

Spring 2022



Children's Health Scotland

My Health,
My Rights
Conference
**BOOK
NOW!**

**NOMINATIONS
NOW OPEN**



**Scottish Children's
Health Awards are
open for nominations**



**Special Smiles dental
training is back, read
more on page 4**



Join us in supporting Kinship Care Week 2022

Kinship Care Week takes place on 14 – 18 March. Hosted by Kinship Care Advice Service for Scotland (KCASS), this week will celebrate and showcase the significant role of Kinship Care families within our communities. There will be plenty of exciting events and interesting workshops throughout the week, including a webinar from our Care Experienced Service on 15 March titled “Calming techniques for carers and their children and young people”.



Sarah Nelson, Assistant for our Care Experienced Children and Young People Service, will be helping to deliver the webinar. Sarah Said: “we are very excited to be taking part in this year’s Kinship Care Week. Our online webinar with KCASS will be a bite sized version of our new workshop ‘Calming Techniques for

carers and their children and young people’. Self-care is sometimes viewed as a luxury when it is actually essential! You can’t pour from an empty cup, so it is important for carers to look after themselves so that they are best able to support the children and young people in their care.”

If you would like to attend the Calming Techniques webinar, you can book your tickets here for free - <https://www.eventbrite.co.uk/e/calming-techniques-for-carers-and-their-children-and-young-people-kcw-22-tickets-260969826777>

What’s Inside:

4 What do feathers, bubbles and puppets have in common?

Dagmar Kerr tells us all about the Special Smiles dental training which she delivered with Amy Joss in February and March.

10 Nominations now open for the Scottish Children’s Health Awards 2022

Do you know someone special who deserves a coveted Teddy Award? Learn how to enter now.

14 The Benefits of Routine and how to create one

Michelle Wilson explains how having a routine can help your mental health and wellbeing and how you can make your own Routine Washing Line.



My Health, My Rights Conference

BOOK NOW at EARLY BIRD price of £68.51 per person

If you are involved with children and young people in the health and wellbeing sector, then join us on 9th September in Edinburgh for an exciting, jam-packed day!

8

18 Fundraise for Us

Be inspired by our simple Spring fundraising ideas to help children and young people with health conditions.

Welcome, Eilidh!

Hello! My name is Eilidh, and I have just joined Children's Health Scotland as an Assistant working with the Children's Health and Wellbeing Service. I am very excited to be working with Children's Health Scotland and I am especially excited to join the team working with our children and young people in the SMS: CONNECT Programme!

I graduated from the University of Strathclyde in 2020 with a BA in Primary Education, so working with children and young people has

always been my goal. The recent pandemic changed a lot for me, and I now want to spend my time and use my degree to help children and young people with their mental health and overall wellbeing.

I live near Glasgow with a very cheeky Jack-a-Doodle called Cody who loves to snuggle beside me while I work and nap in the background of meetings! When I'm not working, I try to make time to do the things I love, like seeing my friends, and working on small creative projects.



I hope this has let you know a little more about me and I can't wait to get more involved in CHS in the coming weeks!

WE REACHED FOR THE STARS WITH OUR LATEST SMS:F2F PROGRAMME

We are so pleased that we have now completed our first SMS:F2F (face-to-face, Self-Management Service) Programmes since COVID-19 put a stop to them in 2020.

Our Self-Management Services (SMS) supports children and young people aged 9-17, who are living with health conditions, particularly those living with long-term health conditions. Our award-winning SMS:CONNECT is an online Programme open to children and young people from across Scotland. Our SMS:F2F Programme is for children and young people who are able to travel to Edinburgh. Both SMS Programmes are now running, referrals can be made easily and quickly on our website, and there is no requirement for a diagnosis!

Our winter SMS:F2F Programmes were held at Dynamic Earth in Edinburgh.

