



Children's
Health Scotland



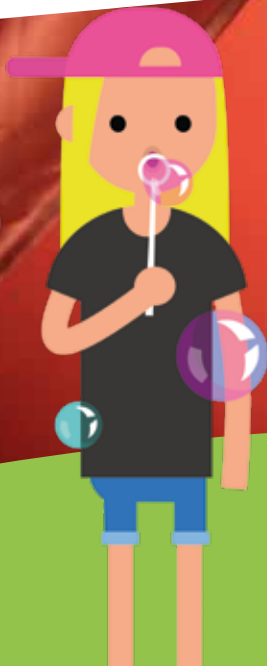
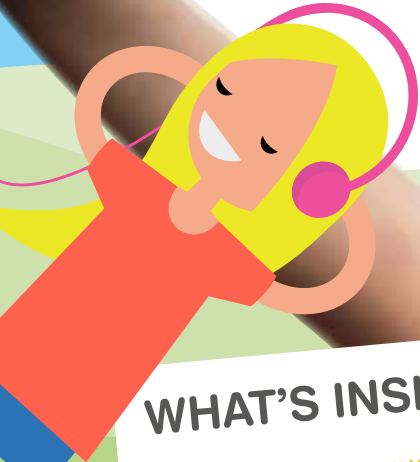
FABULOUSLY FUN FUNDRAISING IDEAS

We need your help to support
children and young people
with health conditions.



WHAT'S INSIDE:

- ★ THREE WAYS TO SHOW YOUR SUPPORT
- ★ CUSTOMISABLE FUNDRAISING PLANNER
- ★ SEVEN INSPIRING IDEAS
- ★ YOUR VERY OWN CERTIFICATE



WE CAN ONLY DO, WHAT WE DO, BECAUSE OF YOU

Every penny really does count in helping us to change the lives of children and young people, especially those with underlying health conditions.

COVID-19 has brought challenges and changes to our lives. The health and wellbeing of children and young people are being affected like never before, especially those who were already struggling with underlying health conditions.

We need your help so we can be there to support the children, young people, families, and carers who need us most. Many are vulnerable, facing challenges of loneliness, isolation, poverty, and underlying health conditions. We have thought of some fun and fabulous fundraising ideas to get you started and we would love to hear from you if you would like to support us.

Together we can make a lasting difference to their lives.

THREE ways to show your support:

1. Choose us as your charity of the year

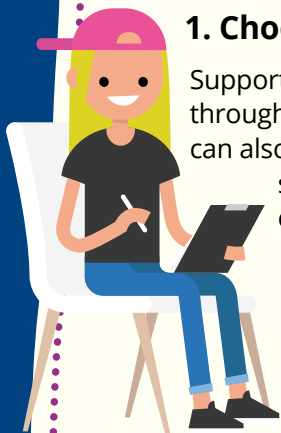
Support Children's Health Scotland with events and activities throughout the academic year to show your school's support. We can also provide some fabulous fundraising resources such as stickers, collection tins, workshops, lesson ideas, and certificates.

2. Take part in Scottish Children's Health Week

Every year in September, we host our annual awareness week. This week is the perfect opportunity to learn more about what we do, get involved, and fundraise for us!

3. Request a school visit from the charity

We provide workshops on health rights and health-related play. Both empower children and young people to know their rights and can help them to manage their feelings and prepare them for medical appointments, dental appointments, or hospital procedures. It can also really help families and carers to better understand the needs of children and young people with health conditions and strengthen relationships.



WHAT'S YOUR PLAN? LET'S GET TO IT 😊



My name is...

I am going to...

When and where...

I will raise... £

Draw yourself doing the activity below!



Create an online sponsorship page

Go to www.justgiving.com and choose "Start Fundraising" to create your sponsorship page. Search for Children's Health Scotland (SC006016) and start filling your page. It's quick, easy and can boost your fundraising efforts.

Paying it in

Once you have collected your sponsorship money, please return the sponsorship form with your donations as a cheque made payable to Children's Health Scotland to:
**Children's Health Scotland, 22 Laurie Street,
Edinburgh, EH6 7AB**

Any Questions?

Chat to Esther on **07483 230577** or email Esther at esther.bates@childrenshealthscotland.org

**Or send
your
donations
by scanning
the QR code**



INSPIRING IDEAS

We need your help so that we can be there for children and young people and their families or carers. *Could you help by taking on one of our challenges and asking friends or family to sponsor you?* Every penny you raise helps us work to ensure that every child receives the best healthcare possible.

BE ACTIVE

Remember that being active isn't just about feeling better, it's also about having fun! What fun activities could your class organise? You could go on a sponsored walk around the playground, or set up an obstacle course or race. You could even have a special Sports Day!



BE BRAVE

Calling all superheroes! Your class could take part in a "Dress Like a Superhero" day. Remember that not all superheroes wear capes – maybe your superhero is a nurse, a fireman, or someone in your family.



BE CALM

Has your class ever taken part in a read-a-thon? Could you challenge yourself to see how many books you can read in one afternoon? Give it a try and feel calm and relaxed while you learn new things & fundraise!

