

Spring 2023



# Children's Health Scotland

## Making Magical Memories

Pages 4 - 11



**SAVE THE DATE**  
Scottish Children's  
Health Week  
4-10 September 2023



Scottish  
Children's  
Health Awards –  
Pages 12 - 13



# What's Inside:

## 3 Save the date for Scottish Children's Health Week 2023

4-10 September 2023

## 3 My Health, My Rights Campaign

We're planning the launch of an exciting campaign.

## 4 A super busy start to the New Year

Read more about our Children and Young People's Health and Wellbeing Team and their fantastic start to the New Year.

## 6 SMS:HUB on ICE

Rhianne Forrest shares her story of Lidl on Ice with our SMS Hubbers.

## 8 Working to support the right of every child to the best possible health

Find out more about our SMS:F2F Programme and the difference it makes to children and young people.



## 10 Little Jars of Joy

Making a gift that just keeps on giving.

## 12 Nominations open for the Scottish Children's Health Awards 2023

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

## 14 Are you entitled to extra financial support?

There are a wide range of benefits and services available to make things a little easier.

## 16 Creating an environment centred around children's rights

Children and Young People's Commissioner Scotland praises the work of the Rights of the Child Group.

## 18 Youth Navigator

Helping young people meet their rights

## 20 Understanding trauma needs big hearts

Anne Wilson and Sarah Nelson tell us more about the workshop they delivered in partnership with Big Hearts and the Kinship Care Advice Service for Scotland.



## 22 Do Good, Feel Good

Could 2023 be your opportunity to do something completely new for charity?







# SAVE THE DATE FOR SCOTTISH CHILDREN'S HEALTH WEEK 2023!

## 4 – 10 September 2023

**P**lans are well underway for our next Scottish Children's Health Week. Are you ready for another fun-filled week of events, guests, and more? As always, we will be releasing our annual Scottish Children's Health Week Activity Book which is jam-packed with seven days of creative health and wellbeing activities for children and young people of all ages.

So, remember to put the date in your diary and join us to take part in our next Scottish Children's Health Week, from 4 – 10 September 2023! Please get in touch if you would like to receive activity books for yourself or the children and young people you work with.



## My Health, My Rights Campaign

**B**ased on our highly successful #MyHealthMyRights activities last year, Bear is now helping us plan a whole My Health, My Rights Campaign that will be launched later this year. The campaign will have a strong focus on the health and wellbeing of children and young people and their right to the best possible health, whilst promoting information and services available to children, young people and those who love and care for them, provided by both us and our friends across Scotland.

*"The principles of human rights underpin our work and as the leading children's health charity in Scotland it is our business to empower children and young people with rights-based knowledge to support their health and wellbeing," says Helen Forrest, Chief Executive of Children's Health Scotland. "All rights are connected; they are all equally important and they cannot be taken away from you. We understand that a human-rights based approach is intrinsic to actions to improve mental health. With the help of the young people we support we are now putting the finishing touches to our exciting campaign that will spearhead the launch of Scottish Children's Health Week 2023."*

Please stay tuned in to our website, social media and other digital and printed publications to learn more about the upcoming campaign.

**#MyHealthMyRights #HealthRightsAware**







# It's been a super busy

**W**ow, what a fantastic start we've had to the New Year. We've already completed two Face-to-Face Self-Management Skills Programmes (SMS:F2F), one SMS:WhyWeight Programme, and we are now just finishing two SMS:CONNECT (our online Programmes). Children and young people from across Scotland have joined us for our Self-Management Skills (SMS) Programmes, learning new skills and building friendships which will last a lifetime.

This year, in addition to our usual mix of skills and techniques to support selfcare, relaxation, mindfulness, confidence and self-esteem, we are also excited to have now worked with partners such as St Andrew's First Aid, The LUNA Project, Relax Kids and the Teapot Trust.

Within our Children and Young People's Health and Wellbeing Service, we ensure that children and young people taking part in our Programmes leave knowing more about their health rights and feeling empowered by them. We discuss the European Association for Children in Hospital Charter, known as the EACH Charter, which sets out the ten healthcare rights that children and young people have.

To do this, we play team games and host quizzes with the young people focussed on the ten articles of the EACH Charter. This is a great way to learn about children's rights as it allows the young people to discuss how much impact each right has on them.

During our Programmes we are particularly interested in the positive or negative experiences a young person may have had regarding an EACH Charter right and if they thought knowing about their rights in the future would make a difference.





# start to the New Year



Health rights and how to take more control over your health and wellbeing are firmly embedded in our SMS Programmes and we've already had excellent feedback from the children, young people, and their families. One family has asked us if there was any way we could extend the programmes as her child has finally found somewhere she is understood – where she has flourished and had the chance to be with other children who are living with health conditions. This is definitely something for us to think about as we move forward.

We've also now started our first SMS:CONNECT and SMS:WhyWeight Programmes of the year, the latter of which is delivered online in partnership with the dietetics department of NHS Forth Valley. As with all our Programmes they change slightly each time we run them based on feedback from young people and our young volunteers.