Running for six weeks, the Children's Health and Wellbeing Team met with children and young people aged 9 – 17 from Edinburgh and Fife and explored topics such as health rights, self-care, looking after physical health, mental wellbeing, and relaxation. The Programmes ended with a tour exploring Dynamic Earth. From travelling back in time to zooming through the universe in a spaceship and watching the Big Bang – it was the perfect social outing that everyone really enjoyed.

Our next SMS:F2F and SMS:CONNECT Programmes are now open for referrals and will be running later in Spring 2022. If you would like further information on how to register for a place, then please email sms@childrenshealthscotland.org and one of the team will be in touch!





What do feathers, bubbles and puppets have in common?

They are all vital ingredients for a rights-based approach to dental health.

Children's Health Scotland (CHS) enjoys a longstanding partnership with NHS Education Scotland (NES) and has been delivering training days to Oral Health Professionals (oral health support workers, dental nurses, dentists, etc.) since 2016. This started as a direct result of the Scottish Child Smile Programme's commitment to include all Special Needs Schools and Units in their delivery of oral health initiatives. Through our Special Smiles Project <https://www.childrenshealthscotland.org/nhs-users-page-special-smiles/> CHS had developed, resources and expertise on how to support children and young people with additional needs to achieve better oral health.

We developed a rights-based approach on how to enable them to better look after their teeth and to adopt good oral health habits. Play is one of the most important ways of meeting these children's rights, helping them to understand what is going on and to be part of decisions that affect them (EACH articles 4&5) whilst treating them in an age and development appropriate manner (article 6), respecting them (article 10) and enforcing their right to play and education (article 7). These training days were very successful and highly regarded.



“ I enjoyed the course, I also learned more about children & families rights in regards to their healthcare choices and areas of support for families. I shall take that knowledge back to share with the team I work with as we support vulnerable families with children under the age of 5. The learning about different types of play within the dental setting was useful and I shall take elements of that to use in my role. Both Amy and Dagmar were friendly & full of such helpful knowledge. ”

(COURSE PARTICIPANT IN MARCH 2019)





In February we were able to hold another course for the first time since the start of the pandemic, but with only weeks to go, we were advised that we would not be able to meet in person. So, Amy and Dagmar adapted the course and delivered it digitally. In order that participants could still experience different ways of playing and its impact, we sent out resource packs to everyone in advance. These included information leaflets, copies of the presentation and, most importantly, bubbles, feathers, chattering teeth and other play equipment.

We started the day with introductions and a game that helped the group better understand that play and fun is important for all ages. Throughout the session, we shared playful opportunities,

including a treasure hunt – giving an example of how to engage with children in a fun way and at the same time introduce lots of information about healthy foods and good habits.

We talked about what happens in the brain, when a person experiences stress or anxiety, and how our ‘meerkat’ brain (proper term: the amygdala) causes us to go into ‘fright, flight or freeze’ mode (The full story about brain development is from the book “Little Meerkat’s Big Panic: A Story About Learning New Ways to Feel Calm by Jane Evans”). Different relaxation techniques and deep breathing help to make this part of the brain calmer. Blowing bubbles and feathers can really help with this.

We explored the importance of helping children – especially those with additional needs to understand what is going on and why they need to brush their teeth or open their mouth for the dentist. We spent some time exploring why play is so important and we even managed some role play, which helped to understand how a parent's anxiety can significantly influence how a child feels about the dentist. Bravo to the wonderful acting skills of the 'anxious mother', her monosyllabic son Freddie and the wonderfully supportive receptionist!

We ended the day with a relaxation exercise, The Happy Smile-a-saurus, which was written specially for us by Amy, a Relax Kids Coach.

Attendees of the session said: 'this was really interesting and I learned so much', and 'Thank you so much, this was brilliant'.

“ Cannot think of anything to improve upon, the tutors were excellent and covered everything that I could think of. I learned so much, Many thanks to them, even forgot it was on line rather in person as it was made so interesting. Thank you to all involved in making this possible.

