

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

Treasurer  
Finance Officer

Derek Quirk  
Alison Glass FCCA

Independent Examiner  
Bankers

Jeffrey Crawford & Co  
Royal Bank of Scotland

	2024	2023
<b>INCOME</b>		
Voluntary Income	£304,324	£314,454
Charitable Income	£35,975	£38,112
Investments	£2,866	£1,093
	£343,165	£353,659
<b>EXPENDITURE</b>		
Raising Funds	£27,449	£28,002
Charitable Activities	£308,036	£368,558
	£335,485	£396,560
<b>ASSETS AND LIABILITIES</b>		
Current Assets	£203,892	£204,905
Current Liabilities	£52,488	£66,224
Net Current Assets	£151,404	£138,681
Fixed Assets	£7,548	£12,591
<b>TOTAL CHARITY FUNDS</b>	<b>£158,952</b>	<b>£151,272</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 2025, the free reserves will fall within the target level.

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

Our main funding sources over the past year have continued to be from The Robertson Trust and the Scottish Government through the Children, Young People and Families Early Intervention Fund administered by CORRA. Our other main sources of funding were received through BBC Children in Need, 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.

## NATIONAL LOTTERY AWARDS FOR ALL

We'd like to give a huge THANK YOU to National Lottery Awards for All Scotland for funding our Bear's Royal Picnic and our Eurovision Party in 2023. Helen, the mum of a 15-year-old with health conditions captures our thoughts on these special occasions: "Being part of a big event where everyone could come together was amazing and being treated to lovely things was really special. This was a celebration that showed the young people you are all special and we can help you through your challenges."



### Registered office:

Children's Health Scotland  
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www.childrenshealthscotland.org

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### Find us on:



Scottish Government  
Riaghaltas na h-Alba  
gov.scot

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



# OUR ANNUAL REVIEW AND IMPACT REPORT 2023-24

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



## 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 and which is made up of the Directors and other members who are co-opted by the Executive Committee during the year.

### SENIOR LEADERSHIP TEAM

Helen Forrest, Chief Executive Officer  
Michelle Wilson, Head of Children and Young People Services  
Anne Wilson, Head of Development

### SERVICE STAFF

Esther Bates, Marketing and Fundraising Assistant (to November 2023)  
Rhianne Forrest, Officer  
Eilidh Findlay, Coordinator  
Sarah Holder, Coordinator (to March 2024)  
Dagmar Kerr, Coordinator (to June 2023)  
Sarah Nelson, Assistant (to November 2023)  
Alastair Simpson, Solutions Architect (from January 2024)

### SPECIALIST ADVISORS

Frances Barbour  
Lady Joyce Caplan  
Alison Closs  
Dr Zoe Dunhill  
Kay Fowle  
Gwen Garner  
Jane Holmes  
Gita Ingram  
Una MacFadyen  
Prof Richard Olver  
Jacqueline Reilly  
Dr Grant Rodney  
Albert Yeung  
Prof George Youngson

### EXECUTIVE COMMITTEE

#### OFFICE BEARERS

Chair, Maggie Simpson  
Vice Chair, Euan Forbes  
Treasurer, Derek Quirk

#### TRUSTEES

Helen Bauld  
Patricia Jackson  
Katherine McKay  
Andy Young



## ALL CHILDREN HAVE AN EXPLICIT RIGHT TO THE BEST POSSIBLE HEALTH

As I mark my first year as Chair of Children's Health Scotland, I look back with immense pride on what we've achieved over the past year to support the health and wellbeing of children and young people and those who love and care for them.

During this time, I have had the privilege of meeting some of the inspirational people we support, to listen first hand to their stories and their endorsement of the remarkable services we provide in our community. I've enjoyed meeting with inspiring volunteers, particularly our young group of volunteers, health professionals and policy teams to discuss and hear about the essential work of Children's Health Scotland. What I've learnt is that we, as the leading children's health charity in Scotland, deliver vital support to some of the most vulnerable children and young people in Scotland which essentially improves their life experiences. We're also the only charity in Scotland dedicated to informing, promoting, and campaigning on the healthcare needs and rights of all children and young people with health conditions.