We have really enjoyed meeting all the children

and young people who have so far joined one of our Programmes. We first meet them at a one-to-one meeting just before the Programmes start where we get to know them and ask what they would really like to achieve from being with us. We then work alongside them to achieve their goals. With their help our Programmes are always developing and remain a mix of play/games and expanding young people's knowledge and confidence about their health and their health rights.



Two SMS:HUBs have now been delivered online. These are online group sessions for those who have completed one of our Programmes and they are a great opportunity for everyone to catch up with each other and have some fun. Of course, we also sprinkle in a little top-up of practical self-management skills. We have shared in our magazine one of the activities we did at a recent SMS:HUB, so we hope you give it a go too.

It's been a busy start to the New Year but that's just how we like it. If you have any queries about our service or SMS Programmes, please get in touch with us. We enjoy meeting new friends, and our service is open to all children and young people with a health condition who may need our help.

**EACH** ★★

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[michelle.wilson@childrenshealthscotland.org](mailto:michelle.wilson@childrenshealthscotland.org)

[www.childrenshealthscotland.org/self-management-service-interest-referral-forms/](http://www.childrenshealthscotland.org/self-management-service-interest-referral-forms/)







# SMS:HUB on Ice! the STV Children'

**O**n Sunday 4 December 2022, Rhianne Forrest from our Children and Young People Health and Wellbeing Services, went to Lidl On Ice, with some of the children and young people who attend SMS:HUB, our monthly Self-Management Skills social sessions. Everyone was incredibly grateful to the STV Children's Appeal and Lidl for gifting us free tickets. It was wonderful to meet up in person and see the magic of the festive Edinburgh City Centre.



We all arrived at 10am excited for our session and it was a real treat to be able to spend time together again. Two of our Hubbers Katie and Sonya wrote about their experience of the event and here is what they had to say!

**“My name is Katie and I used to go to SMS:F2F (face-to-face) and now I do the monthly online SMS:HUB. Children's Health Scotland gave me and my mum free tickets for Lidl on Ice. I had so much fun, and it was great to have some time with just me and my mum. It was my first time skating in a while, so I was worried I might fall, but I managed to stay upright the whole hour! My mum and I had a lovely brunch afterwards. Thank you so much SMS for everything, I had such a lovely time.**

