



Children's Health Scotland



WILLIAM KILPATRICK

PICKS UP YOUNG ACHIEVER TROPHY



**Scottish Children's Health
Week an Amazing Success**

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BEAR'S TEA PARTY

We hosted a wonderful Bear's Tea Party at the Balmoral Hotel to celebrate Scottish Children's Health Week and the Scottish Children's Health Awards.

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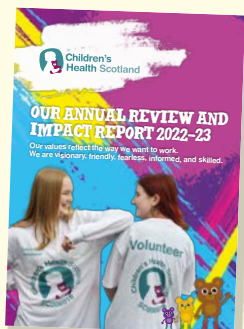
A ROCKING RIGHTS SMS:HUB

We hosted a Rocking Rights SMS:HUB with Nicola Killean, the new Children and Young People's Commissioner Scotland.

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ANNUAL REVIEW AND IMPACT REPORT 2022-23

Working in challenging times to support the health and wellbeing of children and young people.



Pages 12-13

WE SHARE AND PLAY WITH THE OFFICE OF RARE CONDITIONS

Find out more about our partnership work to share information about healthcare rights.



Pages 6-7



ARE YOU HEALTHCARE RIGHTS AWARE?

We've launched a national My Health, My Rights Campaign.

Pages 14-19

SCOTTISH CHILDREN'S HEALTH WEEK 2023

What an amazing week. Find out what we got up to this year.



Pages 8-9

SMS:HUB WINS AWARD

We picked up the trophy for the Empowering Self-Management Project of the Year at the ALLIANCE Self-Management Awards.



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SCOTTISH CHILDREN'S HEALTH AWARDS 2023

Find out who won one of these coveted Teddy Awards produced for us by Royal Selangor.

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LIONS AND TIGERS AND ANTEATERS ONLINE – OH MY!

Find out more about our virtual tour of Edinburgh Zoo, part of The Royal Zoological Society of Scotland.



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AUTUMN FUNDRAISING

It's time to get ready for shorter days and longer coats and we think the perfect time to start fundraising with Children's Health Scotland.

BEAR'S TEA PARTY



To celebrate Scottish Children's Health Week and the work the children and young people we support, and those who love and care for them, put into self-managing their health condition(s) whilst defending, promoting, and protecting their healthcare rights, we hosted our very first Bear's Tea Party at the Balmoral Hotel, Edinburgh on Saturday 26 August 2023. You can find out more about what we got up to during Scottish Children's Health Week on pages 14-18 in this magazine.

The event was made possible through sponsorship and donations, and we would like to thank the ALLIANCE, Black Circles, Thistle Assistance and Keegan & Pennykid for making Bear's Tea Party possible. It was a huge success with the main highlight the presentation of the seven Scottish Children's Health Awards. These awards have been created to celebrate courageous children and young people and those who are making a difference to their health and wellbeing. The stories of all the award winners start from page 19 in this magazine. Here is just a snapshot of some of the pictures which showcase this very special day.



“The event was so welcoming and such fun, I felt very lucky to be invited. Thank you to all the Children's Health Scotland team.”
Feedback from a guest



CHILDREN AND YOUNG PEOPLE HEALTH RIGHTS SERVICE



18,115

PEOPLE RECEIVED LEAFLETS AND PUBLICATIONS.

HEALTHCARE RIGHTS

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 **199** ORGANISATIONS TAKING FORWARD THE RIGHTS OF CHILDREN AND YOUNG PEOPLE WITH HEALTH CONDITIONS.

CARE EXPERIENCED CHILDREN AND YOUNG PEOPLE SERVICE

285 FOSTER AND KINSHIP CARERS

attended 32 sessions delivered across Scotland.



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.

CHILDREN AND YOUNG PEOPLE HEALTH AND WELLBEING SERVICE

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

SMS OUTCOMES

73% able to cope better with stress

73% reported better communications skills

87% better able to talk about feelings

HEALTH & WELLBEING

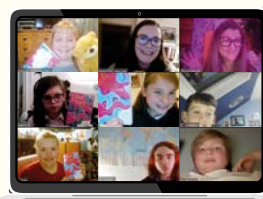


1,223

CHILDREN & YOUNG PEOPLE

and **1,534** FAMILIES

supported through our CYP Health and Wellbeing Services.



19

SMS:HUB sessions attended by

117

CHILDREN & YOUNG PEOPLE

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

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

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



CORPORATE SERVICES

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



Working in challenging times to support the health and wellbeing of children and young people

We have just published our Annual Review and Impact Report 2022-23. The report highlights that 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 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 children and young people 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.

Commenting on the publication of the Report, Professor Richard Olver, Chair of the charity said: "All children and young people 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 can be noted in our latest Report 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.

"Without doubt the next few years will continue to be extremely challenging as we continue to recover from the pandemic whilst tackling a cost-of-living crisis," adds Professor Olver. "During this time I know that the charity will remain committed to doing everything possible to support the health and wellbeing of children and young people 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."

After 12 years as Chair of Children's Health Scotland, Professor Richard Olver stepped down at the AGM on Saturday 30 September 2023. Reflecting on his time as Chair he added: "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. At our AGM, I passed on the role of Chair to Maggie Simpson, confident that the charity will continue its successful trajectory. Maggie brings a wealth of experience within the childcare sector to the organisation and to the Executive Committee and her leadership and expertise will undoubtedly enhance the impact of Children's Health Scotland as the leading children's health charity in Scotland."



ARE YOU **HEALTHCARE RIGHTS** AWARE? WE'VE LAUNCHED A NATIONAL **MY HEALTH, MY RIGHTS** **CAMPAIGN**

It is our belief that every child has the right to the best possible health. To support this, we're excited to announce that we launched our new My Health, My Rights Campaign on the first day of Scottish Children's Health Week 2023 (4-10 September 2023). We hope this national campaign will give voice to the healthcare concerns and priorities raised by the children and young people we support, whilst growing awareness of healthcare rights and the benefits of health-related play.

"The explicit right of children and young people to the best possible health lies at the heart of this campaign," said Helen Forrest, Chief Executive of Children's Health Scotland. "The challenge is for them to know and understand their rights so that they can ask for help and the services they are entitled to, and have their voices are heard. Children and young people are not small adults. They differ physically and mentally from adults and therefore react in a different manner. So, policies and practices made for adults can't simply be applied to children who own their fundamental rights to health, wellbeing and care that fits their individual needs."

