

# THE NUMBERS WHICH ADD UP TO FUND OUR WORK IN SCOTLAND

**Treasurer** Derek Quirk  
**Finance Officer** Alison Glass FCCA

**Independent Examiner** Jeffrey Crawford & Co  
**Bankers** Royal Bank of Scotland

	2023	2022
<b>INCOME</b>		
Voluntary Income	£314,454	£262,778
Charitable Income	£38,112	£47,291
Investments	£1,093	£535
	£353,659	£310,604
<b>EXPENDITURE</b>		
Raising Funds	£28,002	£24,471
Charitable Activities	£368,558	£285,406
	£396,560	£309,877
<b>ASSETS AND LIABILITIES</b>		
Current Assets	£204,905	£195,323
Current Liabilities	£66,224	£18,783
Net Current Assets	£138,681	£176,540
Fixed Assets	£12,591	£17,633
<b>TOTAL CHARITY FUNDS</b>	<b>£151,272</b>	<b>£194,173</b>

## RESERVES POLICY

It is the policy of the company to maintain unrestricted funds, which are the free reserves of the company, at an appropriate level. The Directors believe this to be between three and six months of operational expenditure. Based on the budgeted expenditure for the year ending 31 March 2023, the free reserves will fall within the target level.



# OUR ANNUAL REVIEW AND IMPACT REPORT 2022-23

Our values reflect the way we want to work.  
We are visionary, friendly, fearless, informed, and skilled.

## A HUGE THANK YOU AND BIG HUGS TO ALL OUR FUNDERS

Our main funding source over the past year continued to be from the Scottish Government through the Children, Young People and Families Early Intervention Fund. This fund is administered by CORRA.

Our other main sources of funding were received through BBC Children in Need, The Robertson Trust, the ALLIANCE, and the National Lottery Community Fund. We are sincerely grateful to these funders and for all the other trusts and foundations who have enabled our work to focus on the health and wellbeing of children and young people during the past year.

### BBC CHILDREN IN NEED

Our Young Volunteer, Eve McLaren, and our Coordinator, Beth Davidson, attended the BBC Children in Need (Scotland) Appeal Show and during the event we showcased our award-winning Self-Management Skills Programmes. These Programmes help children and young people aged 9-17 to develop skills and strategies to better manage their own health and wellbeing, with a view to increasing their confidence and self-esteem, learn about their health rights, access health-related information, and learn relaxation techniques.



### Registered office:

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

enquiries@childrenshealthscotland.org

www.childrenshealthscotland.org

Children's Health Scotland. A charitable company limited by guarantee.  
Scottish Charity No. SC006016. Registered Company No. 100114.  
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### Find us on:



Scottish Government  
Riaghaltas na h-Alba  
gov.scot

We acknowledge the support of the Scottish Government through CYPEIF and ALEC Fund Grant.

## THE PEOPLE WHO MAKE OUR WORK POSSIBLE

Day to day management and operations are delegated to the Chief Executive Officer and Company Secretary, Helen Forrest, who is accountable through the line management structure to the Executive Committee which is made up of the Directors and other members who are co-opted by the Executive Committee during the year.

### EXECUTIVE COMMITTEE

#### OFFICE BEARERS

Chair, Richard Oliver  
Vice Chair, Maggie Simpson  
Treasurer, Derek Quirk

#### TRUSTEES

Helen Bauld  
Zoe Dunhill (Stepped down 28/02/2023)  
Euan Forbes  
Gwen Garner (Stepped down 28/02/2023)  
Patricia Jackson (Appointed 29/06/2023)  
Una MacFadyen  
Katherine McKay (Appointed 19/04/2023)  
Sylvia Smith  
Laura Bosworth  
Andy Young (Appointed 02/06/2022)

### SENIOR LEADERSHIP TEAM

Helen Forrest, Chief Executive Officer  
Gill Sutherland, Head CYP Health and Wellbeing Service (CYPHWS) to August 2022  
Michelle Wilson, Head CYP Health and Wellbeing Service (CYPHWS) from August 2022  
Anne Wilson, Head Care Experienced CYP Service (CECPYS)

