were lots of chat, lots of questions and Millie did a great job, explaining to the toys what she was doing. We also listened to recordings of sounds from the dentist and smelled clove oil to prepare Millie for some of the sensory experiences at a dental surgery.

The next step was to arrange an actual visit to a real dental surgery,



and we want to give special thanks to the B Smile Studio in Barrhead for allowing us to visit with Millie and to take lots of photos for her own special book.

Millie was nervous about visiting the dentist and asked if some of the toy patients could go with her. 'Baby Fiona', 'Rory' (the puppet with lots of teeth) and 'Dude' (this is the name Millie gave to our CHS Bear Mascot) met her and mum at the practice.

Child Smile nurse, Hayley and Dentist Lyndsay were very intuitive and supportive during this 'appointment'. They allowed Millie to lead the session. So, when Millie suggested that Baby Fiona was to be treated first, it was no big deal.

The dentist checked Fiona's teeth and explained everything to Millie while she was doing this. Millie was allowed to operate some of the equipment, like moving the dental chair up and down, blowing air, spraying water and rinsing teeth over the small sink beside the chair. Eventually, she was confident enough to sit on the chair herself, and before she knew it, Dentist Lyndsay had completed a thorough check on Millie's teeth too.

Millie was really proud when she was allowed to choose a sticker at the end.

So how does all of this playing help Millie to have her rights met?

Well – we photographed all the sessions and made them into a picture book for Millie. She will be able to look at the book as often as she likes and use it to chat about her experiences, as well as prepare for the next visit. Seeing the story, shows her that she was in control (Article 5), it helps her understand what is going on (Article 4). She knows that her mum can be there with her at all times (Article 2) and she'll remember the respect she was shown from everyone involved (Article 10).

A story like this can be called a social story or Millie's (or any name's) special story about going to the dentist. We can support children and young people of all ages and abilities with such a story – not just about going to the dentist, but about any topic that might be challenging for a youngster. They can be created with photographs, with cartoons or with drawings. The important thing is, that we follow the child or young person's lead in creating it. For some we may need more than one

play session, some children might only manage to cope with one very simple image and very few words per page and we definitely need to measure 'success' differently for every individual. It might take more than one visit to the surgery before they can manage to sit on the dental chair, but if we manage to adopt a rights-based approach and respect the child or young person for who they are, we will be able to empower them and help them look after their oral health and, most importantly, have their rights met.

We were delighted, when our ambassador Rory Crawford agreed immediately to read this fantastic story with Millie, the star of the book during Scottish Children's Health Week. Who would have thought that a visit to the dentist could turn into such a wonderful adventure!?

THANK YOU Millie and Rory!

To see Millie's Book in full, please scan this QR code.



SCOTTISH CHILDREN'S HEALTH WEEK 2021

6 - 12 September 2021

We are sending out a huge thank you to all those who took part in Scottish Children's Health Week 2021. The week has been created to firmly focus on the health and wellbeing of children and young people in Scotland and their right to the best possible health and 2021 was another hugely successful year.

An Activity Book for the week was published and was available to download online which was packed full of activities for each day of the week, including some extra colouring-in fun and guidance on children's rights, health, and wellbeing.

We would like to thank everyone at Teapot Trust, SeeMe, RelaxKids, RSPB, Starcatchers, Mental Health Foundation and The LUNA Project for helping us to create the week which was without doubt a huge success. Each of the partner charities provided us with an activity for our book, which you can download [here](#).

Commenting on SCHW 2021, Helen Forrest, Chief Executive of Children's Health Scotland said: *"This was our second Scottish Children's Health Week, and as promised it was even more fun-filled and exciting than the first one."*

I would like to say a huge thank you to all our partners who helped us to create such a fun packed week with fantastic ideas to support the health and wellbeing of children and young people."

Thank
you

The services that Children's Health Scotland provides for children and young people with health conditions had some great events and activities lined up in celebration of the week. We were delighted that so many children and young people and their families and carers joined us during the event.

In addition to the Activity Book and events, a social media campaign was also developed using the #feelinghopeful tagline, so that everyone could follow our daily posts as the week progressed. Each day we revealed a winner of a Scottish Children's Health Award 2021, alongside activities and videos from our friends and partners to celebrate the theme of each day.

The following pages capture a little essence of the fun filled week and we are already planning for 2022. So, remember to save the date – 5-11 September 2022.



#BEACTIVE MONDAY

#BEACTIVE Monday kicked off the start of Scottish Children's Health Week and we partnered with our friends at Teapot Trust for this day. This mental health charity, which provides support for children and families coping with chronic conditions by delivering art therapy, helped us showcase an activity suitable for all ages and abilities: Journey Sticks. This activity involves choosing an area indoors or outdoors and using some string and a long object (like a stick) to attach items that you find on your journey.