**– Katie**



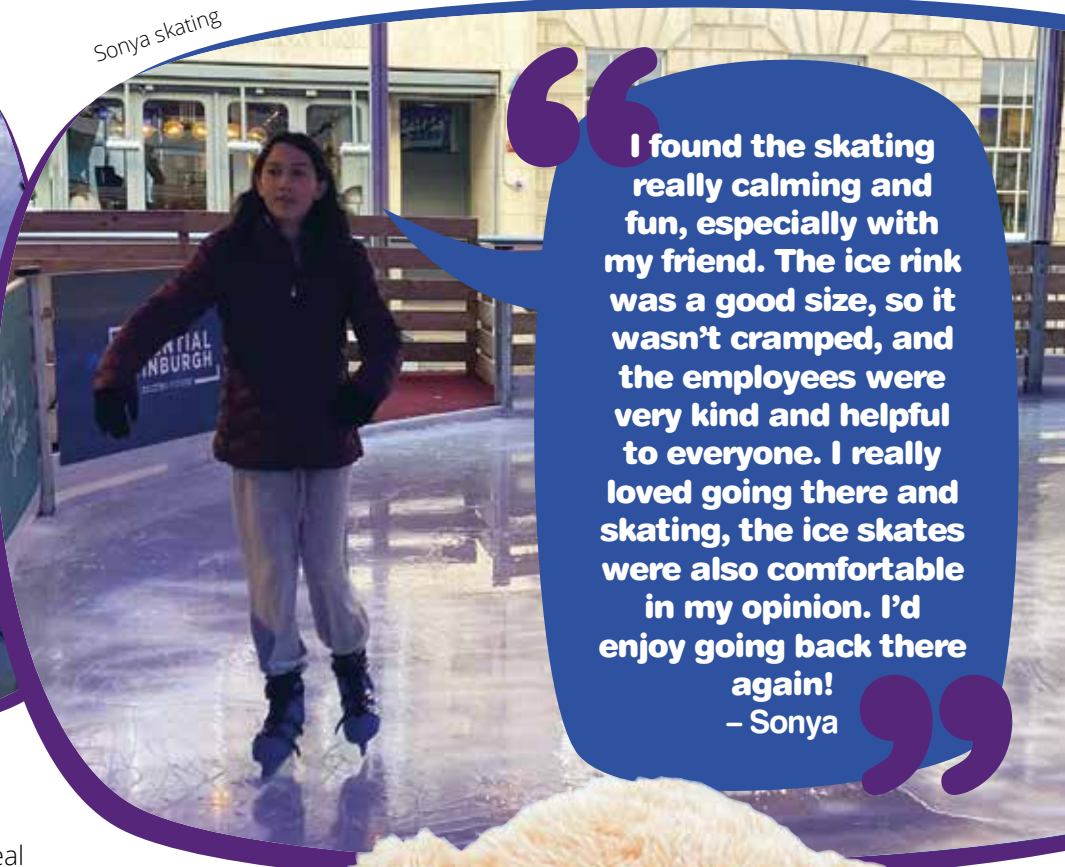


# Thanks to STV Children's Appeal and Lidl



Katie and Bear

Sonya skating

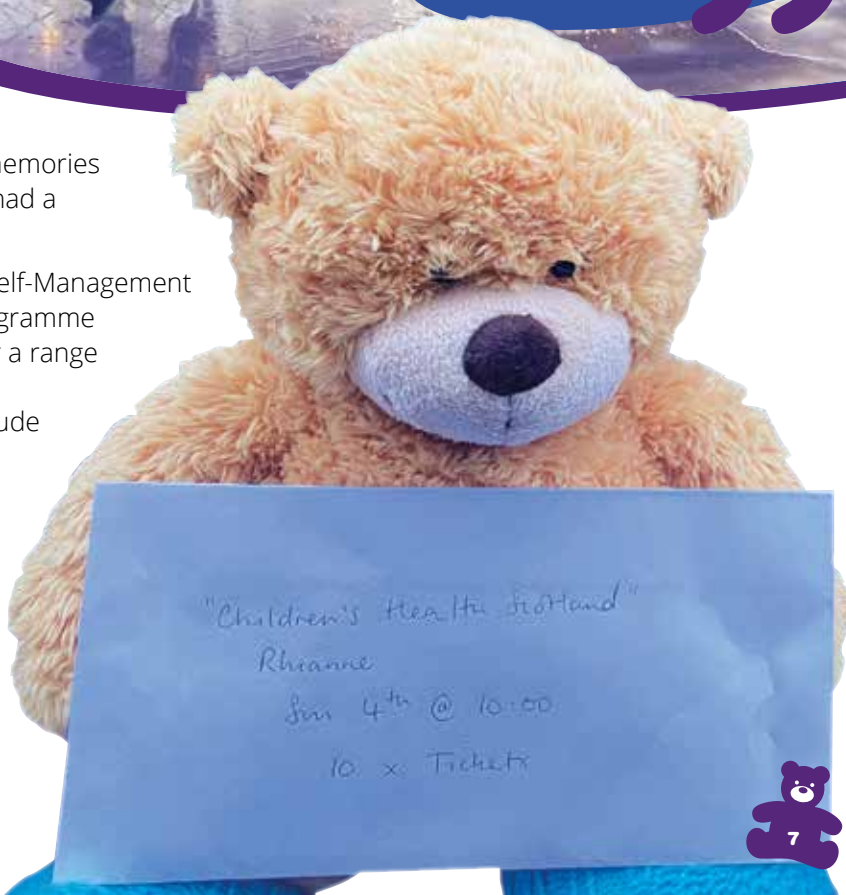


I found the skating really calming and fun, especially with my friend. The ice rink was a good size, so it wasn't cramped, and the employees were very kind and helpful to everyone. I really loved going there and skating, the ice skates were also comfortable in my opinion. I'd enjoy going back there again!  
- Sonya

What magical memories we were able to create! We'd like to thank Emma from the STV Children's Appeal for offering us the free tickets and to Lidl for providing them. You've given our Hubbers great memories with their friends and families. Bear and Rhianne had a wonderful time too!

If you would like to make a referral to any of our Self-Management Skills (SMS) Programmes, please visit our SMS Programme pages to learn more and make a referral. We offer a range of services to support the health and wellbeing of children and young people in Scotland. These include SMS:F2F (face-to-face Programmes which takes place in Edinburgh), SMS:CONNECT (our online Programmes which can be joined from anywhere in Scotland) and SMS:HUB which are monthly support and social sessions for those who have previously attended SMS Programmes.

Please visit [www.childrenshealthscotland.org/service/chwbs](http://www.childrenshealthscotland.org/service/chwbs) for more information.



"Children's Health Scotland"  
Rhianne  
Sun 4th @ 10:00  
10 x Tickets





# Working to support child to the best po

**‘She’s really enjoying the face-to-face sessions and it’s great to see her happy and looking forward to Saturdays!’**

**- Mum of 15-year-old**

**We’ve just completed our first Self-Management Skills Face-to-Face (SMS:F2F) Programme of the year and it has been amazing. Through fun filled activities our children and young people have been coached on developing self-management skills that will remain with them throughout their life.**

During our Programmes we focus on self-management skills that help with emotions, self-care, relaxation, communication, and self-esteem whilst also learning about health rights. The Programmes always start with the delivery of home packs that support health and wellbeing, and during the Programmes more resources are added for the children and young people to keep at home.

Our first Programme of the year consisted of six fun filled Saturdays at the Eric Liddell Centre. From 14 January – 25 February, Eilidh, Rhianne, Conor, Michelle and Bear loved getting to know all the children and young people and the partners who made this Programme so memorable. We worked with some wonderful partners, and we’d like to say a big thank you to St Andrew’s First Aid, The LUNA Project, Relax Kids and the Teapot Trust for working with us to create such a jam-packed six weeks of laughter and learning. Knowing your health rights and the EACH Charter are always at the heart of our Programmes and our partners are carefully chosen to deliver activities with our children and young people which will support their health and wellbeing.