### SERVICE STAFF

Esther Bates, Marketing and Fundraising Assistant  
Beth Davidson, Coordinator, Corporate Services (to March 2023)  
Rhianne Forrest, Coordinator, CYPHWS  
Eilidh Findlay, Coordinator, CYPHWS  
Jess Griffiths, Assistant (Part-time), CYPHWS (to July 2022)  
Sarah Holder, Coordinator, CYPHWS (started May 2023)  
Joseph Hutchings, Junior Assistant (to September 2022)  
Dagmar Kerr, Coordinator, CYP Health Rights Service  
Susanna McGuinness, Assistant (Part-time), CYPHWS (to June 2022)  
Sarah Nelson, Assistant, Care Experienced CYP Service  
Conor Smart, Coordinator, CYPHWS (to April 2023)  
Izzie Turley, Coordinator, CYPHWS (to August 2022)

\*CYP (children and young people)

### SPECIALIST ADVISORS

Frances Barbour  
Lady Joyce Caplan  
Allison Closs  
Dr Zoe Dunhill  
Kay Fowle  
Gwen Garner

Jane Holmes  
Gita Ingram  
Jacqueline Reilly  
Dr Grant Rodney  
Albert Yeung  
Prof George Youngson



## A FAREWELL MESSAGE FROM OUR CHAIR



It has been a very challenging year for Children's Health Scotland, a year in which there has never been a greater need for the children and young people (CYP) we serve to be able to exercise their rights to good health, education, and wellbeing.

During this time, we have continued to demonstrate our resilience, our ability, and our commitment to support the health and wellbeing of CYP and those who love and care for them. We know that many struggle with anxiety, self-esteem and self-efficacy difficulties, social isolation, and loneliness – all of which have been compounded by the pandemic and now the cost-of-living crisis.

As more and more families struggle with rising living costs, unable to afford the very basics, we have continued to work with our partners and health professionals to provide essential health and wellbeing support, reaching over 14,548 children, young people, parents, and carers. Our staff, trustees, volunteers, and partners have worked together to empower the CYP we support with healthcare rights knowledge and life-long self-management skills that will help to influence their health and wellbeing whilst shaping their future life chances. All CYP have an explicit right to achieve their developmental potential and to sustain the highest possible standard of health, education, and wellbeing - rights enshrined in UNCRC Article 24. The challenge is for them to know and understand these rights so that they can ask for the help and services that they are entitled to and have their voices heard.

As noted in this Annual Report and Unaudited Financial Statements to year ended 31 March 2023, we have achieved a gross income of £353,659 with an expenditure of £396,560 with our funds under management remaining satisfactory. This is evidence of just how challenging we have found the past year, during which time demand for our services has increased whilst fundraising has become incredibly difficult. During this period, we have continued to deliver our four key services and the impact these have achieved in relation to the health and wellbeing of children and young people is truly amazing and showcased on the centre pages of this report.

### LOOKING TO THE FUTURE

After 12 years as Chair of Children's Health Scotland, it is time for me to step down. It has been a privilege to work with a wonderful team, trustees, and staff, united in our commitment to the health and wellbeing of children and young people.

In September 2023, I will pass on the role of Chair to Maggie Simpson, confident that our organisation will continue on its successful trajectory. Maggie brings a wealth of experience within the childcare sector to the Children's Health Scotland Team and to the Executive Committee. Her leadership and expertise will undoubtedly enhance the impact we have as the leading children's health charity in Scotland.

Looking to the future, we will remain focused on supporting the health and wellbeing of CYP through the provision of our four main services whilst adhering to our mission, values and five key strategic priorities as outlined in our Children's Health Scotland Strategy 2020-23. However, two major pieces of work which will be completed during the next year will be the development of our strategy for 2024-2027 and the start of our Children in Hospital Survey. Since 1985, Children's Health Scotland has carried out surveys of Scottish NHS hospitals admitting children and young people every 4-6 years and the next survey will highlight the good practice and progress that has been made in the provision of children's services in hospitals, whilst also identifying areas where improvements need to be made. It is an important piece of research and one which helps to shape the future of services for children and young people in our hospitals.

