

Summer 2022



# Children's Health Scotland



## CELEBRATE OUR YOUNG VOLUNTEERS ON PAGES 18-19

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someone special  
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# Welcome, Joseph!

**H**ello! My name is Joseph, and I recently joined Children's Health Scotland as a Junior Administration Assistant. I am pleased to be working as part of our Children's Health and Wellbeing Service, supporting children and young people with health conditions. I am the first point of contact for referrals for our face-to-face and online self-management programmes.

I have always enjoyed spending time with the children of friends and family, and last year I began running a series of arts and craft sessions for the children of a particular friend, which set me in the direction of working with and on behalf of children. Before I joined Children's Health Scotland, I volunteered at the Lothian Autistic Society where I was a playworker for children with additional support needs.

I live in Edinburgh and spend a lot of my free time pursuing my hobbies of drawing, photography, graphic design, and video editing. With this last skill, I edit the 'Story with Rory' videos that you will find on the CHS Facebook page.



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**What has Bear been up to at the Dundee International Women's Centre?**

Michelle tells us more about the FLOURISH Programme, which empowers women from diverse backgrounds.

# Learning To Look Out For You – a wellbeing event for Foster Carers

The Fostering Network

**C**hildren's Health Scotland was proud to participate in the **Learning To Look Out For You – a wellbeing event for Foster Carers** organised by the Fostering Network. The event was part of the 'Moving On Project – positive transitions through and out of foster care' which is an exciting project in Scotland that aims to meet the needs expressed by foster carers for more support around transitions throughout the foster care experience.

Commenting on our involvement in the Learning to look out for you event, our Care Experienced Children and Young People Services Assistant, Sarah Nelson said: "We are delighted to be involved with the Moving On project that supports positive transitions through and out of foster care. We put together 24 of our Care

Packs for this event which encourages engagement and participation activities in relation to supporting the emotional and mental wellbeing of foster families and care experienced children and young people."

In addition to supporting positive transitions through and out of Foster Care, The Moving On Project also explores and discusses how best to continue relationships between children in care and former foster families. Bethany Shelton is the Project Worker for the Moving On Project with The Fostering Network Scotland. She said: "I want to thank Children's Health Scotland so much for the Care Packs for our Learning To Look Out For You event. The event and packs were really well received by the two dozen Foster Carers that attended both in person and online. The guided meditation workshops were especially well received and much of the feedback was to do more of this in the future. We very much value our partnership with Children's Health Scotland and together we are exploring future possibilities to work together including our next Loss and Change session which is on the horizon and filling up quickly."







# Calming Techniques for Carers and their Children and Young People

**O**ur Care Experienced Children and Young People's Service was incredibly busy delivering workshops and seminars throughout May. Following on from last year's 'Understanding Trauma and Supporting Recovery' webinar and full-length workshop delivered for Kinship Care Advice Service Scotland (KCASS), carers told us that they would like to see practical examples of calming techniques in action. We responded to this feedback with our 'Calming Techniques for Carers and their Children and Young People' workshop delivered both in person and as a short virtual webinar to kinship carers as part of Kinship Care Week.

A key focus of the workshop is that the techniques and activities are designed to be used by carers as well as the children and young people in their care.

Self-care is so important for both kinship and foster carers as the children in their care may present

with challenging behaviours due to earlier adverse experiences. "You can't pour from an empty cup" – carers need to be able to manage or regulate their own emotions and energy levels before they can help their children regulate themselves when emotions are running high.

## The workshop includes:

- A brief look into why self-care is so important for carers to practise.
- A simple explanation of what is going on in our brains when we are very anxious and enter fight or flight mode.
- A range of techniques or strategies to help both carers and their children and young people cope with stress and stress related behaviours.
- We also look at a range of resources for carers to access after the workshop.

We aimed to have "Calming Techniques" suitable for all ages from younger children to carers themselves. We recognise that once someone is in fight or flight mode any of the Calming Techniques would be difficult to use. So, we recommend putting these techniques in place and trying them out before you feel you need them, in the hope that you can recognise when you are starting to feel stressed out and implement the strategies then to prevent this from becoming a full-blown stress response.