The Activity Book suggested being active by pretending to be an animal, doing a rainbow scavenger hunt, or dancing to music you love! After all, being active isn't just about feeling stronger, fitter, and more energetic. It's also about sleeping better, taking part in an activity, and most importantly having fun!

A #BEACTIVE idea that we promoted during the day was taking part in a fundraising event for your favourite charity and we didn't mind if you chose us. Lucy Walker recently did this and raised over £6,000 to support our work to help children and young people with long-term health conditions. You can read more about Lucy's amazing story on page 5.



THANK YOU **teapot** TRUST
Bringing colour to young lives

Continues overleaf...

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#BEBRAVE TUESDAY



#BEBRAVE doesn't mean being fearless. It means having the courage to try something new or challenging and then celebrating your success. That's why, with the help of See Me, which is Scotland's programme to end mental health stigma and discrimination, we encouraged everyone to try something on #BEBRAVE that they have always wanted to do, no matter how big or small. They showcased an activity to help start a small conversation about mental health which has the power to make a big difference and provided an activity card to help start conversations. Our activity book suggested trying something new, doing something good enough and enjoying it, or start talking about how you

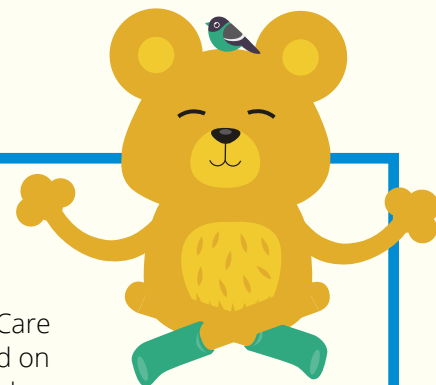
feel. Perhaps one of the bravest things you can do, if you are struggling with a health condition, is to talk about how you feel.

We work closely with Kinship Care Advice Service for Scotland so for #BEBRAVE Tuesday we broadcast our conversation with Kinship Carers who talked about the value of Kinship Support groups and in particular the support they have received through the Zoom sessions we have held during lockdown with Clackmannanshire Carers.

THANK YOU



#BECALM WEDNESDAY



Sometimes we can all struggle to regulate emotions. Tantrums, outbursts, whining, defiance, fighting are all behaviours that can be seen when children experience powerful feelings that cannot quite be controlled. On #BECALM Wednesday we were joined by Amy Joss from Relax Kids, an organisation that helps children become more resilient. Amy had created a film that contained morning breathing exercises to help everyone start the day feeling relaxed and in the afternoon Michelle, our Children's Health and Wellbeing Officer from Tayside encouraged everyone to unwind with the reading of a butterfly body scan exercise.

Our Activity Book promoted three positive wellbeing Wednesday activities to try:

Mindfulness Colouring; Star Breathing; and Self-Care - all of which focused on emotional health and wellbeing. Creating a Calm Corner was our Activity Book idea to try, courtesy of Relax Kids. We are more able to concentrate, listen, be cooperative and creative when our brains are relaxed. A helpful way to support those tough moments is to create a calm corner in your home – a space where you feel comfortable to go on your own or for some one-to-one time with a friend.

THANK YOU



#BEHAPPY THURSDAY

Our Activity Book promoted three happiness ideas to try on #BEHAPPY Thursday which were: spending time in nature; listening to music; and socialising. Happiness really is a skill that we can all learn that will last for a lifetime. Being happy is not just about feeling good, but also about emotional health and wellbeing and being able to make the most of the good times to cope with the bad ones. Our partners for the day were RSPB, who provided an upcycling idea to try for the day and suggested converting your waste into works of art. It really is amazing how colourful packaging is and this activity lets your imagination go wild.

In the afternoon we enjoyed a very special #StoryWithRory. This story was created by Millie who used to be

worried about going to the dentist. Dagmar, our Children's Health and Wellbeing Coordinator in Glasgow helped Millie exercise her rights to play, to be informed, and to participate in decision making through health-related play and our Dental Play Box. Then Millie visited a dental practice with very understanding staff who gave her control and respect to explore everything. Millie captured her experience in a book which she then read with our Ambassador, Rory, in celebration of Scottish Children's Health Week.



THANK YOU



#BEFRIENDLY FRIDAY

Friends make our lives better. They help us to laugh, stand by us when we are down and make our lives healthier. On #BEFRIENDLY Friday our Activity Book suggested three fabulous ideas to try: drawing and painting; laughing together; and reading with friends - all important activities that support good mental health and wellbeing. Starcatchers, Scotland's Arts and Early Years organisation, partnered with us on this day and suggested Give Me A Sound as an activity to try with friends. The basic idea is to ask a child for a sound, then copy their noise and turn it into a funny voice. This voice can then be used for a character during imaginative play, or to bring a new dimension to well-loved stories.