Without doubt the next few years will be extremely challenging as we continue to recover from the pandemic whilst tackling a cost-of-living crisis. I know that Children's Health Scotland will remain committed to doing everything possible to support the health and wellbeing of CYP and their right to the best possible health. This cannot be achieved without the continuing hard work, knowledge and enthusiasm of our staff, the dedication of our supporters and volunteers, and the generosity of our funders, for which I express our gratitude.

*Richard Oliver*  
**Prof Richard Oliver**  
Chair,  
Children's Health Scotland





# CHILDREN AND YOUNG PEOPLE HEALTH RIGHTS SERVICE



All children and young people have rights, no matter who they are, where they live, or what they believe in. The challenge is for them to know and understand these rights so that they can demand the services they are entitled to and have their voices heard. Our work is underpinned by Article 24 of the UNCRC that states that every child has the right to the best possible health and to facilities for the treatment of illness and rehabilitation of health. This health right is also protected through the European Association for Children in Hospital (EACH) Charter Article 7. We work to ensure that no child is deprived of his/her right of access to such healthcare services.

## HEALTHCARE RIGHTS

18,115

PEOPLE RECEIVED LEAFLETS AND PUBLICATIONS.

14,548

PEOPLE SUPPORTED WITH HEALTHCARE RIGHTS INFORMATION.

2,416

FAMILIES RECEIVED HEALTHCARE RIGHTS INFORMATION.

2,133

CHILDREN SUPPORTED WITH HEALTHCARE RIGHTS.

4,519

PROFESSIONALS ATTENDED CHS EVENT ON RIGHTS.

6,633

PROFESSIONALS RECEIVED INFORMATION VIA DELEGATE PACKS, LEAFLETS, AND TOOLKITS.

WE NETWORKED WITH ORGANISATIONS TAKING FORWARD THE RIGHTS OF CHILDREN AND YOUNG PEOPLE WITH HEALTH CONDITIONS.

199



## MILLIE MEETS THE DENTIST

A key highlight for the service was the release of our new book, 'Millie meets the Dentist'. Millie, a 9 year old, is autistic and worried about going to the dentist. The book looks at ways to help children like Millie, and those who care for them, to become confident about going to the dentist. We're very proud of this wonderful book which includes a section for children and one for adults and professionals who support children like Millie. It offers information, evidence, and lots of practical advice on how to help anxious children through a rights-based approach.



'I really didn't know anything about my Health Rights before, but now I feel like I do and it's so empowering.'  
Katie, 15



# CHILDREN AND YOUNG PEOPLE HEALTH AND WELLBEING SERVICE



Our Children and Young People (CYP) Health and Wellbeing Service supports the health and wellbeing of children, young people, and their families and carers across Scotland. The service delivers Self-Management Skills Programmes (SMS) for children and young people with long-term health conditions. The life-long skills they learn help to influence their health and wellbeing, so they become more socially included in society whilst shaping their future life chances.