The campaign has three main elements as detailed below:

1. THE HEALTHCARE RIGHTS OF CHILDREN AND YOUNG PEOPLE

We want to engage with children and young people, and those who love and care for them, so they become healthcare rights aware.

WHAT DO WE WANT?

The campaign calls for children and young people with health conditions or concerns (particularly during times of illness) along with those who love and care for them, to be empowered in knowing their needs and rights so they can access appropriate services.

HOW CAN THIS BE ACHIEVED?

During this campaign we want to progress towards better healthcare rights for children and young people by partnership working.

2. THE HEALTH AND WELLBEING OF CHILDREN AND YOUNG PEOPLE

Within this strand we want to raise awareness of the mental, physical and social health and wellbeing of children and young people whilst highlighting key services available for support, so that children and young people and those who love and care for them are well informed.

WHAT DO WE WANT?

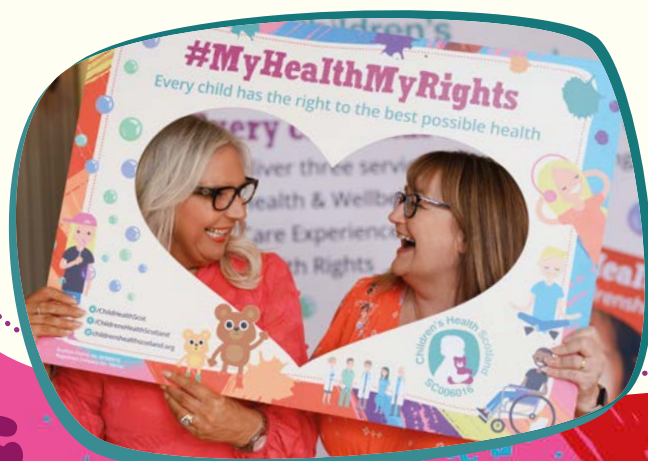
The campaign calls for improved mental health and wellbeing support to be available as early as possible and at the right level to avoid problems escalating through life.

HOW CAN THIS BE ACHIEVED?

During this campaign, we want to progress towards better health and wellbeing support for children and young people by partnership working to achieve better:

- DENTAL HEALTH
- GRANTS AND BENEFITS
- MEASURES TO REDUCE FOOD POVERTY
- MENTAL HEALTH AND WELLBEING SUPPORT

#MyHealthMyRights





3. HEALTH-RELATED PLAY

We want to champion the benefits of health-related play, and joy, in the lives of children and young people. More than just fun, health-related play is serious business when it comes to children's health and wellbeing and can help children physically, mentally, and emotionally and is crucial to their healthy development and happiness.

WHAT DO WE WANT?

The campaign calls for more Health-related Play Strategies to be used to support children and young people in the understanding of their medical conditions and treatments, and/or to adopt lifestyle changes that are required to manage long-term conditions.

HOW CAN THIS BE ACHIEVED?

We want to progress towards better Health-Related Play for children and young people by partnering with professionals to focus on how, by using Health-Related Play, children can express their right to be heard and understood, and their feelings acknowledged. During the campaign we will work in partnership to develop:

- BEST PRACTICE GUIDANCE FOR HEALTH-RELATED PLAY
- A TOOLKIT ON HOW PLAY CAN BE USED TO GAIN INFORMED CONSENT

HOW CAN YOU GET INVOLVED?

The charity has developed a Healthcare Rights Quiz for those who would like to lend their support to the campaign and show they are Healthcare Rights Aware. To take the quiz, show your support and get a badge please visit <https://www.surveymonkey.co.uk/r/ST8QP62>

The campaign will build towards an end date of 2 October 2026 - the 50th Anniversary of Children's Health Scotland. If you would like to partner with the charity on any elements of the campaign then please give them a call on **0131 553 6553** or email them on enquiries@childrenshealthscotland.org.



SMS:HUB wins Empowering Self Management Project of the Year at the ALLIANCE Self-Management Awards

The work of Children's Health Scotland to support the health and wellbeing of children and young people with long-term health conditions was honoured yesterday (20 September 2023) at the annual Self Management Awards, organised by the ALLIANCE. The charity was awarded the Empowering Self Management Project of the Year Trophy for their SMS:HUB – a monthly online HUB that fosters camaraderie and self-management among young people aged 9-17 living with health conditions across Scotland.

Commenting on the award, Michelle Wilson, Head of the CYP Health and Wellbeing Service at Children's Health Scotland said: "It is such an honour, both for the team and the children and young people we support, to receive this award. The Self Management Awards celebrate good practice and promote a wide range of self-management work, so it is a privilege to be recognised as one of the charities that are leading the way for self-management in Scotland. The SMS:HUB was started through funding from the ALLIANCE so a big thank you for enabling us to develop this award-winning project. We will, of course, be celebrating this success with the children and young people who attend our monthly SMS:HUB and I know they will be over the moon. We can't wait to share the news."

The ceremony was held at the iconic Radisson Blu Hotel in Edinburgh and hosted by Laura Boyd. It was attended by Gillian Mackay MSP and Jenni Minto MSP, Minister for Public Health and Women's Health, and included speeches from the MSPs along with Darren Crocker, Winner of Self Management Champion of the Year 2022, and Sara Redmond, Chief Officer of Development at the ALLIANCE.

"In recognising and celebrating self-management across Scotland, these awards spotlight the transformative power of self-management in prevention, fostering a



healthier, more resilient society where individuals take charge of their wellbeing and inspire others to do the same."

The Self-Management Skills (SMS) online HUB connects young people from across Scotland who are living with a health condition. It brings them together for fun activities around health and wellbeing, whilst promoting friendships and social inclusion. Young people aged 9 – 17 come together for fun, self-management, and community - meeting online once a month. The team at Children's Health Scotland work hard on developing themes and packs filled with goodies and learning, working in partnership with others such as the Glasgow Science Centre, Village Story Telling and Relax Kids to deliver the SMS:HUBs and keep them exciting and engaging. Joining together in the SMS:HUB allows the young people to build a wider community and a great support network.