(COURSE PARTICIPANT
IN FEBRUARY 2022)

Loss and change for Care Experienced children and young people

Loss and change are an inevitable part of life. However, this fact doesn't make it any easier to deal with. Loss and change could be anything from a bereavement, a friend moving away, parental separation, a new sibling being born, moving house, or starting a new school. Loss can also include mental loss such as a loss of feeling secure.

These things are tricky for all of us to adapt to but particularly children as they may not be able to articulate their feelings or may not fully understand what is happening. Loss and change often come together, such as the transition from primary to high school when children will experience loss of friends who may attend different schools or be in a different class alongside a massive change in environment and daily structure.

Care Experienced children and young people will have already experienced a massive change from being with their birth family to their current placement - whatever form that may be. Many children will have experienced multiple moves and going from one placement to another will come with a feeling of loss of relationships with caregivers, siblings, friends, neighbours, hobbies, and routine.

Care Experienced children and young people may also experience loss and change differently due to their early experiences. We know that different forms of insecure attachment affect children's internal model (how they think about themselves, other people and the world) and so this view is more negative than that of securely attached children. This means that often their default position may be one of self-blame, a wariness of

others, and to expect the worst of the world.

What can help?

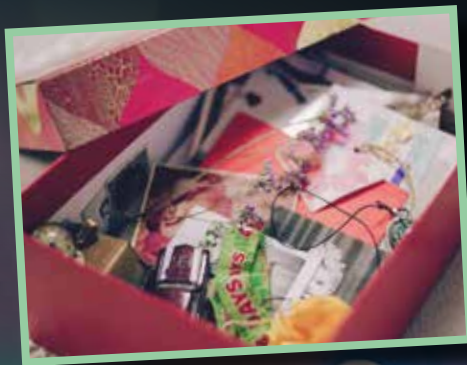
- Giving children support and understanding.
- Acknowledging their feelings - ask them if they would like to talk about it.
- Encouraging them to be kind to themselves and discouraging any self-blame.
- Encouraging use of support networks such as meeting up with friends or informing the school.

- Involving children as much as possible in changes can help so that they feel they are part of it - that changes are happening with them instead of to them.

Children's Health Scotland offers a workshop on Loss and Change to Kinship or Foster carers where we explore this topic in greater detail. We often find that peer support is one of the most useful tools because carers are experts through experience. Here are some of the things that carers themselves have found to help:



- **Transitional objects:** a transitional object is an item given to the child by their caregiver that is used to keep a mental bond between the caregiver and the child when they can't be together. Some examples from carers include: a small resin heart that the child can keep in their pocket, drawing a matching heart on both the child's and caregiver's hand, giving the child a picture of the family or a pet to take with them.
- **Memory boxes:** storing sentimental items and reminders of good times. For care experienced children it can be a good idea to include a picture of them wearing their first shoes etc. so that they have a sense of belonging of the items in it. When children get older, they can choose which items to keep in it or decorate the box.
- **Writing down worries:** this can be done as an activity for younger kids - they write their worries on a piece of paper then place it in a 'worry bag', post it in a 'worry box' or give it to a soft toy 'worry monster' who eats it. This helps to get the worry out of the children's head, and it can be shared with their caregiver. Older children can be encouraged to journal or keep a diary.





BOOK NOW at EARLY BIRD
price of £68.51 per person
VISIT: <https://tinyurl.com/CHSCONFERENCEREGISTRATION>

MY HEALTH, MY RIGHTS CONFERENCE

Every child has the right to the best possible health
Friday 9 September 2022 • Sheraton Grand Hotel, Edinburgh

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

Then 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, Minister for Children and Young

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**

People. 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.