## SMS PROGRAMMES

116

children & young people

84%

made progress towards their personal goals

95%

know more about health rights

83%

felt more confident

69%

felt more socially included

71%

reported increased self-esteem

73%

reported better communications skills

73%

able to cope better with stress

87%

better able to talk about feelings

SMS OUTCOMES

## HEALTH & WELLBEING



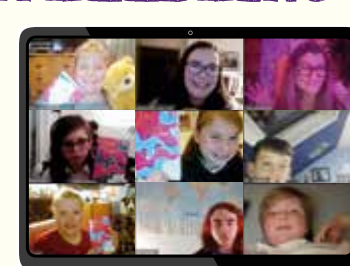
1,223

CHILDREN & YOUNG PEOPLE and 1,534

FAMILIES supported through our CYP Health and Wellbeing Services

4 SMS Face-to-Face Programmes (or 24 Workshops) delivered to children and young people

2 FLOURISH Programmes delivered in partnership with the Dundee International Women's Centre.



19 SMS:HUB sessions attended by 117 CHILDREN & YOUNG PEOPLE

4 SMS Why Weight Programmes delivered in partnership with NHS Forth Valley to 18 children and young people.



## RCPCH ANNUAL CONFERENCE

In June we were absolutely delighted to attend The Royal College of Paediatrics and Child Health (RCPCH) Annual Conference in Liverpool, in partnership with Bruce Adamson, The Children and Young People's Commissioner Scotland. One of our young volunteers, Eve, joined Bruce for the session 'Children's Rights and Paediatrics: On the Sofa with RCPCH & Us' alongside all of the other UK's children's commissioners. She asked some powerful and important questions, sharing the work of Children's Health Scotland, and discussing the importance of collaboration and innovation. 1,300 people attended this conference and Eve was brilliant, even getting a special mention from the President of the RCPCH as her top highlight for the whole three-day conference!

# CARE EXPERIENCED CHILDREN AND YOUNG PEOPLE SERVICE



We support carers with managing the health issues of children and young people in their care. We offer a range of services, help, information, and activities including: workshops, mini/taster sessions and one-to-one support. We also develop resources to support carers to combat the unique range of vulnerabilities of children and young people in their care.

1,619

professionals including local authorities and Independent Fostering Providers received our training resources.

285 FOSTER AND KINSHIP CARERS

attended 32 sessions delivered across Scotland.

540

parents or carers received healthcare rights information.

384

professionals attended our events.

130

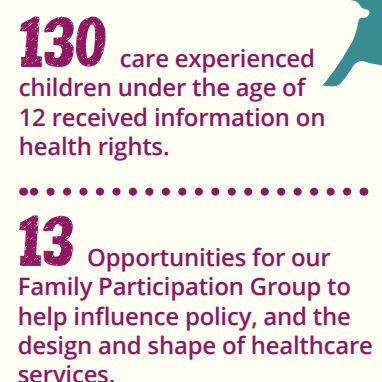
care experienced children under the age of 12 received information on health rights.

13

Opportunities for our Family Participation Group to help influence policy, and the design and shape of healthcare services.

312

Kinship carers received resource packs.



3,500 Households received information on Mental Health and Emotional Wellbeing through the Fostering Network Magazine.

## LEARNING TO LOOK OUT FOR YOU

Last year we proudly participated 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. 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 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."

# CORPORATE SERVICES



Our Corporate Services team are dedicated to implementing best practices and responsible for all the background tasks of the charity. These include: Finance, Payroll, Corporate Governance, Human Resources, Marketing, Fundraising, PR and Community Engagement.

## PUBLICATIONS

18,115

Children, young people, families, and professionals received our magazine, e-news, and our Annual Review and Impact Report.



## SOCIAL MEDIA AND WEB

61,469

Website Pageviews

221,880

people viewed our Facebook Posts

203,606

reached viewed our Twitter Posts

## SCOTTISH CHILDREN'S HEALTH WEEK & AWARDS



2,200 ACTIVITY BOOKS were printed and distributed. Each day of the week had a unique theme that was complemented with activities kindly provided by our partners: Play Scotland, HandsOn, Relax Kids, Enable Scotland, Kinship Care Advice Service for Scotland, Curiosity Collective, and SeeMe.



7,341

WEBSITE LANDING PAGE VIEWS



50

ORGANISATIONS supported the week.



33,428

PEOPLE PER DAY of the week viewed our SOCIAL MEDIA



7

AWARD WINNERS were unveiled

## MY HEALTH, MY RIGHTS CONFERENCE

Our showcase event for the year was our My Health, My Rights Conference which was designed to support all those involved with children and young people in the health and wellbeing sector. Over 200 delegates filled our conference room at the Sheraton Hotel, Edinburgh and it so lovely to meet in person with all our friends in the sector. The conference was hosted by broadcaster and journalist Catriona Shearer and our key speakers included Dr William Bird, a family GP who has helped to transform the health of millions of people, and Dr Suzanne Zeedyk, a research scientist who is fascinated by babies' innate capacity to communicate. The event concluded with the presentation of the Scottish Children's Health Awards.