Self-management is a way of living and working that puts people in the driving seat of their own care. The Self-Management Strategy for Scotland, Gaun Yersel, was published in 2008 and the ALLIANCE has administered the Self Management Fund for Scotland since 2009, giving out a total of £26 million to 436 projects across Scotland.

The Self Management Awards are the centrepiece of the ALLIANCE's annual Self Management Celebration, a national awareness raising initiative highlighting self-management activity across Scotland.





Empowering Self Management Project of the Year

in partnership with the Health and Social Care Academy



“

I really like the SMS:HUB, there are lots of people in it and I like the fact it's got younger people in it and older people in it and we do fun activities every month, it just feels more like a diverse community and I really like that.

Katie, 15



www.childrenshealthscotland.org/services/children-and-young-people/sms-hub/

@ChildHealthScot

Children's Health Scotland - SMS:HUB

Children's Health Scotland's Self Management Skills (SMS):HUB work with Young People from across Scotland living with a health condition and we all come together for fun activities around Health and Wellbeing, which also promote friendships and social inclusion.

Young people aged 9 – 17 come together for fun, Self Management and community.

Meeting online once a month our SMS:HUB provides packs filled with goodies and learning. We work in partnership with several organisations, for example the Glasgow Science Centre, Village Story Telling and Relax Kids.

This allows our Young People in our SMS:HUB to build a wider community and a great support network.





LIONS AND TIGERS AND ANTEATERS ONLINE – OH MY!

Living with a long-term health condition can be overwhelming and isolating.



During our Self-Management Skills (SMS) Programmes, children and young people can meet other people their age, who understand how it feels to cope with a health condition. Then, after the programme is over, they are invited to join our award-winning SMS:HUB, a monthly online youth group where sessions have an informal atmosphere with a mixture of activities and games to help the children and young people continue to get to know one another and have fun!

In August our SMS:HUB was invited on a virtual tour of Edinburgh Zoo, which is part of The Royal Zoological Society of Scotland (RZSS). Our children and young people love animals and the Zoo so we knew this would be very popular and it was a huge success!

Our Coordinators, Eilidh and Sarah, met with Rebecca from the Zoo to plan what the SMS:HUB would look like, and they were both excited and somewhat amazed to hear that animals take part in their own kind of self-care. During our SMS Programmes we focus on managing health and wellbeing, and self-care is huge.

The RZSS thinks that “Stronger communities have a greater capacity to care for wildlife – and through our zoos and our global reach we can help people realise the mental and physical health and wellbeing benefits of being close to nature.” And we certainly got a virtual taste of this during our SMS:HUB!

The tour started with showcasing the many wonderful animals such as lions and tigers and Panda Bears, oh my! Our favourite animal was the Anteater, and Rebecca let us know that the Zoo helps to look after a very special Anteater with diabetes. Although this animal is no longer at the Zoo, they still help with their care.



Rebecca was a fantastic guide and our children and young people had so many questions for her throughout the tour. The SMS:HUB had a fantastic time and I'm sure we all felt a boost to our health and wellbeing after the session. Thank you to Rebecca, Edinburgh Zoo and the RZSS for a truly wonderful SMS:HUB.

“ **Stronger communities have a greater capacity to care for wildlife – and through our zoos and our global reach we can help people realise the mental and physical health and wellbeing benefits of being close to nature.** ”

IT'S A ROCKING RIGHTS SMS:HUB WITH THE CHILDREN AND YOUNG PEOPLE'S COMMISSIONER SCOTLAND

September is our favourite month, and we know we must plan a really special SMS:HUB for our children and young people. So, we were absolutely thrilled when Nicola Killean, the new Children and Young People's Commissioner Scotland (CYPCS) agreed to come along and help us become Rights Defenders!

In international law, human rights defenders are anyone who protects or promotes human rights – whether these are their own, or the rights of others. A child human rights defender is someone who does this and is under 18. The CYPCS helps people understand how valuable and important your rights are. That understanding means you can demand change when your rights – or the rights of others – are not being respected.

To prepare for the visit our Coordinator, Eilidh, met with Megan from the CYPCS Office to plan the "Rocking Rights SMS:HUB". They chatted together about their respective work with children and young people and all we do to promote and protect rights. Our SMS Programmes aim to build confidence, self-esteem, communication skills and coping strategies so that children and young people living with a health condition feel better able to manage their health and mental wellbeing. Learning about rights, and more specifically healthcare rights under the EACH Charter is a huge part of self-management and underpins everything we do.



For our Rocking Rights SMS:HUB our children and young people received beautiful packs for the CYPCS Office, which included stress balls, notebooks, water bottles and so much more! We added in something special of our own too – a rights shield to be designed by the children and young people so they could showcase what rights really matter to them and what rights they clearly wanted defended. The whole group listened intently when experiences of rights in action were shared, particularly around transitions such as school or adult services.

A big thank you to Nicola, Megan and the whole team at the CYPCS Office for making our SMS:HUB one to remember.

“ The Children and Young People's Commissioner Scotland is Nicola Killean. She works with her team to protect the human rights of children and young people. She works to make sure the laws that affect your lives are fair. ”



Our Share and Play Session with the Office of Rare Conditions

An essential part of our work is to partner with other organisations who support the health and wellbeing of children and young people so we can signpost to their services when needed. Recently we partnered with the Office of Rare Conditions and the Royal Hospital for Children in Glasgow and took part in their Share and Play Session. The idea is to share information about healthcare rights and our SMS Programmes with others whilst playing some health-related play games.

The Office for Rare Conditions

The Office for Rare Conditions based at the Royal Hospital for Children and the Queen Elizabeth University Hospital in Glasgow, aims to raise awareness of rare, undiagnosed, and low prevalence conditions. They focus on enhancing the quality of care provided to individuals with rare conditions and promote participation in research. In the UK, around 7% of the general population have a rare condition. This means that in Scotland, around 300,000 people will be affected by a rare condition at some time in their life.

The Office for Rare Conditions is funded through Glasgow Children's Hospital Charity. They liaise and network with patient support organisations and healthcare professionals, organise patient and family support meetings and encourage participation in rare condition research and clinical trials.