HOW TO BOOK

To register for this conference, please visit
<https://tinyurl.com/CHSCONFERENCEREGISTRATION>

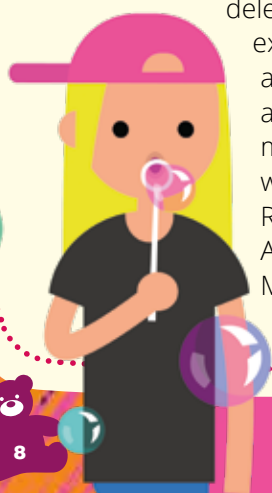
The **FULL DELEGATE RATE** for this conference is
£97.61 per person.

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.**

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



WORKSHOPS

COMPASSIONATE CARE

A new practice resource promoting compassionate care includes examples of how the Care Inspectorate has taken a more flexible position to how services are applying rules and allowing people more control of their care and a more personalised experience. This workshop, delivered by the Care Inspectorate, will share practice examples of what compassion and love mean for people living and working in services. For more information on this workshop visit <https://tinyurl.com/CHSCOMPASSIONATECARE>



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/CHSPPLAYFORHEALTH>



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/CHSSTORYPLAY>.



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/CHSSELFMANAGEMENT>.



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>





Nominations now open for the Scottish Children's Health Awards 2022

Do you know someone special who deserves a very exclusive teddy award?

The Scottish Children's Health Awards exist to celebrate courageous children and young people, and those who are making a difference to their health and wellbeing.

Nominations are now open, and you have until 5.00pm on Friday 15 July 2022 to nominate someone special. The award categories are shown on the opposite page and this year we have introduced a new category - The **Lifetime Achievement Award**. This award is not open to public nominations and will be presented to a health professional who, in the judges' opinions, has made outstanding contributions to the health and wellbeing of children and young people.

We are delighted that once again Journalist and TV Presenter, Catriona Shearer, will interview all the winners to share their stories whilst helping us to present the awards at our My Health, My Rights Conference on



9 September 2022 at the Sheraton Grand Hotel, Edinburgh.

So, do you know someone who deserves one of these coveted teddy awards? Then go online and enter now.

If you know a child who deserves some special recognition for the great determination they have shown when it might have been so much easier to give up, or a health professional/team whose work is inspirational then please go online and enter now. The awards are easy to enter and FREE.





The award categories are as follows:

CHILDREN'S CHOICE

Relationships shape the way we see the world and affect all areas of our learning and development. This award has been created to give a child/young person the chance to say 'thank you' to someone special in their life who is making or has made a significant difference to their world. We are looking for someone special whose care really stood out whilst they were undergoing treatment.

HEALTH AND WELLBEING

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. This award celebrates an individual or team who are making a difference to the health and wellbeing of children through their treatment or advocacy.

HEALTHCARE RIGHTS

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

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. For this award we are looking for someone special, or a special team, making a significant difference to a child's life through health-related play.

IMPROVING LIFE EXPERIENCES

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

YOUNG ACHIEVER

This category has a trophy for a child or young person who has shown great determination and kept going, when it might have been so much easier to give up. We are seeking any child or young person who has gone above and beyond, showing enormous courage in their life and never giving up.

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





Five Ways To Wellbeing



Self-care is a phrase most of us have heard by now, but what do you think of when you imagine 'doing self-care'? Maybe you're picturing a luxurious bubble bath, or a yoga class- these might be examples of self-care activities that work for you, or they might not. When it comes to looking after your mental health you can't take a one size fits all approach, the only way to really find out what makes you feel good is trying out some different options and noting how you feel before and afterwards.

Researchers at the New Economics Foundation developed the Five Ways To Wellbeing based on evidence that incorporating these kinds of self-care activities into your routine, can improve your overall wellbeing. In one of our SMS: HUB sessions, we discussed:

1. Connect

Connecting is about making time to speak to and connect with others. Nurturing our relationships with friends and family makes us feel less isolated, you could try:

- Deciding to study in a public library with a pal, making time for a proper coffee and chat break in the middle.
- Speaking to a friend on voice chat while you play a videogame together- or getting a few friends together and do a role play game on Zoom.

