



Children's  
Health Scotland

# MY HEALTH, MY RIGHTS CONFERENCE

Every child has the right  
to the best possible health

Friday 9 September 2022

Sheraton Grand Hotel, Edinburgh

**BOOK  
NOW**

**EARLY BIRD PRICE OF £68.51**  
If you book before 31 May 2022



Keynote  
Address by  
**Clare  
Haughey**  
MSP, Minister  
for Children and  
Young People

Our  
Conference  
will be hosted by  
Journalist and  
TV Presenter  
**Catriona  
Shearer**

Conference  
Presentations by  
**Dr William  
Bird** and  
**Dr Suzanne  
Zeedyk**



# MY HEALTH, MY RIGHTS CONFERENCE

Every child has the right to the best possible health

**Are you involved with children and young people in the health and wellbeing sector?**

We invite you to attend our My Health, My Rights Conference which is all about sharing ideas, research, experiences, and good practice in relation to the health and wellbeing of children and young people and their right to the best possible health.

Children's Health Scotland plays a big part in enabling children and young people to learn about their rights in relation to their health and wellbeing. In doing this we actively promote the United Nations Convention on the Rights of the Child (UNCRC), which sets out specific rights that all children have to help fulfil their potential, and the European Association for Children in Hospital (EACH) Charter. This Charter recognises and endorses the rights of the child as stipulated in the UNCRC, and the key principle that, in all situations, the best interests of the child should prevail.

The conference will be hosted by Scottish journalist, broadcaster and producer, Catriona Shearer, and will reflect on current research and theory whilst looking at best practice and the rights of children and young people with regards to their health and wellbeing.

The event will provide the perfect opportunity for delegates to share ideas, listen to examples of good practice and look at resources that can then be taken away and used or shared.

The morning session will open with a welcome from our Chair, Professor Richard Olver, followed by a Keynote Address by Clare Haughey MSP. The full programme is shown on the back page of this Booking Form and please note the programme is still in the process of being finalised so may be subject to change.

## Exhibitors

The Market Place is where you will find our exhibitors, and this is the networking hub at the Conference. Our delegates are encouraged to network and meet with fellow professionals within the Market Place area whilst also taking the opportunity to chat with exhibitors and discover new resources and ideas.

## Who should attend?

If you are involved with children and young people in relation to health, education, or social care, or are a parent or carer then this is your chance to learn more about the right of every child to the best possible health.



# WORKSHOPS

Please note the workshops are still in the process of being finalised and may be subject to change.

## WHAT COLLABORATION CAN DELIVER

It is the Care Inspectorate's job to make sure that every child and young person experiencing care in Scotland gets the best quality of care that meets their needs and choices and protects their rights. This workshop, delivered by the Care Inspectorate, will focus on their involvement in developing Scotland's Barnahus (Bairns' Hoose) Standards and keeping The Promise whilst exploring what collaboration means. For more information on this workshop visit <https://tinyurl.com/CHSCAREINSPECTORATE>



## HOW PLAY SUPPORTS MENTAL AND PHYSICAL HEALTH

Children's opportunities for outdoor play have reduced dramatically over the past years. The impact of the COVID-19 pandemic on children's freedoms compounds an already recognised worrying problem in childhood. In this workshop, Play Scotland will demonstrate how policy and practice support the child's right to play, and what practitioners can do to enable more play and better play for children and young people. For more information on this workshop visit <https://tinyurl.com/CHSPLOYFORHEALTH>



## STORY PLAY FOR HEALTH

This workshop, delivered by Children's Health Scotland, will give a taster session of using stories and play to support any child or young person with their right to the best possible health. It will discuss exercising rights in relation to: information, participation, engagement, education, play and being respected with a particular focus on the UNCRC and the EACH Charter. For more information on this workshop visit <https://tinyurl.com/CHSTORYPLAY>



## SELF-MANAGEMENT SERVICES FOR YOUNG PEOPLE

Children's Health Scotland delivers award-winning self-management services that support children and young people to access information, learn more about their rights, and develop skills to help them better cope with their health conditions. Come along to this workshop to find out more about the self-management services we provide and experience first-hand a taster session. For more information on this workshop visit <https://tinyurl.com/CHSELFMANAGEMENT>



## WE ARE WHOLE PEOPLE

This workshop will focus on the importance of young people being seen as whole people by the healthcare system. Delivered by The LUNA Project, it will explore the consequences of splitting young people into "problem" and "person", whilst providing room to discuss issues with separating young people's mental health needs from physical health needs, and the fragmentation of care for young people with complex health needs. For more on this workshop visit <https://tinyurl.com/CHSLUNAPROJECT>



## LISTENING IS A RADICAL ACT IN A CULTURE THAT FOCUSES ON CHILDREN'S BEHAVIOUR

Although 'listening' sounds easy and obvious, it can't be. Otherwise, we'd be better at it, as a society, and as a system. So why IS it so tricky for us? Why do we need conferences to remind us of its importance? Those are the questions Dr Suzanne Zeedyk will explore in her workshop. She will illuminate just how much British culture focuses on children's behaviour, rather than their feelings, whilst asking how we fell into this cultural habit and how we get out of it. For more on this workshop visit <https://tinyurl.com/CHSSUZANNEZEEDYK>



# BOOKING FORM

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

## YOUR ITINERARY

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

Morning Workshop

Afternoon Workshop

## HOW TO BOOK

To register for this conference, you will need the above information.

Then please visit <https://tinyurl.com/CHSCONFERENCEREGISTRATION>

The **FULL DELEGATE RATE** for this conference is £97.61 per person.

There is an **EARLY BIRD DELEGATE RATE** available of £68.51 per person, if the booking is made before 31 May 2022.

If you would like to discuss anything in relation to this conference you can telephone our office on **0131 553 6553** and ask to speak to Beth or Esther.

**Please note that NO REFUNDS WILL BE MADE AFTER 5 AUGUST 2022.**

### Registered office:

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

 [enquiries@childrenshealthscotland.org](mailto:enquiries@childrenshealthscotland.org)

 [www.childrenshealthscotland.org](http://www.childrenshealthscotland.org)



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# PROGRAMME

Time	Programme
08.30 – 09.15	Registration and coffee
09.15 – 09.30	<b>Introduction</b> Catriona Shearer, Conference Host
09.30 – 09.45	<b>Welcome</b> Professor Richard Olver, Chair, Children's Health Scotland
09.50 – 10.15	<b>Keynote Address</b> Clare Haughey MSP, Minister for Children and Young People
10.15 – 11.00	<b>Guest Speaker</b> Dr William Bird MBE, Family GP and CEO of Intelligent Health
11.00 – 11.15	Tea/coffee
11.15 – 12.15	<b>Morning Workshops</b>
12.15 – 13.00	LUNCH
13.00 – 14.00	<b>Afternoon Workshops</b>
14.00 – 14.45	<b>Guest Speaker</b> Dr Suzanne Zeedyk, Research scientist and author of The Connected Baby
14.45 – 15.00	Tea/coffee
15.00 – 16.00	<b>My Health, My Rights Panel Debate</b>
16.00 – 16.30	<b>Presentation of Scottish Children's Health Awards</b>
16.30	CLOSE

Please note the programme is still in the process of being finalised and may be subject to change.