Having a rare condition may mean having multiple appointments across different settings and on different dates, perhaps on the same week or even on the same day. The Office for Rare Conditions offers a patient navigator service which helps with out-patient appointments and general enquiries.

The Royal Hospital for Children in Glasgow

Every year, around 10,000 children with rare conditions attend the Royal Hospital for Children in Glasgow for high level specialist care. There are about 8,000 known rare conditions and whilst these conditions are rare individually, collectively they are not so rare. Adults and children affected by rare conditions, as well as their families/carers and the expert healthcare professionals who look after them, have several common needs. The Office for Rare Conditions, which was established in 2017, was set up in order to identify and address these areas.



A Partnership Approach

Through partnership with the Office for Rare Conditions, we have been able to meet children and young people who would benefit from our SMS Programmes to help them develop skills that can help them cope better with their health condition. We were also lucky enough to meet with Contact, a charity who provide support for families with disabled children, providing the best possible support and advice and Family Fund who provide grants for families raising a disabled or seriously ill child or young people on a low income across the UK. By sharing our knowledge and showcasing our resources amongst each charity, we aim to reach as many children and young people as possible who may require assistance from any of our services.



Every child has the right to the best possible health

We deliver three services for children, young people and families:

1. Health & Wellbeing
2. Care Experiences
3. Health Protection



Sarah and Rhianne set up a stall alongside other charities with our leaflets and resources for everyone to come and have a look at and take home too.





Children's
Health Scotland

SCOTTISH CHILDREN'S HEALTH WEEK 2023



A huge thank you to everyone who took part in Scottish Children's Health Week 2023 - a week created to firmly focus on the health and wellbeing of children and young people in Scotland and their right to the best possible health. This year was another amazing success and included a very special launch event at the Balmoral Hotel, Edinburgh, the promotion of a fantastic Activity Book created with themed days to support the week, and the unveiling of winners of a Scottish Children's Health Award 2023.

We were delighted that BBC broadcaster Catriona Shearer helped us to celebrate the award winners by interviewing and writing articles about their achievements and hosting our Bear's Tea Party. We released articles and photographs about the seven winners on the website and on social media from Monday 4 September to Sunday 10 September and their news, along with videos and articles from our staff, helped to create a social media storm.

Our free downloadable Activity Book was jam-packed full of games and activities to get children, along with their families and carers, thinking about their health and wellbeing. Three thousand copies were printed and distributed to schools, hospitals, families, and carers. We would like to thank everyone at Do Be Mindful, The Fostering Network, Home Link, Children 1st, Place2Be, The LUNA Project, and BBC Children in

Need for helping us to create the week which was without doubt a huge success. Each of the partner charities provided us with an activity for our book, which is still available to download on our website.

Commenting on the week our Chief Executive, Helen Forrest, said: "We play a big part in enabling children and young people to learn about their health and wellbeing and the fact that every child has the right to the best possible health, so the week is so important for us. We highlight that all rights are connected, they are all equally important and they cannot be taken away from you. One of the things I like the most is when children and young people, and organisations, share what they've been doing during the week to champion health rights and we think they are all amazing.

"It is evident that Scottish Children's Health Week and the awards are gaining momentum with each passing year. Many more schools, support groups, and organisations contacted us this year wanting to be involved and next year, with the support of partners and health professionals, we hope to continue to build on its success. Remember to save the date."



The following pages capture a little essence of the fun filled week and we are already planning for 2024. So, remember to save the date – 2 - 8 September 2024.

#BEACTIVE MONDAY

#BEACTIVE Monday kicked off the start of Scottish Children's Health Week and we partnered with our friends at Do-Be-Mindful.

We can all benefit from being active every day. It can help you feel stronger, more energetic, sleep better – and have FUN! #BEACTIVE Monday was all about getting involved with games, spending time outdoors, and getting our bodies moving. All kinds of exercise and help with this to improve your health and wellbeing physically, socially, emotionally, and mentally. So, for Monday we showcased various ideas to #BEACTIVE which included: Having a Dance



Party; Indoor Golf; and Making a Time Capsule.

On Monday we also officially launched our My Health, My Rights Campaign which aims at voicing the healthcare concerns and priorities raised by the children and young people we support, whilst growing awareness of healthcare rights and the benefits of health-related play. It was launched with a fun quiz which can be found at <https://tinyurl.com/HEALTHCARERIGHTSAWARE>. So if you think you are #healthcarerightsaware then why not have a go, and download your badge to show us your support.

THANK YOU

Thank you to our friends at Do-Be-Mindful for sharing their Noticing Nature Walk with us. You can find more ideas from Do Be Mindful on their website at www.do-bemindful.com.



#BEBRAVE TUESDAY

Every hero needs a shield so for #BEBRAVE Tuesday we explored making a self-esteem shield courtesy of The Fostering Network. We highlighted that being brave doesn't always feel like being brave. If you stretch yourself and do something that makes you feel uncomfortable, it can increase your confidence and make you feel proud. When we are brave, we can try new things, meet new people and best of all, have fun! All these things can give our mental health and wellbeing a boost.

On #BEBRAVE Tuesday we also listed three try it Tuesday ideas which included: Drawing a comic about a problem and how you dealt with it; Asking your loved ones what 'Being Brave' means to them; and naming your fear and then trying to face it.



The
Fostering
Network

THANK YOU

Thank you to our friends at The Fostering Network for sharing their activity from their 'Walking Tall' book. You can find more ideas and information from The Fostering Network at www.thefosteringnetwork.org.uk

#BECALM WEDNESDAY

A big thank you to Home Link Family Support who gave us two fun animal activities and some art activities to try out for #BECALM Wednesday. We pretended to be a tortoise going for a slow, relaxed turtle walk and then being a sleepy cat that had just woken up from a lovely long nap. All refreshed we then tried some peaceful art and craft activities and particularly loved creating heart shaped graphics.

Our three wellbeing Wednesday ideas to #BECALM included: Paying Attention to the World Around You; The Calming Glitter Jar; and Making a Self-Soothe Kit. Our Children and Young People Health and Wellbeing Service highlighted a popular breathing technique to create bubble snakes which we learned from the Glasgow Science Centre. Sally showed us a whole range of bubbly fun which we think is a great way to help you #BECALM.