2. Be Active

We all know that exercise is good for our bodies, but it also has a huge impact on our mood. This doesn't have to mean taking out an expensive gym membership! You could try:

- Getting off the bus one or two stops early for an extra leg stretch on the way to work or school.
- Joining an activity you don't have to do in P.E. at school- what about parkour, aerial arts, parkrun, judo?

- Putting on your favourite song and having a solo dance party in your room to get your heart rate up for a moment- it releases feel good hormones!

3. Take Notice

Some people call this 'being mindful'. We spend so much time worrying about the past or the future- it's really good for your wellbeing to practice being 'in the moment'. For you this might mean:

- Sitting on a bench when you're out for a walk- listen carefully and count 5 different sounds you can hear- notice how your body feels afterwards.
- Find some bedtime yoga videos on Youtube to practice feeling your breath as you relax for bed- I like the ones you can do IN bed!

4. Learn

Learning and developing new skills makes us feel more positive about ourselves and our ability to overcome challenges. Why not try learning something tiny like-

- Making origami- there are lots of

tutorials online- it makes a good 15 minute study break.

- Take pictures of Spring flowers you like on a walk- look up their names when you get home.
- Look up museums around you- see if you can find one you've never been to and organise a trip- who can find the weirdest object in there?

5. Give

Giving is about contributing to your community and offering your time or support to others. Knowing that you are positively impacting others around you is great for your self-esteem. You could try:

- Asking to volunteer at a club or youth group you used to go to.
- Picking up shopping or medication for a family member or neighbour.
- Fundraising for a charity you care about with friends by having a bake sale.

CONNECT	Give	TAKE NOTICE	KEEP LEARNING	BE ACTIVE
TALK & LISTEN, BE THERE, FEEL CONNECTED	Your time, your words, your presence	REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY	EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF	DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD
<ul style="list-style-type: none"> Phoning my best pal for chat Going for a walk with my old school friends who are home for xmas 	<ul style="list-style-type: none"> Making time to play video games with my brother while I'm home Sending some Christmas cards! Making Spotify playlists for bored locked down friends 	<ul style="list-style-type: none"> Reminding myself to be present every now and again Going to look at the ducks with my brother Prying myself off tiktok 😊 	<ul style="list-style-type: none"> Making wrapping paper!!! Asking pals for new podcast recommendations 	<ul style="list-style-type: none"> Going for a walk when it's still light Having a Big Stretch before bed Second attempt at teaching dad to hula hoop

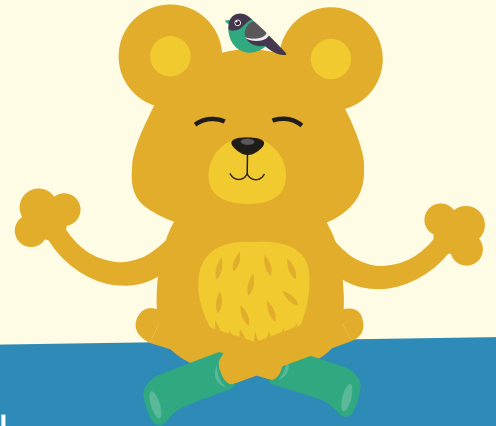
Activity

Making a plan at the start of the week can help you to see where you can build positive wellbeing activities into each day. Using the 5 Ways to Wellbeing headings can also help you to see which of your needs you're meeting at the moment, and to think about how you can diversify the kinds of self-care you're doing.

1. Write down how you're feeling at the moment- What are you thinking about? How do your mind and body feel?
2. Now try writing down the things you are already going to do this week that might fit under a 5 Ways to Wellbeing heading- e.g. Going to Dancing on Tuesday- Being Active & Connecting.
3. See if there are other things you can add into your week - the goal is to try and have an activity for each of the 5 ways but it's ok if you can't manage this yet!
4. Tick off your list of self-care activities as you do them.
5. At the end of the week, check in with how you're feeling now. What's on your mind? How do you feel in your body?
6. Did all of the activities help? Were some better than others? Decide what you want to do more or less of next week.