In the afternoon we published an article that 17-year-old Alex had written for us on how

being disabled had affected their friendships and how they sought out social interactions while managing their health. Alex told us that: "Living with a disability can make it difficult to socialise regularly and comfortably. During the years in which my health declined, I found myself going out less often, and I started losing contact with my friends. At the time, I didn't know a lot of disabled people like me, and I felt alienated until I joined SMS:CONNECT, and I was finally able to meet people my age with similar health conditions." You can read the full article online at www.childrenshealthscotland.org.

THANK YOU



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#BEKIND SATURDAY

Saturday was all about showing kindness to those around us in both big and small ways. Kindness is about choosing to do something that helps others or yourself, motivated by genuine warm feelings. Our Activity Book promoted three super #BEKIND Saturday ideas to try, each one with kindness at its heart. These activities were: Two ways to be kind; Be generous; and Kindness Jar. Our friends at Mental Health Foundation, a charity that champions good mental health for all, showcased a brilliant Self-Care Checklist for us all to try. This simple but useful activity helps us to think about ways to be kind to yourself and keep yourself feeling good. If children and young people make self-care part of their daily routine, it will set them up with good habits as they get older.



In our Self-Management Programmes, we encourage children and young people to #BEKIND to themselves and take part in fun activities to boost their self-confidence and self-esteem such as: Making a Digital Story about something that is important to them; Thinking about what makes them special or unique; Practising positive self-talk and a positive mindset; and Making a gratitude diary. On Saturday we published Leah's Digital Story about living with Arthritis and she told us that: "I often wonder what it would be like without Arthritis, but the truth is my condition is part of me. I've had it for 12 years. I used to be in pain every day because I wouldn't ask for help. I was too scared. Now I'm able to without being too embarrassed, but I still get scared sometimes."

THANK YOU



#BEHELPFUL SUNDAY

Being helpful means doing things to care for yourself, your family, friends, and community. It can start with looking for people who might need your help or doing something to help someone out of love. For #BEHELPFUL Sunday we published three special ideas to try in our Activity Book, which were: Helping hand; Give a medal; and Be a good Friend. Our friends at the Luna Project, a group of young people with lived experience of long-term health conditions, showcased a Hugs for Happiness activity for us all to try. The Luna Project let us know that it is important for us to think about what helps us to feel good, so in the Activity Book we published an outline of an acrostic poem (a special kind of poem where the first letter of each line makes up a word). For each line we encouraged everyone

to think about what helps you to feel happy and healthy that begins with that letter and then write it, draw it or do whatever you feel like to take part in the activity.

Ewan took part in one of our SMS:CONNECT Programmes and has since stayed on as a Young Volunteer. He has helped to plan and deliver sessions, and support other young people who are facing similar challenges. For #BEHELPFUL Sunday, we published Ewan's article that described his experience as a Young Volunteer and how his experience will help him in the future.

THANK YOU





SCOTTISH CHILDREN'S HEALTH AWARDS 2021

The Scottish Children's Health awards have been created to celebrate courageous children and young people and those who are making a difference to their health and wellbeing.

We are delighted that Journalist and TV presenter Catriona Shearer once again interviewed all the winners and helped us to virtually present the awards. Their stories are featured on the following pages, and we would like to send out a huge well done to all the winners and a huge thank you to Catriona for helping us to present these awards

**THANK
YOU
CATRIONA**

**Turn over to
find out who
won a coveted
Scottish
Children's
Health Award!**



IMPROVING LIFE EXPERIENCES AWARD



WINNER: 3D DRUMCHAPEL

This award recognises the commitment and expertise of a team who has made a significant difference to improving life experiences of children and young people. This winner is making a difference to the confidence and resilience of children and young people, so they are better able to deal with their current difficulties.

3D Drumchapel has been working with children and families in the area for 28 years with the aim of supporting and building strong family foundations.

"Our ethos is built around relationships, journeying with families and showing people that they are valuable. We use a coaching approach, and we also use the Solihull approach supporting strong attachment between parents and children," says Chief Executive Sharon Colvin. "3D Drumchapel is constantly evolving and is a thriving organisation."

Having helped over one thousand people in 2019-2020, the charity is certainly thriving.

Over the years, the organisation has continued to grow and expand its service provision across the local area and currently delivers a dedicated Family Support Programme that focuses on health and wellbeing and includes parent and child sessions, issue-based workshops, parenting programmes, peer support groups, and volunteer development.

It was this variety of sessions which motivated the Scottish Children's Health Awards judging panel, who crowned 3D Drumchapel the winners of the Improving Life Experiences Award to recognise the commitment and expertise of the team.