## Here is an example of one of the activities we looked at:

### Star Breathing

1. Use your pointing finger to trace this 5-point star image. As you trace up each point, breathe in through your nose to take a deep belly breath.
2. At the top of the point, hold for a moment.
3. Then trace down the point blowing out through your mouth.
4. Repeat for each point breathing in as you go up the point and blowing out as you go down the point.



**“ Thank you so much, really beneficial and lots to be able to put into practice ”**

**“ very much enjoyed this session ... informative without being too “heavy” ”**







# How Professionals Make Rights Real

By Vicky Wan, UNCRC Capacity Building Programme Manager, Children's Parliament



**T**he individual professional person who engages with children day-to-day is a key ally in the delivery of the experience of rights for children whether at school, within service provision or in the community. The Scottish Government has made a commitment to incorporate the United Nations Convention on the Rights of the Child (UNCRC) into Scots law. We adults are duty-bearers with responsibilities to promote, protect and achieve children's human rights.

## So how do we do that as professionals?

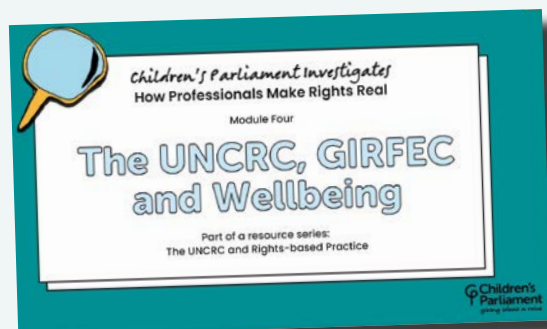
To build knowledge, confidence and competence in their important role as duty-bearers in the context of children's human rights as law, the *Children's Parliament Investigates: How Professionals Make Rights Real* project has been working with children from Clackmannanshire and East Lothian to explore specifically the role of the professional, and produce learning materials for continuous development.

## The UNCRC resources

To mark the completion of the project, the Members of Children's Parliament (MCPs) proudly presented their creations at the local launch events last month. The learning resources are now available on the resource hub of the project website ([investigates.childrensparliament.org.uk/resources](https://investigates.childrensparliament.org.uk/resources)), where you can find a range of useful information and interactive tools that can be applied in work settings. The resources include:

### Self-learning modules

Four modules with self-reflective exercises covering What is the UNCRC?; Human Dignity; Rights-based approach; UNCRC, GIRFEC and Wellbeing.



### An online game Rightsburgh

A fun way to explore how adults' interactions with children will have an impact on their human dignity. The scenarios and the scripts in this game are developed by the MCPs based on their personal experiences and their peer research.



### Sandy's Story Workshop Delivery Guide

A 'How to' guide for adults to facilitate conversations with children about their human rights. Through telling the story of Sandy, children and adults identify together when rights are infringed and discuss how that could be improved.

### Wee Red

A shadow puppet show introduction to the UNCRC. It is 2031 and once upon a time in a deep dark forest in Scotland...

### What (not) to do

A string puppet show using humour to remind us all about what's best to avoid doing to keep children healthy, happy and safe.

### Myths Buster

A short quiz to draw out any misunderstanding about children's rights.

### Practical tips

Some printouts on suggestions on how professionals can make rights real by improving their practice.

## The Investigation approach

The Children's Parliament has developed an approach we call an 'Investigation'. In an Investigation, children are supported to explore a topic, present findings and produce resources to progress the rights and wellbeing of children. Each Investigation, reflecting the nature of co-production, takes a bespoke approach. In the summer 2021, we commenced this project to support our members to investigate how professionals can make rights real. You can find out more about the process in their [weekly blog](#).



The East Lothian Investigators presenting their work to the professionals at the local launch in Haddington.



Our MCP receiving a certificate from Lorraine Sanda, Strategic Director of Clackmannanshire Council.

We trust that you will find these resources useful. If you have any questions about the resources, or would like to discuss further support, please get in touch with Vicky Wan [vicky@childrensparliament.org.uk](mailto:vicky@childrensparliament.org.uk). Our capacity building team is here to help!