The benefits of routine and how to create your own



Having a routine can be really important for our mental health and wellbeing. A routine is essentially a set of activities which you follow on a regular basis, such as having breakfast at a specific time each day, going to school or work five days a week, or reading a book before bed to help you wind down. Routines are great because they help to reduce stress, anxiety and uncertainty in our lives.

Building a varied and enjoyable daily/weekly routine is a simple and fun activity which anyone can feel the benefits of in no time. A good routine will include all the things you need to do, along with things you want to do, as well as time set for relaxation and self-care. The balance of these activities is different for everyone and it's important that you develop a routine that works for you.

Creating a daily/weekly planner can make it easier to settle into a routine and help to guide you and give your day some purpose.

Weekdays and weekends may be different but ensuring structure helps us to organise and feel more in control of our days.

Before you start making your own routine

planner using the instructions below, here are some tips for how to get started:

Sleep.

It's good for our wellbeing to wake up at roughly the same time each day and go to bed at around the same time each night. We all enjoy staying up late or sleeping late when we don't have school but for our wellbeing it is best to not vary our sleep schedule too much.

Start with what you need to do.

You know the parts of your routine that need to happen at certain times. For example, on school days you know you need to leave home at a certain time to get to school and this doesn't change. Therefore, you can work backwards to what time you need to get up. How long does breakfast take, do you like a bath or shower in the mornings?

Be realistic.

Think carefully about all the things you do before you leave home and how long each thing takes you to do. For example, the last thing I do before I leave the house is put on my shoes and coat, put my phone and glasses in my bag, open the door and lock it. I guessed this took me 5 minutes, but when I checked it was actually closer to 10 minutes. It is better to overestimate than underestimate so that you do not end up late to school!

Make time for fun!

It is important to also make a list of fun, relaxing and self-care activities, like reading, listening to music and podcasts, drawing and colouring, or whatever you enjoy. Make time for friends face to face as well as online. Spend time with family, such as a movie night at home, arranging a trip, or cooking a meal together.



Washing Line Activity Plan



Things you will need

- String or wool
- Blank paper or card
- Paper clips/pegs
- Scissors
- Colouring pens or pencils

Below is a fun way to make a washing line activity plan. This craft is a great way to visualise the day ahead of you and plan what you need to do each day, as well as making time for some fun or relaxing activities too. You could do it for a day, for a week, or for as long as the routine helps you. If you want to move around some activities on the plan or replace them with other ones, then you can. It is your routine so pick what works best for you!

What to do:

1. Cut out some shapes, such as rectangles, circles, or stars. Write in each shape one activity you are going to do with the time if possible.
2. Add a small picture and some colours you like around the edges for decoration.
3. Cut your string or wool, hang it up and clip on each activity that you are going to do in the order you will do them.

Give it a try and notice the difference it makes to you each day.

Meet the Runners!

We are so proud and grateful to every one of our supporters and fundraisers who have helped Children's Health Scotland to continue working to improve the lives of children and young people with health conditions. Your generosity lets us help others. Two fundraisers who are taking on a huge challenge to support our work are Mark and Ryan, two fathers who will be running the Edinburgh Marathon on 29 May 2022. Read on to get to know them better, support their campaigns and cheer for them on race day!

Mark



I'm Mark, I'm 40 and I'm from Paisley (just outside Glasgow). Being a father of four and working in the oil & gas industry as a deep-sea diver, I don't have the free time to do as much running as I used to.

I've always enjoyed running; it's a great way to de-stress as it clears the head and re-energises you and your thoughts, especially with all the uncertainty going on today. Like most folk during lockdown, I gained a few lbs and pulled most of my hair out with home-schooling (Teachers Rule!), so I began to run more to clear my mind.