"It was a tremendous boost for everyone, especially after such a difficult year," says Sharon. "The team - including staff, board and volunteers - have risen to every challenge presented and have proven to be committed, compassionate, determined, and adaptable in every situation and every interaction. This award is thoroughly deserved and is a credit to the hard work of the team throughout the year. Our families also have shown incredible strength and resilience and it is a privilege to do this work in partnership with them."

Indeed, the judging panel recognised that to be successful, 3D Drumchapel must have the trust of the

community, which has been gained over time. They thought the way the organisation adapted its many services during lockdown was brilliant and they loved the name 'Bairn Necessities', which is a Children's Clothing & Essentials bank – a project dedicated to supporting families in need.

Sharon says the award means so much to the team and that it's "great for our work to be recognised in this way."

Congratulations to all at 3D Drumchapel on winning the Improving Life Experiences Award.



The 3D Drumchapel services focus on families - improving relationships, parenting skills, wellbeing, and child development. To be successful, 3D Drumchapel must have the trust of the community, which has been gained over time. We were particularly impressed with the variety of services provided by the organisation which have been adapted during lockdown. They are now currently reaching and improving the life experiences of around 1,000 individuals and we loved the name 'Bairn Necessities'!

JUDGING PANEL

HEALTH AND WELLBEING AWARD



WINNER: EDINBURGH CHILDREN'S HOSPITAL CHARITY CHILDREN'S WELLBEING TEAM

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 sought 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.

ECHC Children's Wellbeing Team works within the Royal Hospital for Children and Young People in Edinburgh, delivering activities and support to help children and young people to have a positive hospital experience. And they are the very worthy winners of the Health and Wellbeing Award.

The judging panel was amazed at the sheer scale of what the team does, providing support from the moment the hospital journey begins. Fiona O'Sullivan is the Director of Children's Wellbeing for Edinburgh Children's Hospital Charity and manages the

Arts Programme, Youth and Family Support Service and their Volunteer services. She says the team is "extremely grateful for the nomination," and – with far too much modesty, "shocked that we won".

"We're extremely flattered to have been considered for this award, and grateful to the children, young people and their families for all the kind words and wonderful feedback."

But with a six-day-per-week programme of arts and activities geared at making a hospital stay as positive an experience as possible

for children and families, it's no shock the team was recognised with this accolade – especially when they transform the hospital so that *"wards become discos, dragons soar through waiting areas, and bedside curtains become galleries"*. That all acts as a valuable distraction for the children and young people, in addition to the practical support provided by the team.

Fiona also uses her skills outside the hospital to make a difference and volunteers every year to run the children's village panto and flower show. Her passion is working with children and young people and says *"they're so inspiring, creative and fun"*. We're sure the children who experience what ECHC Children's Wellbeing Team provide think exactly the same of Fiona!

Congratulations on winning the Health and Wellbeing Award.



Edinburgh Children's Hospital Charity (ECHC) Children's Wellbeing Team works within the Royal Hospital for Children and Young People in Edinburgh, delivering activities and support to help children and young people to have a positive hospital experience. We were particularly impressed with the sheer scale of what the team does, providing support from the moment the hospital journey begins. This provides both practical support as well as valuable distraction for those children and young people. We were also truly impressed with the variety of health and wellbeing approaches and how the team has navigated through the COVID 19 pandemic.

JUDGING PANEL



HEALTHCARE RIGHTS



WINNER: HOSPITAL PAEDIATRICS AND NEONATAL RIGHTS OF THE CHILD GROUP

All children and young people have human and healthcare rights. For example, children have the right to the best possible health and 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 European Association for Children in Hospital (EACH) Charter. This award acknowledges the extraordinary steps taken by a team to advance the healthcare rights of children and young people.

The rights of all children and young people to the best possible health are enshrined in the United Nations Convention on the Rights of the Child. This award acknowledges the extraordinary steps taken by the Hospital Paediatrics and Neonatal Rights of the Child Group to advance the healthcare rights of children and young people. The judging panel of the Scottish Children's Health Awards was particularly impressed that this group has campaigned to embed those rights in all services and service development.

Chaired by Patricia Friel, this multi-disciplinary team's purpose is improving outcomes for children, young people and their families.

This group looks at the care provision for children and young people in relation to those rights and responds to current policy and guidance, debates and shares good practice.

"The group meets six times a year and have continued to meet online during the pandemic," says Tricia, "which has been really important as healthcare services changed and adapted in response to COVID-19. We've worked together to ensure we support children, young people and their families during this unprecedented time."

Tricia – a registered nurse for 39 years – didn't know the group had been nominated for an award by

Coral Brady, who's also a member. *"Coral is passionate about the quality of healthcare we deliver and proud of the achievements of the group," she says. "I had no idea the group was nominated; it was a lovely surprise. I'm so pleased. I've only been Chair since November 2020 – so this award is reflective of its work since it was established."*

The Scottish Children's Health Award judging panel felt the group has taken great steps to ensure patient-centred care is at the heart of every decision taken in respect of service delivery and to advance the healthcare rights of children and young people.