**St Andrew’s First Aid** is committed to teaching all people in Scotland lifesaving first aid skills. They believe that working with children and young people encourages the development of a lifelong understanding of, and value for, first aid. During their time with us they taught essential lifesaving skills whilst telling us all about first aid kits and how to bandage a broken arm.



**The LUNA Project** is a charity that seeks to support and raise awareness of young people with chronic illnesses, disabilities, and long-term health. They worked with our 13 -17 group of young people discussing what it feels like to be a young person living with a health condition in Scotland and how to talk to others about it.





# the right of every possible health

## Relax Kids

supports the mental and emotional health and wellbeing of children and young people, with a range of tools and techniques to help calm their body and mind and build confidence and self-esteem. Amy from Relax Kids is one of our long-term partners and our children and young people really enjoyed learning new techniques that they can practice at home to support their health and wellbeing.



relax Kids



The **Teapot Trust**, provides transformative art therapy which supports children and young people living with chronic conditions. We all enjoyed a fun filled session learning more about the benefits of art therapy and self-care.

*'I've really loved the partners coming in and I like that I've gotten to know more people and know of more support out there.'* 16-year-old

*'I really liked St Andrews First Aid, it made me feel more confident and I even came home and showed my mum what we had learned with the bandages!'* 10-year-old

At the end of all our Programmes we host a Celebration Event which is all about honouring the hard work and fun that we've had during the six weeks. These Celebration Events are always unique to each group, and they allow us to reflect on how much has been achieved and the friends we've made. It's always a great time to share ways to keep in contact with one another and then we invite the children and young people to join our SMS:HUB which runs online once a month. From quizzes on health rights to Bear power poses, our SMS Programmes the SMS:HUBs are great to keep us all connected.

*'It's just been really good, I wasn't too sure how I'd feel about it but now I look forward to it every week. I'm going to be sad when it's over and I've made a lot of friends. I really like hanging out with all of you too and I just don't feel so alone anymore.'* – 12 year old

*'Thank you to everyone for their hard work on Saturday. He was a little nervous at first but told me how much he enjoyed it.'* – Gran of 11 year old

Our next SMS:F2F Programme will start in September and we take self-referrals too. So, if you feel you'd like to come along and join in on the fun then refer today!

We would like to give a special thank you to our generous funders who make our SMS:F2F Programmes possible. These include The National Lottery, BBC Children in Need, The Robertson Trust, St James's Place, The Stafford Trust, and The Barratt Foundation. Their funding allows us to reach children and young people with health conditions in Scotland.

## THANK YOU!

**BBC**  
CHILDREN  
IN NEED

**COMMUNITY**  
FUND

**The ROBERTSON**  
Trust 60 YEARS

**St James's**  
Place

**The Stafford**  
Trust

**THE BARRATT FOUNDATION**





# LITTLE JARS



## THE RIGHT TO PLAY

Article 31 of the United Nations Convention on the Rights of the Child (UNCRC) says that children and young people have the right to have fun in the way they want to, whether by playing sports, watching films, or doing something else entirely. They have the right to rest, too. We deliver health-related play sessions and if you would like to know more about them please give us a call on **0131 553 6553** or email [enquiries@childrenshealthscotland.org](mailto:enquiries@childrenshealthscotland.org).

**F**or our first SMS:HUB of the year, we wanted to give our children and young people a gift that they could add to throughout the year, and then finish in December.

Many people think of the New Year as a clean slate, and a chance to improve aspects of your life. This means that we are often glad to say goodbye to the previous year. However, we think that every year should be filled with some happy memories and grateful moments! This was the thinking behind our SMS:HUB in January!

**“ Every day may not be good, but there is good in every day. ”**

We introduced our HUBBERS to something we like to call – Little Jars of Joy!

We began by sending each child and young person an empty plastic jar, and some plain strips of multicoloured paper. This would begin their Jar of Joy journey.





# OF JOY

**Making a gift  
that just keeps  
on giving**

## HOW TO MAKE YOUR JAR OF JOY



**S**tarting a Jar of Joy is an amazing way to choose happiness and build a positive mindset. The hope is that when our children and young people have a positive experience or a moment of happiness, they will write this down on paper and add it to their jars. Then, at the end of the year, we can open our jars together and remember all of the good things that have happened throughout 2023.

### Instructions

- 1 Take one strip of paper (the colour doesn't matter but you may want to colour code your jar – yellow = grateful moment, purple = happy moment, for example).
- 2 Take a quiet moment and think of one thing that has happened recently, the past week or the past month, that has made you smile.
- 3 Once you have your smiley moment, write it down on the strip of paper.
- 4 Now, fold the paper (any way you like) and place the paper into the jar.
- 5 Next, take another quiet moment to think of one thing that you are grateful for, this can be big or small.
- 6 Choose another strip of paper and write down your grateful moment.
- 7 Then, fold the strip of paper and place it into the jar.
- 8 Now, we will take our last quiet moment, and think of something that made us laugh, in the past week or in the past month.
- 9 Write this funny moment down on a new strip of paper, fold it up, and place it into the jar.
- 10 Finally, if you want to you can continue to think of recent positive moments to write down and put into the jar: happy moments, smiley moments, grateful moments, funny moments, kind moments etc.