I was enjoying the short runs I could squeeze in, and just before Christmas 2021, I decided to set a goal of getting in shape for the Edinburgh marathon in 2022. I have completed the marathon once before around 11 years ago, but now I'm older and have children, I knew it would take some planning and discipline.

I decided to run for a charity, and Children's Health Scotland was the obvious choice. Being a dad to four kids, as you can imagine, can be full-on. Their whole focus is providing the best environment for your children to thrive and become the best they can be, so Children's Health Scotland resonated with me. I have a fundraising target of £1000 but hoping to get even more, as every penny will be going toward helping children in Scotland.

You can donate to my Just Giving page here, <https://www.justgiving.com/fundraising/marathon-marko>

Ryan



I'm Ryan Cruickshanks from Dundee and I'm running a marathon for CHS! I have run the half marathon at the Edinburgh Marathon Festival twice and I've always wanted to push myself that bit

further and do a full marathon. I've put this off for a few years now but in November 2020 I became a father. This has given me a reason to push myself and set an example for my son, Ruairidh. Being able to take on challenges that seem a bit scary is something I want to be able to demonstrate to him. Although he might be too young to remember his dad running this marathon!

Ruairidh was not breathing when he was born, but we were really lucky to be in Ninewells hospital and the team there managed to save my son's life. He was given the best possible care from all of the doctors and nurses in Neonatal Intensive Care Unit (NICU). The thought of any child not being able to receive the care they need is a heartbreaking, so this is the reason I have decided to run for CHS. Let's hope I can raise plenty of money and actually finish the marathon. You can donate to my Just Giving page here: <https://www.justgiving.com/fundraising/ryan-cruickshanks1>

If you have been inspired by the stories of our runners, then please get in contact with us to see how you can help fundraise for Children's Health Scotland. Email Esther at esther.bates@childrenshealthscotland.org or phone **07483230577** to find out more.

kiltwalk 2022

ARE YOUR BOOTS READY TO WALK?

Are you ready for a new challenge? We are seeking Kiltwalkers who are willing to stride, walk, or even toddle, this year in support of Children's Health Scotland.

We have Kiltwalk Promotional Codes, so we will pay for your registration fees. All we ask is that you pledge to raise at least £100 through sponsorship for Children's Health Scotland to fund our work supporting children and young people with long-term health conditions in Scotland. Once again, thanks to the generosity of The Hunter Foundation, all funds you raise will be topped up by a massive 50%. That means if you raise £100, we will receive £150!

What is the Kiltwalk?

The Kiltwalk is a mass walking event that happens every year to raise funds for Scottish charities and projects. There are different walk lengths, in different cities, on different dates to choose from, including The Mighty Stride (16.5 miles) and The Wee Wander (3.5 miles). The Wee Wander is suitable for children and has wheelchair and pram accessibility so there's something for everyone!

The Kiltwalk is the perfect opportunity to improve your own health and wellbeing whilst also raising funds to support the health and wellbeing of children and young people in Scotland. This is a good time to get started and we'll be with you every step of the way.

KEY DATES

- 24 April GLASGOW
- 29 May ABERDEEN
- 21 August DUNDEE
- 18 September EDINBURGH
- 7-9 October Scotland's VIRTUAL Kiltwalk



To become part of #TeamCHS email Esther Bates at esther.bates@childrenshealthscotland.org or give us a ring on 07483 230577.

Fundraise

We've picked a lovely bunch of ideas to help your fundraising blossom this Spring



Spring is the perfect season to freshen up your fundraising! To help you along your way, we've come up with five spring ideas to help your fundraising blossom.

1. SPRING BBQ

With the weather (hopefully) set to warm up, it's the perfect time of year to fire up the BBQ, or organise a garden party, and provide the food and drinks. Ask for a small contribution which goes towards your fundraising to help support our work.