Accepting the award on behalf of the group, Tricia said it is *"not for me personally but for every member of the group and for all our teams who strive every day to deliver high quality care to our patients and families. I am so pleased for all of them, and we're proud and humbled to receive this award."*



“

We were really impressed that this group has campaigned to embed the rights of the child in all services and service development. They have taken great steps to ensure patient centred care is at the heart of every decision taken in respect of service delivery and to advance the healthcare rights of children and young people. The group is a great example of what other hospitals could achieve by adopting a similar approach to the healthcare rights of children and young people.

JUDGING PANEL

”



HEALTH-RELATED PLAY AWARD

WINNER:
AUDREY MACKAY



WINNER
HEALTH-RELATED
PLAY

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. This award celebrates someone special, who is making a significant difference to lives of children and young people through health-related play.

Audrey Mackay works as a play specialist within the Borthwick Ward at the Royal Hospital for Children and Young People in Edinburgh. It's where young patients with conditions affecting their brain, spine, or nervous system come for tests, treatments, and in-patient stays.

Audrey's role combines a practical knowledge of the tests undertaken with an understanding of what children and parents need to help them through this often-traumatic experience. It's this mix of skills and experience that the Scottish Children's Health Awards judging

panel believe make her a 'very worthy winner' of this award.

"I didn't know I'd been nominated until my Charge Nurse, Joan, told me I had won. I couldn't believe it - I still don't; it's amazing," says Audrey. "I have worked in the NHS as a nursery nurse since 1999 - and for 12 years I've been based in the Paediatric Neurology ward. I first met Joan in 2006 when she became my Charge Nurse. I want to thank her for nominating me."

Audrey's role on the Borthwick Ward is based with the play team. *"I meet the children, young people and their*

families and we chat all about their likes, hobbies, their fears and anxieties. I will then revolve play activities around what is familiar to them. This helps to relax and distract them from procedures and investigations and aids recovery."

Anything that makes the children's stay in hospital less stressful is Audrey's aim. "It may be just a wee chat, arts and crafts, gaming, story time, singing, dancing or a messy play activity. If I can brighten up a child or young person's time while they're in hospital, then I'm over the moon."

With work and a happy home life rooted in Edinburgh, Audrey likes to travel the country when she has time off, with vintage fairs and music festivals a favourite with her and her husband. She has two grown-up daughters, and three grown-up grandchildren so has a little more time to devote to these hobbies. But work is very much still an important part of Audrey's life. She says, *"I'm blessed to have met so many children, young people and their families over the years. The courage and bravery that they have shown melts my heart."*



Winning this award is testament to Audrey's commitment, professionalism and dedication to those children, young people and their families. We're pretty sure she's melted a few hearts herself. Congratulations Audrey on winning the Health-related Play Award.



Through this nomination we recognised the importance and complexity of supporting children and young people who have a brain injury or brain tumour through health-related play. Audrey's role combines a practical knowledge of tests being carried out with an understanding of what children and parents need to help them through this often-traumatic experience, making her a worthy winner of this award.

JUDGING PANEL

CHILDREN'S CHOICE AWARD

WINNER: ENOCH MEMBI



Relationships shape the way we see the world and affect all areas of our learning and development. This award celebrates the chance to say "thank you" to someone special who has made a big difference to your world.

Enoch Wisdom Membi is dedicating his Children's Choice Award to all children with Sickle-Cell Anaemia disease. The twelve-year-old, who himself suffers with the disease, is not only striving to overcome the complications of the condition but is striving to help others. *"I want to be strong in my mind and body to fulfil my destiny. I work to encourage the children of my age to never give up."*

Enoch works with The Hope Project Scotland. The charity aims to advance health in Scotland for people suffering from Sickle Cell Anaemia and other blood disorders by bringing them and their families together to eradicate isolation, social stigma, and prejudice. *"I am a photographer for many of the events and I want people to know that we are normal children with dreams."*

The judges of the Scottish Children's Health Awards thought Enoch was rather extraordinary by the fact he was nominated by his own sister, Hope.

"The nomination shows the impact he has, both on his sister and other children" they commented. "And anyone who can get his sister to say such nice things about him must be someone special."

Enoch didn't know his sister had nominated him, so he was *"thrilled and amazed"* to find out he had won. *"I don't know what my sister told you, but this means a lot to me".*

Enoch enjoys football and video games. He's also a keen photographer and enjoys travelling and meeting new people, which makes him a great ambassador for the Hope Project Scotland.