THANK YOU

Thank you to our friends at Home Link for sharing their calming activities with us. You can find more ideas and information from Home Link at www.homelinkfamilysupport.org



Home Link Family Support

#BEHAPPY THURSDAY

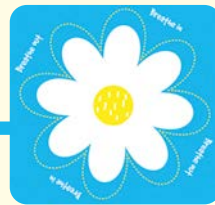
Mindfulness breathing is an excellent way to #BEHAPPY and Children 1st provided a fantastic flower breathing exercise to try for Scottish Children's Health Week. The activity included slowly tracing the flower petals in the Activity Book with your finger - breathing in and breathing out. This activity was complemented with three joyful Thursday #BEHAPPY activities that included: Hug Hearts; Make a Happiness File; and Capture Colours on a Rainbow Walk.

Remember being happy is not just about feeling good. Happiness is also about

emotional health and wellbeing and being able to make the most of the good times and cope with the bad ones, to experience the best possible life. Happiness really is a skill that we can all learn that will last for a lifetime. During the week our Children and Young People Health and Wellbeing Service demonstrated how to do Rainbow Grounding in a fun video. Rainbow Grounding is a lovely grounding technique that you can use anywhere to help you #BEHAPPY and we particularly love using it in our Programmes as a great way to self-manage.

THANK YOU

Thank you to our friends at Children 1st for sharing this relaxing flower activity with us. You can find out more about how Children 1st can support children and families in Scotland at children1st.org.uk



#BEFRIENDLY FRIDAY

Exchanging postcards was our partnership activity for #BEFRIENDLY Friday. Developed by Place2Be's Art Room team for 11-14-year-olds, this activity encourages young people to make postcards to explore what connection means to them, and how it empowers them. We had a heap of fun exploring connections whilst making friends and remember that there is an instruction video on our website if you would like to try this activity.

During the day we promoted three fabulous Friday ideas to #BEFRIENDLY that included: Hosting your own picnic; Making a certificate for

someone you care about; and Being a friendly explorer. We highlighted that one of the best ways to stay connected to people is through our friends and that good friends are always there for us and pick us up when we are down. Spending time with them and laughing together creates a real feel-good factor and is good for our mental wellbeing.

Our amazing ambassador and friend Rory Crawford helped us celebrate the day with a #StoryWithRory - this time reading our very own book 'Alina meets the doctor'. What a day!



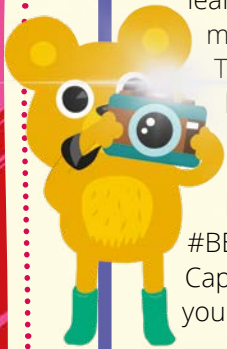
THANK YOU

Thank you to our friends at Place2Be for sharing this activity with us. You can find more ideas and information from Place2Be at www.place2be.org.uk



#BEKIND SATURDAY

The LUNA Project shared their 'My Kindness Rainbow' activity for #BEKIND Saturday, and we learned that being kind is a lovely way to make the world a brighter, happier place. The activity challenged us to try seven kind acts during a week and then colour the rainbow after completing each one. We complemented this in the Activity Book with three super Saturday ideas to #BEKIND that included: Kindness stones; Capturing kindness; and Writing a letter to yourself.



Remember the smallest act of kindness can make a huge difference, whether it's a kind word, a thank you or even just a super smile! There are bigger acts of kindness such as volunteering or going shopping for someone who needs your help. Being kind helps us connect with other people, makes them feel good, and helps our own mental health and wellbeing too!



THANK YOU

Thank you to our friends at The LUNA Project for sharing their calming activities with us. You can find more ideas and information from The LUNA Project at www.thelunaproject.org.uk

#BEHELPFUL SUNDAY

We partnered with BBC Children in Need for #BEHELPFUL Sunday with a colouring activity which included both Pudsey and our very own Bear and we loved the drawings you shared with us, thank you. Our three special Sunday ideas to support #BEHELPFUL included: Grow some seeds; Set helpful goals; and Cook, bake or eat some delicious food and during the day we promoted the fact that helpful people help others and that being helpful means doing things to care for yourself, your family, friends, and community.

At the end of this day, we sent out a huge message of thanks to all those who had helped us make Scottish Children's Health Week

THANK YOU

Thank you to our friends at BBC Children in Need for sharing this activity with us and for funding our work.

2023 so successful. There was, of course, a special thank you to all our partners and to our wonderful sponsors who had helped make Bear's Tea Party such as success. The ALLIANCE, Black Circles, Thistle Assistance, and Keegan and Pennykid helped us create some magical memories with our award winners and their families alongside families from our Care Experienced Service our Children and Young People Health and Wellbeing Service! Now we must start getting ready for next year.



BBC
CHILDREN
IN NEED



SCOTTISH CHILDREN'S HEALTH AWARDS 2023

The Scottish Children's Health awards have been created to celebrate courageous children and young people and those who are making a difference to their health and wellbeing.

We are delighted that Journalist and TV presenter Catriona Shearer once again interviewed all the winners and helped us to present the awards in person at Bear's Tea Party held on Saturday 26 August at the prestigious Balmoral Hotel, Edinburgh. We would also like to thank Royal Selangor who produce such wonderful Teddy Trophies to support our awards. The stories of the winners are featured on the following pages, and we would like to send out a huge well done to all the winners and a huge thank you to Catriona for helping us to present these awards.



Turn over to find out who won a coveted Scottish Children's Health Award!

THANK YOU CATRIONA



JULIET HARRIS WINS HEALTHCARE RIGHTS AWARD

The Healthcare Rights Award recognises a person or team who has taken significant steps to advance the health rights of children and young people in relation to the UNCRC, in school, at hospital or in the community. Our winner is Juliet Harris.



Juliet is Director of Together, a charity devoted to ensuring that every child and young person in Scotland experiences all their human rights, all of the time. Together has a membership comprising over 550 charities, academics, and professionals all working in collaboration.

The United Nations Convention on the Rights of the Child (UNCRC) is an international agreement outlining the rights of every child across the world. This includes human rights, such as the right to good health, the right to be heard, freedom from discrimination, and protection from poverty.

"Everything we do is centred around the UNCRC. In partnership with our membership, the Together team pushes for and influences new laws, checks that children's rights are being realised in their daily lives and raises awareness and understanding of children's human rights," says Juliet. "Children and young people are at the heart of everything we do, informing and influencing our work through our membership and through our team of young Human Rights Detectives."