2. SPRING PICNIC

Host a picnic in your garden, in your local park, or in your house and put a bucket out for donations.

3. SPRING CLEAN

It's that time of year when people give their homes a spring clean and end up with boxes of unwanted clutter. There couldn't be a better time to host a car boot sale and encourage your supporters to come along and sell their goods in exchange for donations.



4. AFTERNOON TEA

Who can say no to an afternoon spent eating endless cakes and sandwiches with friends and family? Hosting an Afternoon Tea is a delicious way to raise plenty of funds and so you can control numbers, sell tickets in advance. You could also ask supporters to get involved with making the scones, sandwiches, and cakes so they feel part of making a difference to our charity.

5. EASTER IDEAS

A great way to celebrate Easter and involve all the family with your fundraising is by hosting an Easter Egg Hunt. Kids love the thrill of finding as many chocolate eggs as possible on the organised hunt and there could even be a prize for the person who collects the most eggs. To fundraise you could sell family tickets and promote the event across your social media channels. In the run up to Easter you could also try filling a jar with mini eggs and asking for a donation to guess how many are in the jar, with the winning entry winning the prize. Or, how about trying a chocolate egg decorating competition, charging a donation for each entry.

If you are interested in fundraising for Children's Health Scotland and helping us to change the lives of children and young people living with health conditions then please give Esther a call on 07483 230577 or email at esther.bates@childrenshealthscotland.org.

Asda Green Token Giving

Children's Health Scotland has been selected by the Asda Foundation as one of the Good Causes for the current digital Green Token Giving vote. We need your votes to help us win valuable funds for our work! Just go to www.asda.com/green-tokens and select the Leith store from the drop-down menu, and vote for Children's Health Scotland. You can vote every week until 31 May 2022 and you can use multiple devices to send more votes



for us



Are you looking to choose a Charity of the Year? Then we would love to be chosen by you



Your organisation could have a huge impact on our work to help children and young people with health conditions, particularly those with long-term

health conditions. We would love to be chosen by you as your Charity of the Year and to work with you to create fun and innovative ways to get the whole of your organisation, customers, clients and stakeholders involved in fundraising for us.

More companies are choosing to commit to supporting charities long-term, rather than ad hoc, as they see the benefits of embedding the partnership within the culture of the company. Staff and customers develop a passion for the charity as they see the life changing difference their fundraising efforts make over the long-term. Also,

linking your product or service with us will help your customers, particularly those with children, to become more engaged with your brand and we will work with you to deliver results.

Choosing us as your Charity of the Year will also help to increase your business profile, by making sure you reach your Corporate Social Responsibility objectives. We're also here to shout about your wonderful achievements in the press and through our social media channels.

You can support us throughout the year with charity collection boxes, getting creative with fundraising activities and spreading the word about what we do. Just be our biggest fan all year round!

So, whether you are a business, school, association, club, or pub we would love you to support us all year round. To find out more please call Esther on 07483 230577 or email at esther.bates@childrenshealthscotland.org

Fundraise while you shop

Amazon Smile

We are part of Amazon Smile. To donate while you shop simply log in to your usual Amazon account through the AmazonSmile website, select <https://smile.amazon.co.uk/ch/SC006016> as your charitable organisation and shop as normal!



Easy Fundraising

To support us through Easy Fundraising, simply go to <https://www.easyfundraising.org.uk/>, search for Children's Health Scotland, and select us as your cause to support.



Donate using our easy QR code

You can make a donation to our work by scanning our Just Giving Checkout QR code with your phone's camera. Every donation is gratefully appreciated. THANK YOU.





Children's
Health Scotland



SCOTTISH CHILDREN'S HEALTH WEEK 2022 SAVE THE DATE

5-11 September 2022

#myhealthmyrights

#bemorebear



Registered office:

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

✉ enquiries@childrenshealthscotland.org

🌐 www.childrenshealthscotland.org



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