But unlike a lot of twelve-year-olds, Enoch's condition has meant he doesn't take these freedoms for granted and his enjoyment of them can be curtailed because of the pain involved. He has a huge desire to help other children who experience similar symptoms to him. *"I want to raise awareness in the country about Sickle-Cell disease, which touches a lot of children."*

We think you're well on your way to raising awareness by winning the Children's Choice Award and by the fantastic work you do with the charity, Enoch. Congratulations on your achievement.



The panel was really impressed with how Enoch deals with his condition with courage and grace and refuses to be defined by it. The nomination showed the impact he has, both on his sister and on other children. Also, anyone who can get his sister to say such nice things about their brother must be someone special!

JUDGING PANEL

YOUNG ACHIEVER AWARD



WINNER: MACKENZIE CAMERON

This joint award acknowledges children who have shown great determination and kept going, when it might have been so much easier to give up. These children have gone above and beyond, showing enormous courage in their life and never giving up.

12-year-old Mackenzie Cameron has been through more than most kids his age – and more than most adults too. Born with a rare condition, which sadly took the life of his sister, he's spent a lot of his young life in hospital – sometimes for day treatments, sometimes for long periods.

At the end of 2020 Mackenzie contracted COVID. As a triply immunosuppressed patient the virus hit hard, and he was put on a ventilator for five weeks and in intensive care for seven. He fought through several scares over the months and slowly improved and started his rehab and physio. He had to learn to walk again. But the brave boy from Cardross was determined in his pursuit.

His inner strength, coupled with the help of his friends, family, school and local community, spurred him on – and they were not only determined but selfless, raising £2,700 for two special charities on a sponsored virtual walk, first to Paris, then to Orlando.

The Scottish Children's Health Award judging panel was particularly impressed by Mackenzie's bravery, strength, and determination. As well as the challenge of learning to walk again, his community spirit and generosity impressed, and they deemed Mackenzie a "very worthy winner" of a Young Achiever Award.

The ever-thoughtful youngster was already thinking of someone else who was deserving of an award.

"My mum Kelly does everything for my care and does her best to keep me out of hospital. She is an amazing mum and if I could give her an award, I would!" But such was the impact Mackenzie made on others, it wasn't his mum who nominated him for this accolade.

Despite an appearance on STV news recently Mackenzie was still pretty starstruck and surprised at winning the award and was delighted Play Specialist Claire Differ nominated him. *"It means a lot to learn that Claire put me through for the award. It's nice that people think nice things about me and know how hard I have fought and how brave I've been."*

Mackenzie is a "massive game show fan" and loves "old game shows" like Play your Cards Right and Family Fortunes. But his favourite is The Chase. He'd love to meet Bradley Walsh, having already received a video message from 'The Vixen' Jenny Ryan from the show when he was very ill in hospital. But with everything Mackenzie has been through – and the way he's handled it all, it's fair to say he's the biggest star of them all. He did say people might want his autograph now – and we agree. Well done Mackenzie on winning A Young Achiever Award.



“

Mackenzie is a 12-year-old boy who has been through many challenges in his life. He has spent a great deal of time in hospital going through multiple procedures and surgeries but has always shown great determination and kept going. We were so impressed by Mackenzie's bravery, strength, and determination. As well as the challenge of learning to walk again, he managed to inspire his school and community to support and join him in a sponsored virtual walk, first to Paris, then on to Orlando. A very worthy winner of a Young Achiever Award.

JUDGING PANEL

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YOUNG ACHIEVER AWARD

WINNER: **EMILY DONN**



This joint award acknowledges children who have shown great determination and kept going, when it might have been so much easier to give up. These children have gone above and beyond, showing enormous courage in their life and never giving up.

Emily Donn loves anything to do with spies and secret missions, but this seven-year-old secret agent from Renfrewshire didn't deduce she'd been nominated for a Scottish Children's Health Award – so was surprised and delighted to learn she'd won a Young Achiever accolade.

Emily has had many health challenges since she was born and has been taking different daily medications throughout her life. She's had numerous hospital stays, tests, scans, X-rays, blood tests and theatre visits over the years and has tried a variety of different treatments; some of which have been quite invasive and traumatic.

The symptoms this Lochwinnoch youngster has experienced throughout her childhood have had a significant impact on her – not just physically, but also socially and emotionally. She's missed time in school and sometimes hasn't felt well enough to join her friends to play.

Despite these medical obstacles, Emily is continuing to flourish thanks to Teri (Theresa Wright) who nominated her. The two have become firm friends with Teri preparing Emily for operations and procedures through play, chat, and support.

Emily's mum Julie recognises the importance of her daughter having someone outside the family able to support Emily when required. Julie said: *"Teri and everyone in the play team have transformed Emily's hospital journey in a way we never could have dreamed was possible. I have no doubt she's achieved more and experienced less trauma as a result of this support from the most magical people in the hospital...as her parent I know I won't always be the right person to talk to her about things...but knowing that Emily has both the relationship with Teri and the safe space at the teddy hospital to chat through things and explore how she is feeling is a massive comfort to*

us both."