Juliet says one of the significant achievements of Together is its role in ensuring that children's rights will be legally protected through the UNCRC (Incorporation) (Scotland) Bill. "This bill is poised to protect every child's UNCRC rights, including healthcare rights. It will give children and their families the ability to complain to the courts in the most serious of cases if their rights are not respected."

Together has also led efforts to involve children and young people in a United Nations review of children's rights in the UK, which involved presenting evidence to a UN Committee on a range of issues, including healthcare rights. "Our

collaboration with children and young people – working as #TeamScotlandUN – led to a record level of children's involvement in the UN process, resulting in over 200 recommendations to the UK and Scotland for improving children's experiences of their rights."

Juliet is aiming to ensure the Scottish Government treats these recommendations as their 'To Do List' for children's rights in Scotland, and to work with children and young people and the Together membership to take them forward.

Juliet didn't know she'd been nominated, but on learning she was a winner, she was keen to recognise her colleagues. "Winning the Healthcare Rights Award means a great deal to me and the Together team. It feels like a strong acknowledgment of our efforts to champion the human rights of children and young people, particularly their right to health."

On choosing their winner the judges said: "Our winner is an outstanding rights defender and a strong advocate for the rights of children and young people. We are so impressed with her many years of dedication and commitment to defending rights, and without doubt she is one of the strong leaders forging the way in the promotion of the UNCRC in relation to children and young people in our sector."

Congratulations on winning the Healthcare Rights Award Juliet.





JOYCE NOLAN WINS HEALTH-RELATED PLAY AWARD

The Health-Related Play Award recognises a special individual, or team, who has made a significant difference to a child's life through health-related play. This difference could have been achieved in school, at hospital or in the community. Our winner is Joyce Nolan.



Since 2005 Joyce has worked as a health playworker, both at Victoria Hospital on the Children's Ward and Children's Outpatient Clinics, and latterly at Queen Margaret Children's Outpatient Unit, where she developed and delivered a Play Service.

This service supports every child and their family who attend with a healthcare need, which includes those with long-term chronic conditions, like Cystic Fibrosis, asthma, juvenile arthritis, diabetes, and allergies as well as many children with neurodiverse challenges.

Joyce uses play to assist these children and their families on their hospital journey. This can range from 'normalising play' through to one-to-one play providing coping strategies and distraction therapy for procedures and interventions. Her work has helped many children have a more positive hospital experience.

"A child's hospital journey is full of necessary clinical/medical interventions where often they are seen mainly as a patient not a child, and as such feel that they don't have choices or even a voice. This can lead to a build-up of fears and anxieties, which culminates in distress and non-compliance.

"My whole philosophy has always been that they are a child first - they deserve to be heard and recognised. In my role I listen very carefully to their fears and anxieties, give them a voice, advocate for them, provide coping strategies and distraction therapy at the point of intervention, thus empowering them to cope - all of this while winning at Connect Four!"

Joyce has a particular interest in working with neurodiverse children. She identifies their need, actively listens, and works to find ways

to help them understand and cope with procedures. This can involve designing specially tailored resources to meet a child's specific individual needs. "It is very satisfying to see the children manage and feel proud of themselves. For me it is about providing a psychosocial service, which fully takes account of the child, working collaboratively with physicians to ensure the best possible outcome. By putting the child first and empowering them, they are much more able to build resilience and have coping strategies for future interventions."

Joyce says she feels honoured and privileged to have worked with so many resilient children and families over the years and that winning this award honours their bravery and courage. She would like to see recognition of the value of play in hospital and the huge difference it makes to children and families.

On choosing the winner for this award the judges said: "Our winner is a fantastic Health Play Worker who helps to support every child and their family who attend the Hospital Play Service which she developed and delivered. She uses play to assist children and young people on their hospital journey and is a shining example to us all in terms of creative thinking and drive. Her work has helped many children have a more positive hospital experience."

Congratulations Joyce on winning the Health-Related Play Award.





NURSE TEAM LEADER IN FIFE, LISA FISHER, RECEIVES A SCOTTISH CHILDREN'S HEALTH AWARD

Children are precious and so are their health and wellbeing. When parents leave their children in the care of practitioners, they also hand over responsibility for their health and wellbeing. The Health and Wellbeing Award recognises an individual or team who has made a difference to the health and wellbeing of a child or young person. This could have been achieved in school, at hospital or in the community through treatment or advocacy. Our winner is Lisa Fisher.

Lisa is the Nurse Team Leader of the Pupil Support Nursing Team at NHS Fife. It's a dedicated team of staff who work in special schools in Fife. They provide on-site nursing care and support to children – all of whom have neurodevelopmental issues, including physical and/or developmental issues and communication difficulties.

Phyllis Davidson, an Advanced Paediatric Nurse Practitioner in the Community Child Health Team at NHS Fife nominated Lisa. "Lisa is very supportive of her team and really motivates them. The team are like 'second mums' to the children and the care they provide is second to none," she says.

"Parents can feel confident their children are safe in the hands of the Pupil Support Nurses whilst they're in school and I feel they should be recognised for their role in helping the children reach their full potential."

Phyllis says that under the supervision of Lisa, the Pupil Support Nurses provide an excellent service not only supporting the children, but the Educational Pupil Support Assistants (PSAs) and class teachers. "The school staff are supported, indeed enabled, to provide safe, effective care and promote the health of the children in their classrooms. I believe the nurses should be recognised for all they do to support all staff caring for the children in school."

On choosing the winner for this award the judges said: "Our winner showcases a great example of vital work carried out in the background, which is massively important and impactful to those individuals and families which she supports. The



idea of our winner being 'a second mum' also comes through strongly, and her ability to wear several hats beyond her core role is really impressive.'

Winning the Health and Wellbeing Award is surely a step towards that recognition. Congratulations to Lisa Fisher.



FIFE RAPE AND SEXUAL ASSAULT CENTRE WINS IMPROVING LIFE EXPERIENCES AWARD

The Improving Life Experiences Award recognises the commitment and expertise of those who have made a significant difference to improving life experiences of a child or young person. Our judges were looking for nominees who have made a difference to the confidence and resilience of a child or young person, to help them deal with difficulties. Our winner is the Young Person's Team at Fife Rape and Sexual Assault Centre.