# Nominations now open for the Scottish Children's Health Awards 2023

**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 14 July 2023 to nominate someone special. The award categories are shown on the opposite page. We also have a **Lifetime Achievement Award** which isn't listed as this award is not open to public nominations. The award 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 their awards. The winners will be



revealed during Scottish Children's Health Week on 4 - 10 September 2023, so save the date! 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](http://WWW.CHILDRENSHEALTHSCOTLAND.ORG/EVENTS/AWARDS)** TO FIND OUT  
 MORE INFORMATION ON EACH AWARD AND TO MAKE YOUR NOMINATION

# Are you entitled to extra financial support?

**M**oney (or lack of it) can be really stressful to deal with, but there is help available. There are a wide range of benefits and services and to make things a little easier, and we've pulled together some of those we think might be of use to you.

- Depending on your situation, you may be able to apply for a grant from a charity, which you won't need to pay back. For example, some charities give grants to people who have a particular disability or illness, some give grants to people because of their job or a job they've had in the past, and others give grants depending on your age or gender. Our friends at Turn2Us have a Grant Finder which you can use to see if there's anything you can apply for in your area. Visit [www.grants-search.turn2us.org.uk](http://www.grants-search.turn2us.org.uk)
- The Government offers many benefits if you have children to look after, including Child Benefit, Child Tax Credit, the Scottish Clothing Grant, and free school meals. Visit [www.gov.uk/browse/benefits](http://www.gov.uk/browse/benefits)

If you have a disabled child you may be eligible for additional financial support to help meet their care and mobility needs:

- The Child Disability Payment (which replaces Disability Living Allowance for Children) can help with their care and mobility needs. Visit [www.mygov.scot/child-disability-payment](http://www.mygov.scot/child-disability-payment)
- You may also be entitled to Carer's Allowance. Visit [www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance)
- If your child is aged 16 or over they may be entitled to Adult Disability Payment. Visit [www.mygov.scot/adult-disability-payment](http://www.mygov.scot/adult-disability-payment)
- You may also be able to get a grant from the Family Fund. Visit [www.familyfund.org.uk/support](http://www.familyfund.org.uk/support)

Applying for benefits if your child is disabled can feel overwhelming at times, so for help and advice call the Money Talk Team ([www.parentclub.scot/articles/getting-support-money-talk-team](http://www.parentclub.scot/articles/getting-support-money-talk-team)) or visit the Contact website ([www.contact.org.uk/help-for-families/information-advice-services/benefits-financial-help](http://www.contact.org.uk/help-for-families/information-advice-services/benefits-financial-help)) for families with disabled children – they also have a helpline you can call.

Your local authority should be able to provide you with an independent benefits adviser who can help you fill in applications for grants and benefits

As well as the above-mentioned benefits, you may be able to receive the Five Family Payments from Social Security Scotland. Visit the website on the next page to learn more.







Social Security Scotland  
Tèarainteachd Shòisealta Alba

# Get extra help to balance your budget

If you get Universal Credit,  
tax credits or other qualifying  
benefits you could be entitled  
to five family payments.



Apply online, by phone or in person.



[mygov.scot/fivefamilypayments](https://mygov.scot/fivefamilypayments)



0800 182 2222



The Scottish Government's new cost of living website provides information  
and support for families [gov.scot/costoflivingsupport](https://gov.scot/costoflivingsupport)



# Creating an Environment Centred Around Children's Rights

**The Children and Young People's Commissioner Scotland praised the work of the Rights of the Child Group at the Royal Hospital for Children Glasgow.**

Staff and associated partners at the Royal Hospital for Children in Glasgow have been praised for their commitment to creating an environment centred around the rights of children and young people. This recognition has come following an official visit from Bruce Adamson, the Children and Young People's Commissioner for Scotland, who was impressed with the ongoing work at the hospital.

During the visit the Commissioner noted a high level of dedication to ensuring that the rights of children and young people are at the heart of the work being done, as well as a real community support feeling throughout the hospital. He said: *"The visit has been absolutely fantastic, there is a clear commitment from everyone we have met, to taking a children's rights approach to the work, that shines through, and that is based on decades of work by the children's rights group and I think that how that manifests is really interesting. Everywhere you go you have got reflections directly of children's voices and then, examples of where those voices have led to change."*

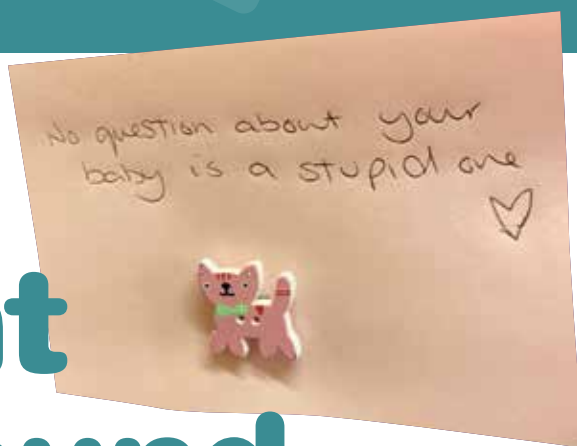
*"I think the impact of that on the health outcomes of children and the experience of children is really key. In human rights terms the focus of health is the highest attainable standard, but the holistic approach to children's rights is really key here so that play is built in with incredible play specialists woven through every aspect of the hospital. Play is obviously a right in itself but the benefits of a play-based approach on mental and physical health, to being able to access education, to being able to link in to respect for family life have a clear impact on having better outcomes for children, so the way that's woven through is really important."*



Dagmar Kerr, our Coordinator within our Children and Young People Health Rights Services, is part of the Rights of the Child Group at the hospital. This group ensures that the European Association for Children in Hospital (EACH) Charter is implemented within the hospital and was responsible for coordinating the visit of the Commissioner.