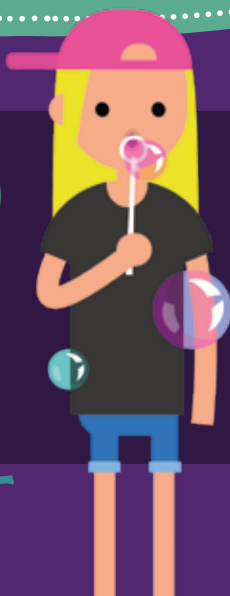


BE HAPPY

Dancing to some happy music always makes us feel better! Put on your dancing shoes and have a dance-a-thon in class to all your favourite songs in a fun challenge that will keep you smiling.



EVERY PENNY COUNTS



£1



£1 pays for a Tip Card Pack – a set of 10 pocket sized tip cards for children and young people that explain health services and a child's right to the best possible health.



SAVE THE DATE

Every year in September, we host our annual awareness week: Scottish Children's Health Week.

This week is the perfect opportunity to learn more about what we do, get involved, and fundraise for us!

If you would like to learn more, visit the "Events" section of the Children's Health Scotland website.

BE FRIENDLY

Get together with your classmates for a Teddy Bears Picnic! You could have your picnic in the classroom or playground. Bring your favourite teddy bear and some tasty snacks and enjoy your picnic with your furry friends.



BE KIND

There are so many ways to be kind to others. Why not cheer someone up with a sweet treat? Work together to organise a bake sale at your school. You can work together with family and friends to make some delicious cakes and biscuits for the event, and by kindly donating the money raised to Children's Health Scotland you'll be supporting the health and wellbeing of other children and young people around the country.



BE HELPFUL

Do you like to help out at home? As your fundraising challenge, you could offer to help with the washing up, or any household task that you can, for one week. Not only will you be supporting Children's Health Scotland, but helping those around you as well!



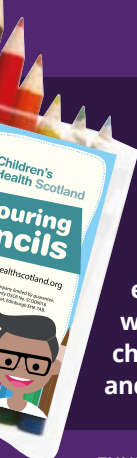
DO YOU HAVE A FUNDRAISING IDEA?

We hope our challenges have given you some ideas – but do you have your own idea that could raise money to support Children's Health Scotland? We'd love to hear from you! There are so many ways to fundraise and help us make sure that we can be there for all the children and young people who need us. Whatever you decide to do, we're here to help however we can, so get in touch any time.

£25



£25 pays for a Play and Information Pack for a vulnerable family in Scotland. The pack includes hints, tips and information to reassure and encourage families to use health services together with merchandise, information and activities for children to try, to support their emotional health and wellbeing.



FUNDRAISING PACK

£50



£50 pays for a Home Pack sent to a child or young person who is referred to our Self-Management Services Programme or to a Foster or Kinship Carer before a workshop. The pack includes merchandise and play materials to support the emotional health and wellbeing of children and young people.



Expertise and Information

It can be a worrying time when a child or young person is unwell, and it is not always easy to find the information you need. We help by:

- Listening to you; providing support and information when you need it the most.
- Finding the right services for you.
- Providing information about your healthcare rights and responsibilities.
- Helping children and young people to learn about their healthcare rights to help with decisions about treatment and care.
- Helping children and young people to cope with illness or a long-term condition.



Resources

We have a range of **FREE** resources for parents and carers which can help prepare children for health treatments. These include:

- Parent/carer packs.
- Fact sheets on how to help children cope with pain, needles, dental treatment, staying in hospital.
- Loan of health-related play materials.



Funding

The services we deliver to support the health and wellbeing of children and young people in Scotland are **FREE** thanks to the funding we receive from Trusts and Foundations, some of which are shown below. We are extremely grateful for this funding.



We offer a range of children's health and wellbeing services focused on five key areas:



1. Expertise and Information

We offer support and guidance over the telephone and have a range of information packs, educational resources and activities on the health and wellbeing rights of children and young people.



2. Voice

We are the national voice for children and young people, promoting the universal recognition of the healthcare needs and rights of all children and young people and their families.



3. Improving Life Experiences

We offer 1:1 sessions in primary and secondary school settings, or online, focusing on health and wellbeing issues and promoting skills and coping strategies.



4. Training and Resources

We offer training to support those working with children and young people. We also offer group programmes to build confidence and connections with other children and young people.



5. Health-Related Play

We offer health-related play sessions and workshops. More than just a chance to have fun, play is serious business when it comes to children's health and health-related play can help children physically, mentally and emotionally.



Children's Health Scotland has play boxes with realistic dressing up clothes, that cover a wide range of medical professions, and toys which enable play around medical themes. Play is serious business when it comes to children's health, and health-related play can help children physically, mentally and emotionally. This meets with UNCRC Articles 4 ***Time for play, recreation, and education***; 5 ***Family guidance as children develop***; and 31 ***Rest, play, culture, arts***, and EACH Article 7 ***Children shall have full opportunity for play, recreation and education suited to their age and condition and shall be in an environment designed, furnished, staffed and equipped to meet their needs.***





THANK YOU

for raising money for Children's Health Scotland.
We raised

£



to support their work to
help children and young
people with long-term
health conditions.



Find us on:



Registered office:

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 enquiries@childrenshealthscotland.org

 www.childrenshealthscotland.org

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Scottish Government
Riaghaltas na h-Alba
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