Fife Rape and Sexual Assault Centre is an independent voluntary organisation that offers a range of free and confidential time-limited support to anyone 12+, who has been affected by rape and sexual assault. The service includes counselling and advocacy.

The team assists young people in many aspects of their life as well as helping them navigate the criminal justice system. In order to offer a full support service, they take a flexible approach, seeing young people where it suits them; be it school, in the community in the team's office or over video calls. It's aimed at being as inclusive as possible – with the preferences of the young people at the heart.

Talking about the service, Zoe Henderson, Team Leader, said: "Trauma work is hard, and the team show up every day for the young people who often struggle with their mental health. They see a lot of young people who have been shut down, not believed, carry guilt and shame – and the team listens, believes and respects them and gives them a safe space to explore their feelings and emotions."

An experienced team, who are trauma informed, they offer 24 support sessions to help rebuild young people's confidence, work through their trauma and see a future where they can manage it in a way that helps them move on with their lives.

Jan Swan, FRASAC Manager, was delighted to win the award in recognition of the team's hard work and dedication. "We are so chuffed to be

recognised in this way. The team constantly strives to ensure that quality services are available to young people.

Jan says the most fulfilling part of their work is, "the privilege to get to walk alongside and support our young service users as they explore and understand the impact sexual violence has had on their lives", and says the strength, courage, resilience and determination they see from them is commendable.

On selecting their winner, the judges said how impressed they were with the work undertaken by this team, supporting individuals who are often hard to reach, and so a high level of flexibility is required, meeting young people where and when it suits them. They remarked: "Often the team is not able to provide the complete solution themselves, as that often necessitates supporting victims through the criminal justice system. We very much admire the work of this team and believe it is a great example of providing much needed support to young people who are hard to reach and in great need of their amazing help!"

Congratulations to the Young Person's Team at Fife Rape and Sexual Assault Centre on winning the Improving Life Experiences Award.





NICOLA BOYLE WINS CHILDREN'S CHOICE AWARD

The Children's Choice Award recognises someone who has made a significant difference to a child or young person undergoing treatment in hospital, at home or in the community. It's a "thank you" in recognition of the difference they've made to a child's world. Our winner is Nicola Boyle.



Nicola is a health visitor, based at Maryhill Health Centre. Pre-school children and their families are a key focus, but the parents and carers are also central, as Nicola explains. "We give as much support required to assist the parents and carers in meeting their children's needs and support them with their own health and life requirements."

And it's this focus on family – not just the child – that earned Nicola her nomination for the Children's Choice Award.

Arlo Aitken was born at just 23 weeks and underwent a major, potentially life-threatening operation. A terrifying ordeal for any parent, but Arlo's mum Emma was helped through the process by Nicola, and it's one of the many reasons she nominated her for the award.

"Nicola made us feel so comfortable – like she genuinely cared for our family. She understood how we felt, she dealt with difficult conditions and helped us through difficult appointments," says Emma.

Arlo was later diagnosed with autism and Emma feels Nicola helped the family navigate the process. "She pushed for answers, talked us through diagnoses and has repeatedly gone above and beyond for him."

Nicola didn't know she'd been nominated for the award, so when Emma called her to tell her the good news, she automatically thought it was something to do with Arlo. "I went into shock; I couldn't believe it. I thought she was kidding me on! I still can't believe it. I am so grateful for the recognition. Arlo has been the 'miracle baby' on my caseload due to being born at 23 weeks. He's been the biggest fighter and developed into a lovely, happy, delightful little boy."

When she made the nomination, Arlo's mum Emma said Nicola had gone above and beyond her remit and emphasised how much Nicola knows the children under her care. That's not gone unnoticed by Nicola, who sees the award as affirmation that she's doing the best for those she works with. "The award has really assured me that I am doing what I try to do every day in my work and help all children and parents meet their needs and live a happy life."

"I love my job, but when I hear good news about kids' health situations or their achievements I have helped with, it really makes me feel I can do my work and makes it all so worthwhile."

Whilst Nicola is delighted to have won the Children's Choice Award, it's the continued success of the children she works with that she gets most satisfaction from. "The best part has to be seeing all the kids and getting a big smile from them; it really does brighten up my day."

On choosing their winner for this award the judges said: "We feel that our winner is a great example of someone who goes above and beyond to make a difference to a patient and family. She is a Health Visitor and a GIRFEC named person, who has shown excellence in her role, particularly when supporting the parents of premature babies to share their journey in 'person centred care'."

Congratulations Nicola on winning the Children's Choice Award.





WILLIAM KILPATRICK WINS YOUNG ACHIEVER AWARD

The Young Achiever Award recognises a child or young person who has shown great determination and courage in their life - and our winner, William Kilpatrick, from Glasgow, is a shining example.



William's heart condition was diagnosed before he was born. At just 28 weeks doctors discovered he had no heart valve. The first three years of his life were spent in hospital, and he endured endless infections, low blood pressure and severe bouts of vomiting – all associated with his condition. Before the age of five he had undergone two open-heart surgeries.

Now approaching his 15th birthday, William is still undergoing treatment and has just had a pacemaker fitted. But whilst his life has been dominated by hospital visits and medical intervention, William has never let it get him down and his charisma has always shone through.

"He's always smiling; no matter what procedure he's having done he always has a huge smile for the nurses and for me," says his mum Kat.

At such a young age William has endured serious health implications related to his illness, including kidney failure and stints in intensive care. But he's a typical teenager and enjoys the things most others his age like to do. He's a fan of Partick Thistle and loved being a mascot at their match against Inverness Caledonian Thistle.

He's also a fan of musicals and he and mum Kat have made trips to see Mamma Mia and Hairspray. Wicked is on the list next, and he's looking forward to seeing the Jonas Brothers in concert next year.

And thanks to the care he's receiving, his mum says he has a lot to look forward to. "His future is bright now. He has more independence and can go out with friends; it's a lot more positive."

William was nominated for the award by Lyn Deans, a volunteer at the ward William was a long-term patient in, and Wendy McKechnie, a Play Assistant in Glasgow Children's Hospital Play Team - who have been instrumental in helping William

throughout his hospital stays.