When I accepted the position of Chair, it was with the knowledge that 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 the 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. The impact on children and young people living with a health condition is severe. They are at risk from social isolation, difficulty making friends, poor mental health and wellbeing, and poor educational and career outcomes due to missing school. Through our work we empower them to take control of their lives, to become confident and resilient individuals, ready to lead fulfilling lives as valued members of society.

### Funding

As noted in this Report, this year we have achieved a gross income of £343,165 with an expenditure of £335,485 and our funds under management remain satisfactory. A remarkable achievement.

As trustees we are, of course, ultimately responsible for steering Children's Health Scotland through turbulent times and this year I would like to commend all our staff for their hard work, diligence, and ingenuity in responding to the financial challenges during a cost-of-living crisis, whilst maintaining our incredible support for children and young people. Demonstrating prudent and careful financial management is always important but perhaps has become even more critical when money is tight for many donors, Trusts, and Foundations.

### Service delivery

During the past year we have continued to provide four key services as detailed in this Impact Report and it is a pleasure to note some of their key highlights in this Annual Review.

### Looking to the future

I am now working with the Trustees and our staff on updating our Constitution and the development of our new Children's Health Strategy for 2024-2030 that will reinforce our continuing ambition to be the leading children's health charity in Scotland which supports the right of every child to the best possible health. Our charity plays a vital role in Scotland, improving the lives of some of the most vulnerable children and young people in our society whilst supporting their health, wellbeing, and rights. Our ability to do this rests on essential income from Trusts and Foundations and the amazing work of our staff and volunteers for which I express my gratitude.

Our new Strategy, with its five interlinked strategic priorities of: expertise and information; voice; improving life experiences; training and resources; and health-related play, is set within the context of our charitable remit, and clearly maps the way forward for our services. I believe that, in working to this Strategy over the next six years, Children's Health Scotland will continue to ensure the right of every child to the best possible health whilst ensuring their places within our society are valued, protected, and respected.

M A Simpson  
Maggie Simpson  
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.



**39,654**  
PEOPLE RECEIVED  
LEAFLETS AND  
PUBLICATIONS.

## HEALTHCARE RIGHTS

**16,692**  
PEOPLE SUPPORTED  
WITH HEALTHCARE  
RIGHTS  
INFORMATION.



**4,477**  
FAMILIES RECEIVED  
HEALTHCARE  
RIGHTS  
INFORMATION.

**5,773**  
CHILDREN  
SUPPORTED  
WITH  
HEALTHCARE  
RIGHTS.



**565**  
PROFESSIONALS  
ATTENDED CHS  
EVENT ON RIGHTS.

**633**  
PROFESSIONALS RECEIVED  
INFORMATION VIA DELEGATE  
PACKS, LEAFLETS, AND TOOLKITS.

**210**  
WE NETWORKED WITH  
ORGANISATIONS TAKING  
FORWARD THE RIGHTS OF  
CHILDREN AND YOUNG PEOPLE  
WITH HEALTH CONDITIONS.



"My Health, My Rights is really important because it lets kids know they have rights. It lets them know that they can have information given to them in a way they understand and I think it's going to be really exciting being a part of a campaign like that. Young people like me often get forgotten about, we don't get to have our voices be centre stage. But with My Health, My Rights we do and I am really looking forward to Scottish Children's Health Week."

Jess aged 15 years

## ALINA MEETS THE DOCTOR

Alina is twelve years old, has additional support needs, is 'non-speaking' and needs help to cope with going to the doctor. She is also the main character in our latest book which looks at ways to help children like Alina, and those who love and care for them, to become confident about going to the doctor. We're very proud of this wonderful book which includes a section for children and one for adults and professionals who support children like Alina. It offers information, evidence, and lots of practical advice on how to help anxious children through a rights-based approach.