# Mindful Power Poses and Positive Affirmations

**H**ave you ever considered being mindful by the way that you move your body?

The way you move your body can make you feel different emotions and feelings; holding our body up and taking up space, instead of shrinking in on ourselves in a hunched-up position, can have a big effect on how we feel, and can even influence our hormones and reduce stress!

Social psychologist, Amy Cuddy, shows through her research that they can have a positive ripple effect on our behaviour and emotions.

If children are feeling anxious, mindful power poses can help them to feel more confident and braver in the moment. Maybe a child is nervous about starting school, attending a hospital appointment, or trying a new hobby with people they haven't met before.

The great news is that the more you do it, the more you believe that you are a confident person! Practising mindful power poses just two minutes before an activity, will not only remind children how powerful they are, but repetition of that message over time can boost their confidence and self-esteem – positively changing how they feel about themselves.



Here are three mindful power poses that you can try with children:



## The Wonder Woman Pose

Stand strong with your feet hip width apart and firmly on the ground. If you are sitting, then sit as tall and straight as you can. Make fists with your hands and place both hands on your hips. Push your shoulders and your chin up.



## The Performer Pose

Stand strong with your feet slightly wider than hip width apart. If you are sitting, then sit as tall and straight as you can. Throw your arms up into the air in a 'V' shape and smile like you've just finished performing at a show or you are celebrating winning a race!



## The Superhero Pose

Stand strong with your feet hip width apart and firmly on the ground. If you are sitting, then sit as tall and straight as you can. Make a fist with one hand and place it on your hip. Make a fist with the other hand and put it up in the air, like a superhero ready to fly up and away to save the world!

**Remember to stand or sit tall and straight and take up as much space as possible, you can do these poses anywhere in just two minutes for a quick confidence boost!**

Ask children to try repeating some positive affirmations to themselves, as they do their mindful power poses. This means using the voice in their head to say positive, or nice, things to themselves, about a situation or about any feelings or thoughts that might pass through their mind. Over time, if we think more positively, it can help us to believe in ourselves more, feel happier and have better mental health and wellbeing.

Practising kindness to ourselves a tiny bit each day, can help improve our day-to-day lives. You can write them down together with your children and then stick them around the house - on mirrors, on the fridge, or next to their bed to read, and remind themselves each day!

**"I am a good friend. I am brave. I am creative. I am enough. I am free to be myself. I am helpful. I am important. I am kind. I am loved. I am patient. I am positive. I am powerful. I am smart. I am strong. I am thankful. I believe in myself. I can do hard things. I can make a difference. I love myself. I respect myself. I try my best. My feelings matter. I matter."**





# Pupils learn the benefit of play at Hamilton College

**W**hen we received an enquiry from Hamilton College to get involved in their Health Week we were delighted to help. Their ethos is that “by inspiring children, together we can change their future, shape society and make an impact on our world” and we couldn’t agree more. So, Dagmar Kerr who works in our Health Rights for Children and Young People Services and Eilidh Findlay who works in our Children’s Health and Wellbeing Services packed up our Play Box and headed off to Hamilton to deliver health-related play sessions to children and young people. Eilidh became part of the Children’s Health Scotland family earlier this year and we love the story she tells us of championing health-related play at Hamilton College. We hope you enjoy the read.



“On my very first week at Children’s Health Scotland one of main messages I remember is that play is much more than just a chance to have fun. It is in fact serious business and one of the most important things we can do to support the health and wellbeing of children and young people. Health-related play can help children physically, mentally, and emotionally. With this at the forefront of my mind and as a new member of the team, I was incredibly excited to be involved with organising play workshops at Hamilton College. Prior to joining Children’s Health Scotland, I trained as a primary teacher



and so I have been aware of the importance of play in child development for some time and couldn’t wait to see the outcome of the workshops.

“We arrived at Hamilton College around 9am with our Play Box which was packed full of health-related play resources such as: hospital play uniforms; real and play hospital equipment, such as stethoscopes, plaster casts, and bed pans; as well as story books on Hospitals and Doctors.