Emily loves the beach and one of her favourite things to do is splash in the sea – whatever the weather. She's determined to take a dip even when it's winter, and this determination (and bravery!) shines through in her attitude.

The judges of the Scottish Children's Health Awards were particularly impressed by Emily's bravery, strength and determination. She has produced a book – with her mum – to help her cope with the challenges of further hospital procedures, which has also inspired other children throughout their own journey. And it's these attributes that led to Emily picking up a Young Achiever award.

Emily says the award is very special and she loves the teddy on top. Mum Julie hopes that whenever she looks at it she *"remembers how brave she is, how much she has achieved and that it gives her the confidence to face whatever is still to come."* And so do we.

Congratulations Emily on winning a Young Achiever Award – we wish you the very best for the future.



“

Emily has been attending hospital for various procedures since she was a baby. We were so impressed by Emily's bravery, strength, and determination. As well as recently undergoing more procedures at hospital to help her long-term in her life, Emily has also produced a book with her mum to help her cope with her challenges which has also inspired other children throughout their own journey. A very worthy winner of a Young Achiever Award.”

JUDGING PANEL



A Year of S

We're so proud to announce that children and young people with health conditions have now benefitted from our new online SMS:CONNECT service for just over a year.

Self-Management means improving the relationship you have with your health and wellbeing and building your confidence and self-esteem. SMS:CONNECT is an online Self-Management Service for children and young people that they can connect with at home, and that will help them to connect with other children and young people with health conditions. The service was originally set up with the help of children and young people with health conditions and funding awards from the Scottish Government Wellbeing Fund, Foundation Scotland Community Response, Recovery, and Resilience Fund and the National Lottery Community Fund.

Speaking about SMS:CONNECT, Izzie Turley, our Children's Health and Wellbeing Coordinator said: *"We're so proud of SMS:CONNECT and what it has achieved over the past year. Before taking off in a new direction and developing the service we consulted with children and young people with health conditions. We were therefore confident that there was an underlying demand for a digital Self-Management Service. We virtually put our heads together to flesh out the digital programme and considered how we could make online group sessions fun, engaging and supportive. SMS:CONNECT was born!"*

"It has been so much fun to engage with our children and young people – both in developing and delivering the service - and over the past year really rewarding and inspiring to see the difference it has made to their health and wellbeing."

SMS:CONNECT supports children and young people to cope better with their health conditions; build confidence and self-esteem; and reduce loneliness and isolation. It achieves this by encouraging them to share their experiences, playing games and engaging in structured discussions with other young people in their group who face similar health challenges. Online programmes are available for children aged 9-12 years and young people aged 13-17, and the groups

meet virtually twice a week for six-weeks using a safe and secure online platform.

Since last Summer, we have now delivered eight SMS:CONNECT Programmes, supporting a total of 86 children and young people. During this time, we have continuously listened to feedback from participants, parents, and health professionals to ensure that SMS:CONNECT is accessible and tailored to meet the needs of the children and young people who take part. As the Programme is delivered online, we now offer a truly national service and accept referrals for children and young people who live outside of the Lothians region, with participants coming from eight out of the 14 Scottish Health Boards! The majority of these referrals come through Health Professionals, but over the course of the year we have seen an increase in self-referrals as word about the service spreads through our social media channels, and from school staff, as we work hard to promote SMS:CONNECT further afield.

In June this year we were thrilled to announce that our SMS:CONNECT Service had received an award of £56,000 from the Health and Social Care Alliance Scotland Self-Management Fund.

Helen Forrest, Chief Executive of Children's Health Scotland said: *"Since its launch in Summer 2020, our SMS:CONNECT Programmes for children and young people with long-term health conditions have gone from strength to strength, but we have been receiving increasing numbers of referrals and we were concerned that we would struggle to meet the demand going forward. This funding means that we can expand the provision of SMS:CONNECT to support more children and young people from across Scotland."*

"I am incredibly proud of the Children's Health and Wellbeing Services Team and we want to send our thanks and gratitude to the Scottish Government, William Grant Foundation and the ALLIANCE Scotland for awarding us this funding."

MS:CONNECT

As with all services that are provided by Children's Health Scotland, SMS:CONNECT is continuously evaluated. The success of each Programme is measured, and one way we do this is through participation and retention levels. On average, over the eight SMS:CONNECT Programmes we have delivered so far, 71% of the children and young people who were referred to us took up a place on the Programme, and of those who started, 90% completed the full six weeks. We are really proud of our retention rates and believe it is due to children and young people enjoying the Programme and feeling like they have a say in what we do during the sessions. Some of the favourite activities of participants are the weekly Scavenger Hunt, discussions on topics ranging from Healthcare Rights to Sleep Myths, and our Relaxation Sessions where we try out different mindfulness or calming techniques each week. Some of the children and young people who are referred to us don't feel confident or ready to take part in a group Programme. In these cases, we have provided 1:1 support, either over the phone or by video call, with the goal of building up their confidence and self-esteem so that they feel better able to take part in a future SMS:CONNECT Programme.