Jamie Redfern, Director for Women's and Children's Health for NHS Greater Glasgow and Clyde said: *"We were so pleased to welcome the Children's and Young People's Commissioner for Scotland to the Royal Hospital for Children in Glasgow, and I would like to thank everyone who worked so hard to achieve this excellent feedback. The work of our Rights of the Child Group is another excellent example of how dedicated staff work tirelessly to provide the highest standard of care to our patients and their families."*

So, 17 January 2023 was a very exciting day for Dagmar and our mascot Bear, as they took part in the Commissioner's visit and the showcasing of a rights-based approach to the provision of healthcare services for children and young people. Lots of important people took part in the visit, like Directors and Chief Nurses, but the most important aim was to see how children and young people and their families are supported with







a rights-based approach to the provision of healthcare services at the hospital.

The right to the best possible health (UNCRC Article 24) underpins all the work at the hospital and guests were shown some areas where this work was particularly prevalent. For example, the importance of financial information with help on accessing relevant services was highlighted at the Family Support and Information Services. The work of our friends at the Glasgow Children's Hospital Charity was also praised for the 'additional extra' services they bring that make a huge difference to patients and their families.

However, Bear's favourite part of the day was the visit to the Teddy Hospital and Play Team. Play Service Manager Claire explained to everyone how play helps children and young people understand what is going on in hospital. It helps them to be less frightened and cope with hospital visits and procedures. Bear already knew that children have the #RightToPlay (UNCRC Article 31) and the #RightToParticipate (UNCRC Article 12) and absolutely understood how important the Teddy Hospital and the play team are to helping children achieve these rights. In the Day Surgery Unit, guests heard about the award-winning practice to improve fasting times before going to theatre. Ice lollies are part of this practice as they help children to stay calmer and to feel better before and after an operation. The unit also has great ways of supporting children with communication needs and you can read more about it in our summer 2019 edition of our magazine available to download from our website.

Bear could only manage to say 'Wow!' when the group visited the Medicinema and Zone 12+. This is a fabulous space that helps to bring normality to patients who have to stay in hospital for a period of time. It helps them to forget about worries, whilst allowing for family time and a bit of 'normality'. These areas really help achieve some feeling of wellbeing – at least for a while. We were told some stories of families who had used the cinema and how it had allowed them to meet as a family and do 'normal' things when they were going through a difficult time.

Then the group visited the Scanner Room where Bear tried out the toy scanner which helps to share an understanding of what will happen when someone gets an MRI scan. Bear was amazed that they even do scans on small children when they are asleep. This practice is so much better than the need for an anesthetic which would involve other professionals and a hospital admission.

The last department to be visited was the Neonatal Unit. Here we saw how much care is being shown to small babies and their families. Parents have told staff what matters to them and lots of supportive practice and care has been developed from this feedback.

#WhatMattersToYou is asked throughout the hospital and how patients and their families are treated is based on this important question.



Following the visit Dagmar said:

**"I am convinced that our Rights of the Child Group has influenced the culture of the children's hospital in a good way. The rights of children and young people feature everywhere with lots of excellent practice development and I am really delighted that the NHS Greater Glasgow and Clyde Health Board continues to fund our work and my support within this important group."**

# YOUTH NAVIGATOR



## Helping Young people meet their rights

**A**lan Gilmour, Youth Navigator Regional Supervisor, is a member of the Rights of the Child Group at the Royal Hospital for Children Glasgow. In this article he describes the role and aims of the Youth Navigator service. Treating young people with respect, listening to them, and encouraging them to participate in decisions about their healthcare rights which are enshrined in the UNCRC and EACH Charter.



Medics Against Violence's Youth Navigator programme has been operating within Emergency Departments since July 2021. The model was based on the success of the adult service (Navigator) which, having started in Glasgow Royal Infirmary in 2015, has now grown to become a national service. The youth work is currently based in the Royal Hospital for Children in Glasgow, Royal Hospital for Children and Young people in Edinburgh and St John's Hospital in West Lothian. To date, we have supported a total of 507 Young people across the three sites. Dressed in pink, the Youth Workers stand out from the medical team within these departments.

Youth Navigator has a simple and effective aim – to provide support for young people admitted to hospital who need aftercare once their medical needs have been met. The reason for admission is not our primary concern. Our partners within the hospital take care of this. What Youth Navigator seeks to do, is identify issues which may be contributing to these admissions and then look to find appropriate and sustainable support when the young people leave the hospital. We work with these young people within their local community without a set timescale. It takes as long as it takes.