“We began by introducing ourselves before beginning to lift items, some familiar, some not, out of the box. The children were keen to show off their knowledge by naming some of the real equipment, like stethoscopes, tweezers, bandages, and syringes. The room buzzed with stories prompted by each item, with some children sharing their experiences of accidents, doctors’ visits, injuries, and babies (prompted by an ultrasound image).

“During the session Dagmar talked about how to keep safe, for example if they were ever in a situation where they came across a syringe. The hospital uniforms and patient gowns were highly sought after by the children, with a sea of hands appearing in the air every time one was pulled from the box!

“After discussing some of the items which could be found in the play box, I began reading Jane Donnelly’s ‘Teddy Goes to Theatre’ to the children. This gave us the



opportunity to discuss some of the vocabulary associated with hospitals as well as giving context to the items in the box. Every time an item we had in the box appeared in the book, we would pause and show this to the children, giving opportunities for questions, sharing experiences and discussion.

“Children loved the workshops and I think the staff did as well. I remember that one child seemed to benefit from items related to broken bones, x-ray films and real plaster casts. The child had broken a bone in the past and shared their experience with us, showing real emotion and thoughtfulness. To me, having never experienced a Play Box full of health-related items before, the reaction of this child together with the analysis of their own experience showed me just how significant health-related play can be. Health-related play not only supports cognitive development, but also emotional development and the processing of different emotions to cope with the experiences of children and young people.

“The Play Box was left with the college for two weeks for each class to experience all it has to offer and reap the benefits of health-related play!”

Commenting on the visit Head of Junior School and Nursery at Hamilton College Mrs Jenny Paterson said “Our annual Health Week initiative incorporated a particular focus this year on children’s awareness of Getting it right for every child (GIRFEC) and what that means for our learners, day to day in the school environment. As part of our Health Week programme

“ **Play and recreation is essential to the health and wellbeing of children. Play promotes the development of creativity, imagination, self-confidence, self-efficacy, as well as physical, social, cognitive, and emotional strength and skills.** ”

– UNCRC, GENERAL COMMENT 17



of activities, Children’s Health Scotland visited and provided workshops for our younger learners, focusing on learning and expressing themselves through play using the tactile resource of a playbox. Teachers of our upper Junior School learners used the Children’s Health Challenge resource from Children’s Health Scotland to raise awareness of their health rights and promote wellbeing in a fun and informed way. The feedback given by our learners gave a clear ‘thumbs up’ for the workshops and resources from Children’s Health Scotland, thank you.”

If you would like us to get involved with your health weeks or event then please email [enquiries@childrenshealthscotland.org](mailto:enquiries@childrenshealthscotland.org).



**BOOK NOW**  
**£97.61 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.

**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.

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.**

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

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

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

## JOIN THE WORKSHOPS

We have six exciting and informative workshops which will be running twice during the conference. Delegates can pick one workshop for the morning and one workshop for the afternoon:

**Compassionate Care by the Care Inspectorate**

**How Play Supports Mental and Physical Health by Play Scotland**

**Story Play for Health by Children's Health Scotland**

**Self-Management Services for Young People by Children's Health Scotland**

**We Are Whole People by The LUNA Project**

**Listening is a Radical Act in a Culture that Focuses on Children's Behaviour by Dr Suzanne Zeedyk**

## MEET THE 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.

We are incredibly excited to welcome the organisations who will be attending the My Health, My Rights Conference to exhibit their valuable work. We only have a few exhibitor spaces left, so look out for these organisations closer to the date!





# Health, rights and play delivered through FLOURISH

**Just before lockdown Michelle Wilson, who works in our Children's Health and Wellbeing Services based in Tayside, partnered with Salma Hanif Gani, the Family Learning Project worker at the Dundee International Women's Centre (DIWC) to develop FLOURISH – a five-week Programme that looks at health, rights, responsibilities, play, and parenting. Michelle tells us more about the FLOURISH Programme and our work with the DIWC that seeks to engage, educate, and empower women from diverse ethnic and cultural backgrounds.**