"The positivity from the nurses is amazing," says Kat. "He loves doing arts and crafts with Wendy and has made loads of paintings for the hospital walls. He even calls the Head Nurse Aunty Louise!"

Such is the close bond between the staff and William, Kat decided to let Wendy give him the news that he'd won the award. "I wanted to give Wendy the pleasure of telling him since she nominated him." And his reaction? "He was ecstatic. His face went red, and I knew he was really pleased, it's given him confidence."

William dreams of becoming a police officer and is hoping to sign up to become a police youth volunteer. "I'm so proud of the young man he's becoming," says Kat. "There's a lot of good things for him to look forward to; his future is smiling!"

On choosing their Young Achiever, the judges said that this award was always one of the most difficult categories to consider. They were once again blown away with the entries this year and in choosing their winner they have recognised an extraordinary individual. They said: "William has shown remarkable spirit in overcoming adversity. He goes above and beyond to achieve so much to support others and to inspire others to overcome their own difficulties. He is a wonderful example to us all."

Congratulations William on winning the Children's Health Scotland Young Achiever Award.





DR PATRICIA JACKSON WINS LIFETIME ACHIEVEMENT AWARD

The Lifetime Achievement Award is presented to a health professional who has made outstanding contributions to the health and wellbeing of children and young people. Our winner is Dr Patricia Jackson.

A neurodevelopmental paediatrician by training, Dr Jackson worked as a Consultant Community Paediatrician in NHS Lothian. She chaired the SIGN (Scottish Intercollegiate Guideline Network) National Clinical Guideline on the diagnosis and management of Fetal Alcohol Spectrum Disorder (FASD) and is the recent Past President of the Scottish Paediatric Society.

Despite having now retired from the NHS she continues to be active in a variety of children's health issues and causes and remains one of Scotland's leading experts on FASD. Having had recent experience of working with young people diagnosed with FASD, Dr Jackson says it has been a positive experience for them to understand why their brain works the way it does. "They're able to identify with others who have a similar health issue and can speak about how they continue to address and overcome their challenges.

"I am delighted that my work - alongside many exceptional colleagues - has begun to shine a light on this important area of practice."

Dr Jackson is also passionate about increasing opportunities for neurodivergent children. She was involved in the original Additional Support Needs legislation development and continues to take a keen interest in its impact on improving the experience of those with learning disabilities and their families.

"Early in my career I realised that support to children and young people with neurodiverse conditions and their families was something that could not be adequately done by the health service in isolation," she says.

This led her to set up the National Network for Children and Young people with Exceptional Healthcare Needs (The CEN National Care Network).

Dr Jackson says it's clear that collaborative working across all services and keeping the child, young person and their family central to decision making creates a much better service. "It's a much more satisfying and helpful way to work, both for the individual and the professional involved."

The vast range of organisations Dr Jackson is involved in demonstrates her commitment to collaborative working and she's keen to acknowledge her colleagues. "This award is also in recognition of the huge number of people who have been my mentors and influencers throughout my career. Too numerous to individually mention, but I hope they all 'know who they are' and how much I have appreciated their support and advice."

On choosing their winner the judges said: "We were particularly impressed with Patricia's work in Fetal Alcohol Spectrum Disorders. She has also been a great leader throughout her career as a consultant community paediatrician and academic involved in neurodevelopmental care. Patricia has supported the rights of children with disabilities both in clinical practice and beyond this to the holistic care of children and families through her work with the Down's Syndrome Association and her research at the University of Edinburgh."

Congratulations to Dr Patricia Jackson on winning the Lifetime Achievement Award.



AUTUMN Fundraising Ideas to support our work with children and young people

It's autumn, which means it's time to get ready for shorter days and longer coats. We think this is a wonderful time of year to fundraise and we would love to have your help in raising much needed funds for us to continue to support the health and wellbeing of children and young people and their right to the best possible health. We have some great AUTUMN Fundraising ideas below – all we need is you.

A is for Art

Whether you are a seasoned artist or a new talent, you can show off your creative skills either in person or on a website or social media. If you need a reason to get creative, selling your artworks for donations towards Children's Health Scotland is a great way to make an impact. Alternatively, if you have an arty skill, you can host an art class where you teach others how they can do it themselves and donate the entry fee.



U is for Unforgettable Movie Night

Nothing good on in the cinemas? Host your own movie night at home. Make use of that Netflix subscription and dusty DVD collection by inviting everyone over, crunching popcorn, and watching some amazing movies. With Halloween and Christmas around the corner, why not make it a themed movie night? Collect the money you all would have spent on the cinema ticket and donate it towards our work.



U is for Ultimate Gaming Tournament

This is one for the little (and big) kids. Collect your friends and host a gaming tournament in-person, online, or streaming on Twitch. Will you choose a Fortnite or League of Legends competition so see who comes out on top, a friendly game of Super Smash Bros or Street Fighter, or an old school Mario Kart tournament?



M is for Morning Run

Marathons, 5K's and other running competitions take place all year round. Check what runs are happening in your area and start training to take part. Running and other exercises are great for our physical and mental wellbeing. If you can raise donations for Children's Health Scotland, then your morning run will also do great things for the children and young people who we support.



T is for Tea (and cakes!)

It's a classic for a reason! Get your friends, colleagues, and community together to host a coffee morning or afternoon tea party. Everyone can bake or buy cakes and snacks and collect donations for the tasty treats.



N is for Neighbours

Why not invite your neighbours around for an afternoon tea party – okay so we mentioned this twice but we love a tea party! Invite them to bring food, drinks and games and collect donations for taking part.



How to send your donations

Thank you so much for fundraising for Children's Health Scotland. Any amount you raise will help us reach children and young people with health conditions across Scotland. To pay in your donations, you can:



Scan the QR code to be taken to our page on Just Giving, or search for us on Just Giving.

If you would prefer to donate by post, you can send a cheque payable to Children's Health Scotland to our office at 22 Laurie Street, Edinburgh EH6 7AB.

If you would like to discuss another method to pay in your donations, please email fundraising@childrenshealthscotland.org



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/ and send the completed form to 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: _____

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☐ I would like to be sent CHS mailings.


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