To understand these issues, Medics Against Violence employ qualified

Youth Workers to carry out the Youth Navigator roles.

Adopting a youth work approach, it allows us to develop an atmosphere that young people feel comfortable to share in. And, most importantly the young people develop trust. Within a hospital department, the clinical teams are not afforded the same time as the Youth Workers to develop this connection. This is evident when we compare the referral forms Reason for Referral section with what the Youth Workers learn from the young people as the weeks go on. This vital component of the Youth Navigator work allows the outcomes to be more sustainable. By addressing causes and conditions rather than just the symptoms, the young people have more chance of a lasting impact to their care.







Young people and their parents tell us how this approach has helped them:

**“ I appreciate what you’ve both done for me, giving me someone to talk to and someone who won’t invalidate my feelings and genuinely help me is something I’ve always wanted. Thank you so much for being those people. You really made a difference in my life ”**  
- Young person supported by Youth Navigator

Youth Navigator also believes young people have a right to choose what their journey looks like. We are careful not to prescribe to them. Instead, we look to understand what they would like to do. It is our responsibility to find the services or the people who can meet the needs of the young people. We find this is received well and have been informed on many occasions that being listened to was of great value to the people we support.

Our service generally supports 12-16-year-olds, but we believe an age-appropriate service is more important than the young person’s age. For example, if we receive a referral for someone who is 17 years old, our Youth Workers may well offer support if an adult network is not befitting their needs. On the other hand, if the young person is living more like an adult (independent living, employed etc.) then we may consider a referral to our adult service who have the necessary partnerships to offer appropriate help.

Youth Navigator also protects the privacy of young people. Having someone they can talk to, and trust is vital for the young people we support. We make it clear that confidentiality has the necessary boundaries in place to protect them and others, and they understand this. But knowing they can share things in confidence gives them a reassurance that they can feel safe and can be honest.

The partnerships Youth Navigator has, with the hospitals we work in, creates opportunity for young people to access meaningful supports which are so necessary in tackling the challenges they face today. By working with young people through these difficult times, we have been fortunate to see some amazing transformations.

**“ Thank you for helping me and so many other young people during such mentally challenging times ”**  
- Young person supported by Youth Navigator

**“ Thank you so much, our boy was on really good form the next morning haven spoken to you ”**  
- A parent of a Young person supported by Youth Navigator

**“ Hi, I just got back. I absolutely love it. It makes me so happy ”**  
- Young person describing experience of support pathway



# Understanding Trauma Needs...

In February, Anne Wilson and Sarah Nelson from our Care Experienced Children and Young People Services (CECYPS) delivered a workshop in partnership with Big Hearts and the Kinship Care Advice Service for Scotland (KCASS). Big Hearts is a charity based in Tynecastle Stadium, Edinburgh who have a Kinship Care Programme that offers support to Kinship Carers through groups, coffee mornings and an after-school club for the children. Big Hearts kindly let us use their space to host the workshop and sourced us a delicious lunch.



## Big Hearts







## “ Informative but easy going. ”

By delivering workshops through existing Kinship Care support groups, we can reach some of these informal Kinship Carers but not all areas have Kinship Care Support Groups.

Delivering workshops virtually with KCASS has meant we can reach carers from as far afield as Orkney and Shetland and the Western Isles. However, there are still some barriers to online workshops due to digital access and confidence levels using technology. Delivering a workshop in partnership with KCASS and Big Hearts allowed us to deliver it face-to-face and include carers who were not already part of a support group or known to the local authority.

On the day, around half of the carers were known to Big Hearts and half of them were new faces. Everyone contributed to the workshop discussions enthusiastically, and we received great feedback:

- We asked what they found useful or enjoyable and one carer said: *“The strategies, the course leaders, the other kinship carers and their experiences and the sandwiches!”*
- When asked what they would do differently one carer said: *“Keep in mind what a child might be experiencing during a meltdown.”* another said, *“I will keep at the front of my mind the trauma my child has experienced and try to react accordingly”.*

## “ A good mixture of practical and theoretical content. ”

In March we are delivering another workshop with KCASS and Big Hearts on ‘Calming Techniques for Kinship Carers and their Children and Young People’. If you would like to know more about the services provided by our CECYPS please visit our website at [www.childrenshealthscotland.org/](http://www.childrenshealthscotland.org/)

KCASS are a national advice service who run a helpline and provide information and resources for Kinship Carers in Scotland. We often deliver workshops for KCASS online via Zoom, but this was our first time holding a face-to-face workshop. KCASS oversaw advertising the workshop and managing the bookings which was fantastic. Our job was to deliver the workshop which was on the topic of ‘Understanding Trauma and Supporting Recovery’. In this workshop, we looked at what we mean by trauma, how trauma can affect brain development, how trauma and adversity can impact behaviour and ways to support recovery from trauma and identify other resources.

Our CECYPS usually deliver workshops to a set group of carers either through a local social work department, a support group, or through national charities such as The Fostering Network or KCASS. This workshop was open to any Kinship Carers who were able to get to the session which is unlike our other workshops which are set to one local area. By delivering this workshop in a different way, we hoped to reach Kinship Carers that we wouldn't usually manage to engage with. When we deliver through local authorities, they won't always know all the Kinship Carers in their area as sometimes Kinship Care is organised through informal arrangements within a family.