*"It was fun delivering the FLOURISH Programme with the DIWC and each week we had some alone time with parents and some joint time with the children. The Programme was a collaboration of work we had done together in the past combined with health, rights, responsibilities, play, and parenting and I used discussion, cooking, and crafts whilst we all embraced fun and learning together.*

*"I was there to work with the group, listen to them and hear their thoughts and feelings about health and wellbeing so I was a little disturbed when, on one of the programmes, I learned that dentists were not able to see young children as they didn't have capacity as they tried to get through their backlog. I took this issue back to one of the paediatric dentists at the dental hospital that I have worked with in the past and a special clinic has now been running to meet this need.*

*"I think one of the real benefits of the FLOURISH Programme is that it is provided in a comfortable space which is culturally sensitive to different needs, helping to break down barriers to participation. The Programme mixes relaxation time for parents with information around healthy living, health and wellbeing, and development through play. Some of the women who come to centre are isolated, English is often their second language, and it can be hard to communicate with their children's school or health professionals. By attending the FLOURISH Programme, they benefit from an extended social circle, more confidence in knowing health rights, and knowing the right questions to ask different people. I also learn a lot about how health services work in other countries and was able to take the time to explain the differences here in Scotland and how services work here. There were six sessions in total and most of all we had fun.*

**Session 1** We made hidden vegetable sauce pizzas and spoke about how to access the dentist, and how healthy start vitamins work. We read going to the dentist.



**Session 2** We made healthy snacks, created two different kinds of energy balls and sang nursery rhymes. Head Shoulders Knees and Toes became a firm favourite. We discussed weaning and types of formula. Again, we spoke a little more about Healthy Start Vouchers and discussed how much milk children should have and how you can count it in things like cheese sauce.



**“Amazing session, my daughter loved making the energy balls, we made them again at home with my other children.”**  
PARENT

**Session 3** Turned out to be International Women's Day so we made some salt dough shapes and had a chat about routines for children at different ages and stages. For example, how to set boundaries especially at bedtime and combining it with a good routine. But then the Army turned up with their ambulance and we all had some fun taking photos and playing on the ambulance.



**Session 4** We painted our salt dough which we had made the previous week and tied string and ribbon to our shapes to hang up. Some of the children and mums were sending them to family as gifts. We discussed using the GP and Pharmacist minor ailments service and shared where locally we can use Health Start Vouchers/ Card. We then read the Hospital Dog and of course, sang Head Shoulders Knees and Toes.

**“I learnt how to make healthy but naughty treats for my whole family, yummy.”**  
PARENT

**Session 5** We made grass heads and did a big painting collage of a tree with our handprints. We spoke about how to fit in fun activities for different ages in the family and how to involve children in fun ways with everyday activities like singing silly songs as we do the housework or having fun with cardboard boxes.



**Session 6** This was a little extra session and we made chocolate crispy nests with little yellow chicks as it was just before Easter and Ramadan. We sang a lot of nursery rhymes and played together before saying goodbye to each other.”

If you would like to find out more about the FLOURISH Programme then please contact Michelle Wilson, [michelle.wilson@childrenshealthscotland.org](mailto:michelle.wilson@childrenshealthscotland.org)





# Transitions Bill for disabled children and young people introduced to Scottish Parliament

**P**am Duncan-Glancy MSP's Disabled Children and Young People (Transitions to Adulthood) Bill is now formally before the Scottish Parliament. The Bill as introduced aims to improve opportunities for disabled children and young people as they grow up. This Bill considers children to be under 18 and young people to be between 18 and 26.

Pam Duncan-Glancy MSP introduced the Bill because she thinks disabled children and young people need extra support to help them transition to adulthood. This will help them have the same opportunities as other children and young people. The Bill would require:

- the Scottish Government to have a strategy explaining how they are going to improve opportunities for disabled children and young people
- a Scottish Government minister to be in charge of improving opportunities for disabled children and young people moving into adulthood
- local authorities to have plans for each disabled child and young person as they move into adulthood

The Bill will now go through the usual Scottish Parliament process, including being scrutinised by committees and voted on by MSPs. This process can take around a year to complete. To find out more about the bill <https://www.parliament.scot/bills-and-laws/bills/disabled-children-and-young-people-transitions-to-adulthood-scotland-bill-session-6/introduced>



## Update on hepatitis in young children in Scotland

Public Health Scotland is asking parents and caregivers to continue to be vigilant about hand and respiratory hygiene, particularly the supervision of handwashing as investigations into a rise in cases of sudden onset hepatitis (liver inflammation) in children aged 10 and under continue.