One of the young people we supported was Rona (age 14) who shared her feelings with us: *"SMS:CONNECT was a real lifeline when I was very isolated and new to having lots of health problems along with a chronic health condition. As the weeks went on I got more confident with talking and sharing. The SMS:HUB meetings are now every month and I never want to miss one so it goes straight on my calendar! I have a connection with people in the group because we all have health conditions and been through tough times. Thank you SMS!"* For more information about our Children's Health and Wellbeing Service and SMS:CONNECT please visit www.childrenshealthscotland.org, or contact the SMS Team at sms@childrenshealthscotland.org. We look forward to hearing from you!

IMPROVING LIFE EXPERIENCES

Our Impact



8



SMS:CONNECT PROGRAMMES

96

ONLINE SESSIONS

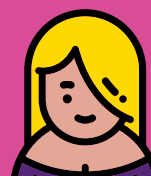
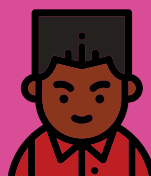


86

CHILDREN AND YOUNG PEOPLE TOOK PART IN SMS:CONNECT

8

WE RECEIVED REFERRALS FROM 8 OUT OF 14 SCOTTISH HEALTH BOARDS



Can you help us to fundraise?

The health and wellbeing of children and young people with health conditions lies at the heart of our work. We are incredibly grateful to all those who help us - volunteers, supporters and fundraisers.

If you would like to fundraise for Children's Health Scotland, then there are many ways to get involved. You could:

- Organise a can or bucket collection in your local area.
- Organise a fundraising event for us like Lucy did at her local bowling club (see page 5).
- Nominate Children's Health Scotland as your Charity of the Year with your employer.
- Shop with us
- Take part in one of our challenge events.

Whether you're up for running, flying, cycling, drinking coffee, eating cake, or getting muddy, we have something for you. Please fundraise with us and help us provide valuable support to other young people with health conditions in Scotland.

“ Did you know that less than 1% of the world's population have ever run a marathon?

All money raised for Children's Health Scotland will help us support children and young people with health conditions.

”

Charity of the Year

Are you or do you work for a company or organisation that would like to make a real difference to the health and wellbeing of children and young people in Scotland?

By choosing Children's Health Scotland as your Charity of the Year you can help us to support children and young people with health conditions in Scotland. Whatever the size of your company or organisation we would love to hear from you! With your support we

can continue to inform, promote, and campaign on behalf of the needs and rights of all children and young people.

We understand that no 'one size fits all' with our Charity of the Year partnerships, so we want to work with you to create a bespoke experience for you. If you are interested in finding out more, please email fundraising@childrenshealthscotland.org or give Esther a call on 07483 230577.

We're committed to

GOOD FUNDRAISING



www.goodfundraising.scot

If you are interested in finding out more, please email fundraising@childrenshealthscotland.org

Fundraising ideas

If you would like to fundraise for Children's Health Scotland but need some inspiration, then look no further. We have a wealth of different fundraising ideas and support to help you get started on your fundraising journey! Of course we want you to have as much fun as possible while fundraising for us, so we will be with you every step of the way with encouragement, top tips on how to promote your event and maximise your impact. If you are interested in finding out more, please email fundraising@childrenshealthscotland.org or give Esther a call on 07483 230577.



Challenge yourself

Pull on your trainers and get ready – we've got the perfect challenge or event for you. Everything from running round Loch Ness, taking part in a Kiltwalk, to scaling the mighty Ben Nevis. Visit our webpages to find out more, and if you don't see a challenge that interests you then please do get in touch. We would be more than happy to work with you to make your dreams a reality.



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If you shop with Amazon, please make sure to shop each time using Amazon Smile. The first time you visit www.smile.amazon.co.uk just select Children's Health Scotland as your chosen charity and they will donate 0.5% of every purchase that you make to us, at no cost to you!



For more information, please email fundraising@childrenshealthscotland.org or give Esther a call on 07483 230577



Children's
Health Scotland

PLEASE MAKE A DONATION TO HELP FUND OUR WORK

The health and wellbeing of children and young people lies at the heart of what we do. With your support we can continue to provide much needed services to support the health and wellbeing of children and young people in Scotland, whilst continuing to promote and campaign on their healthcare needs and rights. If you would like to help fund our work, then please go online at www.childrenshealthscotland.org to make a donation today.

THANK YOU!



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