# Do Good, Feel Good!

Five  
fundraising  
ways to  
help us

Could 2023 be your opportunity for you to do something completely new for charity?

**E**ach year we tend to reflect on the past and look for some new ideas for the year ahead. Whether you have a big goal, want to develop a new skill, or would like to introduce a new healthy daily habit – there are a host of ways you can put your great ideas to good use in aid of Children's Health Scotland. It's good to have goals, but it's essential to look after yourself at the same time so that you don't suffer from burn out. Plenty of scientific research and medical recommendations say that learning new things, exercising regularly, and socialising with family and friends can do our minds a world of good.

That's why we have created **FIVE FANTASTIC FUNDRAISING IDEAS** which align with the **FIVE WAYS TO WELLBEING** that are recommended by the NHS. If you don't know, the Five Ways to Wellbeing say that connection with others, physical activity, learning new skills, giving to others, and being mindful can help everyone to feel positive and get the most out of life. Below we have five fun and fantastic fundraising ideas for how you can look after yourself while also raising donations and supporting the work Children's Health Scotland.



## 1. STAY CONNECTED

Many of us have lost touch with friends due to the COVID-19 lockdowns and are still building back up our social supports. If this is you, then why not consider hosting an event and inviting people you know in aid of Children's Health Scotland. You can ask for a donation at the event which could be a bake sale at work, a coffee morning with friends, or a family get-together during the weekend.





## 2. LET'S GET PHYSICAL

Everyone has fitness goals at the start of the year. Exercise is scientifically proven to be amazing for emotional health and wellbeing, not just physical health. If you've been wanting to get back into old fitness habits or new goals, why not try to raise donations for the children and young people we support at the same time.

- Sign up to a marathon or 5K run and raise money.
- Do something every day for a month, such as walking 10,000 steps. We can help you set up a sponsor sheet and you can try and get friends, family and colleagues involved in the challenge too!
- Start a fitness, sport or yoga class and donate the entry money for each person.



## 3. LEARN SOMETHING NEW

Maybe now is the right time for you to try something new like learning to paint or draw. If so you could then hold an exhibition in person or on social media to sell the pieces you have made, with donations raised going to support our work.



## 5. BEING MINDFUL

Our website has a host of activities to help you practice being mindful and a group of 13 – 17-year-olds which we worked with developed these practical ideas which you can try: get plenty of sleep; see friends as much as possible; be creative by doing art, crochet, knitting and other crafts; play tabletop games and other video games with friends; listen to music; and move and dance. If you would like to be mindful of others, then we would welcome you as a Friend of Children's Health Scotland. By donating £10 through our Friends scheme, you will become a recognised friend of Children's Health Scotland and help us to support the children, young people, families, and carers who need us most – many of whom are vulnerable, and facing challenges of loneliness, isolation, poverty, and underlying health conditions.

## 4. THE GIFT OF GIVING

Nelson Mandela is famously quoted as saying: 'What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.' Today you can make a difference to your own health and wellbeing by following some **FIVE WAYS TO WELLBEING** activities but can you also make a difference to the lives of others by giving a gift donation to Children's Health Scotland? You can make an online donation to us at [www.childrenshealthscotland.org](http://www.childrenshealthscotland.org) and any amount you can give will help support the health and wellbeing of children and young people in Scotland.



We hope you will try some of the **FIVE WAYS TO WELLBEING** activities during 2023. If you can also fundraise to support our work too, we would be incredibly grateful.



Children's  
Health Scotland

## Be a Friend of Children's Health Scotland with a donation of £10

Right now the health and wellbeing of children and young people is being affected like never before, especially for those who were already struggling with underlying health conditions.

As a **Friend of Children's Health Scotland** you will help us 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.

For an annual donation of **£10.00** you will become a **Friend of Children's Health Scotland** and receive:

- Children's Health Scotland gift bag.
- Regular updates including our e-newsletter, quarterly magazine and Annual Review and Impact Report.
- Invitations to events.



To become a **Friend of Children's Health Scotland** please complete the section below and return with a cheque payable to Children's Health Scotland at the address below or pay online by visiting [www.childrenshealthscotland.org/how-you-can-help/be-our-friend/](http://www.childrenshealthscotland.org/how-you-can-help/be-our-friend/) and send the completed form to [fundraising@childrenshealthscotland.org](mailto:fundraising@childrenshealthscotland.org).

## Friend of Children's Health Scotland

I enclose my donation of £\_\_\_\_\_ and would like to become a Friend of Children's Health Scotland  
Please complete the following for our records.

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Post Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

☐ I would like to be sent CHS mailings.

☐ I would like to receive an acknowledgment of my donation.

We will keep your personal information safe under the Data Protection Act 1998 and the EU General Data Protection Regulation. The basis for us processing your data is legitimate interests so we can contact you about our events and send you our news. If you do not wish us to keep your details you can let us know at any time.

### Registered office:

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Scottish Government  
Riaghaltas na h-Alba  
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