If a child shows signs of jaundice, where the skin has a yellow tinge and is most easily seen in the whites of the eyes, then parents should contact their GP or other Health Care professional. Dr Jim McMenamin, Head of Health Protection (Infection Services), Public Health Scotland said: "I strongly encourage parents and

others taking care of young children to be vigilant about hand and respiratory hygiene. Where possible make sure that young children wash their hands frequently. Parents should contact their GP or other healthcare professional if they notice signs of jaundice in their child. The symptoms to look out for are a yellow tinge in the whites of their eyes or on their skin. Other symptoms can include dark urine, pale grey coloured poo, itchy skin, muscle and joint

pains, tiredness, feeling sick, a high temperature, loss of appetite and stomach pain."



## Love in the care system for children and young people

What do love and relationships mean for children and young people who have care experience? This was the question that resulted in the Love InC Project, a partnership consisting of Aberlour, Includem, and the Centre for Excellence for Children's Care and Protection (CELCIS).

With funding from The Life Changes Trust Workforce Development Initiative, Love Inc has now published its final report which outlines their work, findings, and key messages over the past three years. It narrates the journey of the partnership, reflects learning, and has some important messages for corporate parents in Scotland. The project has explored how we can ensure that loving relationships are able to flourish for children and young people who experience care. The Love InC name was suggested by a care experienced young person and sums up just what the partnership is about – love in the care system for children and young people.



To download a copy of the final report or watch the training video about Love InC, you can visit Aberlour's website [https://www.aberlour.org.uk/love-inc-project-resources/?utm\\_medium=email&utm\\_source=govdelivery](https://www.aberlour.org.uk/love-inc-project-resources/?utm_medium=email&utm_source=govdelivery)





## Celebrating our Young Volunteers for Volunteers' Week 2022

**V**olunteers' Week 2022 is a time to say thanks. Volunteers play a key role in the running of charity work, and Children's Health Scotland is no exception. We are proud to support so many children and young people with health conditions and we feel honoured when anyone of any age and background volunteers and contributes to our work.

Volunteering can be a great way for young people to learn and develop new skills, gain experience for their future and 'give back' to an organisation that has previously offered them support. At Children's Health Scotland we value the contributions that young volunteers can make to our vision, which is for every child and young person

in Scotland to realise their right to best quality healthcare. Not only do they offer their time, support and skills, but they can also provide peer support, which can be invaluable.

Beau has just started volunteering for Children's Health Scotland. He has recently left school and is looking forward to starting college with the hope of eventually doing photography.

Not long ago, Beau participated in our SMS:F2F Programme. This is our in-person programme running in Edinburgh and the Lothians, which supports children and young people with a long-term health condition to cope with their health condition, build confidence and self-esteem and get to know other children and young people facing similar health challenges.

Beau describes himself as being empathetic and he enjoys helping others, so the thought of helping other young people was really appealing to him. Having just completed the SMS:F2F programme himself, Beau knew of the positive benefits, including being able to share his feelings and meeting others who understand what it's like living with a long-term health condition.



Children's Health Scotland

Knowing what to expect from the sessions assisted Beau to actively contribute to discussions and share his own experiences and thoughts, which in turn helped others in the group to participate and share. Talking about your health condition isn't easy, so having a positive role model in the group has been so incredibly helpful.

Beau feels that as he is 18 years old, members of the group can relate more easily to him and can share common experiences. Beau is also keen to help the group members socialise, as that can sometimes be tricky when you are in a new group, and you don't know anyone! This helped to ease the process for the children and young people attending the sessions and allowed them to settle and become comfortable with one another more easily.

By becoming a Children's Health Scotland Volunteer, Beau is hoping that this will help him to continue to grow his confidence and self-

esteem. As time goes by, he is looking forward to getting more involved in the sessions and contributing his experiences and thoughts more in the delivery of the SMS Programmes.

We are so grateful for the time and energy young volunteers, like Beau, bring to the organisation, helping us to deliver our services for children and young people all across Scotland!

To find out more about Volunteers' Week visit <https://volunteersweek.org/>

There are several ways you can help as a volunteer with Children's Health Scotland.

- You could help in the running of our charity by joining our Executive Committee which meets every six to eight weeks in Edinburgh.
- You may be able to help publicise and promote our work by staffing stalls at conferences and other events.
- You may have experience of our healthcare system as a parent, patient or as a healthcare professional. We are often asked to provide the patient or parent perspective on local NHS committees and groups. You may be interested in representing us on one of these committees.
- You could help by raising funds for Children's Health Scotland, for example, by organising a coffee morning or by organising a local fundraising event.

If you would like to find out more about volunteering with Children's Health Scotland, please visit <https://www.childrenshealthscotland.org/how-you-can-help/become-a-volunteer/>





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

**D**o 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



# Summer Fundraising Ideas

**S**ummer is a great time of year for having fun in the sun and getting together with family and friends. Why not use this time as a chance to fundraise?

## Car Boot Sale

Do you have a garage, loft or cupboard full of things you haven't thought about in years? If you have forgotten clothes, books, toys or anything else you think deserves a new home, try doing a car boot sale or yard sale and donate a portion of the funds raised to Children's Health Scotland. You'll be helping children and young people, decluttering your home, and giving your old items a new owner.

## Tournament

Have a friendly competition this summer! Host a football game, pub quiz, video game tournament or any event you want and find out who's the best. If you charge a fee for entry into the competition and donate the fee to us, then you will be funding our mission while having fun.

## Clean Up your Community

Do you know an area of that neighbourhood that needs some love and attention? Is there a local children's park which is has been overrun by litter or could do with some sprucing up from a budding gardener? If you and other members of your community believe that something should be done, then you can sponsor your hard work and fundraise for us.



## Art Sale

Are you an artist who would like to showcase or sell your art while supporting our cause? You're not alone if you decided to learn a new art of craft over the pandemic lockdown. If you would like to share your art with others, you can host an in-person art sale or even create your own Etsy shop and donate a portion of the proceeds to help fund our work supporting children with long-term health conditions.

## Lemonade Stand

What could be more refreshing in summertime than a glass of fresh lemonade? This drink is super easy to make and highly enjoyable when the sun is shining. Consider buying a bag of sugar, some lemons and have a go at making some homemade lemonade

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**.



## Father's Day

Father's Day is just around the corner, on Sunday 19 June 2022. If you don't know what to get for your Dad this Father's Day, or struggle to buy for the Dad who has everything, then please consider donating to Children's Health Scotland. A gift to us will improve the lives of children and young people with long-term health conditions across Scotland. You can also donate a gift in remembrance of your Father to honour his life. We are immensely grateful and touched when we receive a gift in memory of a loved one.

## Facebook Fundraisers



We are incredibly grateful to every one of our supporters who donates to our work and follows our cause. We would not be able to continue our mission to support children and young people with health conditions without your help. Together, we can make Scotland a better place for children and young people!

One fundraiser who we would like to thank is Rebecca Caroline, who raised a fantastic £140 for Children's Health Scotland in her Facebook birthday fundraiser. Seven of her friends donated to her fundraiser in January 2022, beating her initial £100 target. £140 can go towards four Home Packs full of resources, a therapeutic toy and a book for four children who we support. Thank you so much to Rebecca and friends for



making a difference.

If you've been inspired by Rebecca's fundraiser, then consider creating your own. You can create a Facebook birthday fundraiser when your birthday is coming up as a way to let friends and family celebrate

with you. You can also support us on Facebook at any time by creating a charity or personal fundraiser. Facebook does not charge fees for donations to charities so every penny you donate will directly help us.





Children's  
Health Scotland



# SCOTTISH CHILDREN'S HEALTH WEEK 2022 SAVE THE DATE

5-11 September 2022

#myhealthmyrights

#bemorebear



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