# CHILDREN AND YOUNG PEOPLE HEALTH AND WELLBEING SERVICE



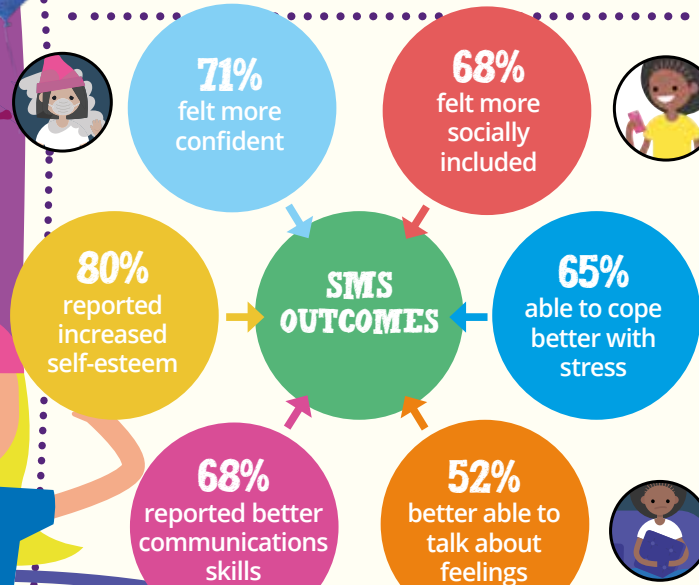
Our Children and Young People (CYP) Health and Wellbeing Service supports the health and wellbeing of children, young people, and their families and carers across Scotland. The service delivers Self-Management Skills Programmes (SMS) for children and young people with long-term health conditions. The 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

**97**  
children & young  
people

**100%**  
made  
progress  
towards their  
personal  
goals

**77**  
know more  
about  
health  
rights



## HEALTH & WELLBEING



**3,791**  
CHILDREN &  
YOUNG PEOPLE and  
**3,062**  
FAMILIES

supported through  
our CYP Health and  
Wellbeing Service.

**4** SMS Face-to-Face  
Programmes (or 24  
Workshops) delivered  
to 41 children and young  
people.



**12** SMS:HUB sessions  
attended by  
**201** CHILDREN &  
YOUNG PEOPLE

**4** SMS Why  
Weight  
Programmes  
delivered in  
partnership with  
NHS Forth Valley  
to 42 children and  
young people.



**1** FLOURISH Programme delivered in partnership with the Dundee International Women's Centre.

## NEW SMS SCHOOLS PROGRAMME

A key highlight of the year was the completion of a new SMS Schools Programme which we developed in partnership with NHS Forth Valley. It is based on other SMS Programmes we've successfully delivered since 2015 and developed in consultation with children and young people. We delivered the Programme to 15 young people at Denny High School - all of whom struggled to stay in school. We were delighted with the results of the Programme and commenting on it a Guidance Teacher told us: "Pupils have engaged so positively with the Programme and continued to come back week on week. We'd love to do more like it!"



# 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.

**2,135**  
professionals including  
local authorities and  
Independent Fostering  
Providers received our  
training resources.

**178** FOSTER AND  
KINSHIP CARERS  
attended 22  
Workshops delivered  
across Scotland.



**679**  
parents or  
carers received  
healthcare rights  
information.

**97**  
professionals  
attended our events.



**312**  
Kinship carers received  
resource packs.

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

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



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



## NEW FAMILY RESOURCE

A key highlight for the service during the past year is our work with the CELCIS, Scotland's Centre for Excellence for Children's Care and Protection, and the Scottish Government National Child Protection Family Resource. Having been involved in the earlier work on the development of a Family Resource for parents and carers to better understand the National Child Protection Guidance (launched late 2021), we were invited back to engage in user testing on the now complete Family Resource. We convened three focus groups (9 carers - the majority of whom were Foster Carers) to comment on the look, design, and accessibility of the Resource. We received excellent feedback from carers about the whole process and how pleased they were to be involved.

# 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

**39,654**

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



## SOCIAL MEDIA AND WEB

**75,648**  
Website Pageviews

**65,065**  
people viewed our  
Facebook Posts

**244,345**  
reached viewed our  
X (Twitter) Posts



## SCOTTISH CHILDREN'S HEALTH WEEK & AWARDS



3,000 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: Do Be Mindful, The  
Fostering Network, Home  
Link Family Support, Children  
1st, Place2Be, The LUNA  
Project, and BBC Children in  
Need.

**7**  
AWARD WINNERS  
were unveiled



## PICNIC IN THE PARK



We hosted our first Bear's Tea Party for 70 special guests at the Balmoral Hotel, Edinburgh to celebrate Scottish Children's Health Week and present the Teddy Trophies to the Award Winners. Special guests included the children and young people we support and their families.

## MY HEALTH, MY RIGHTS CAMPAIGN

During Scottish Children's Health Week, we unveiled our national 'My Health, My Rights' Campaign. It is our belief that every child has the right to the best possible health, and this national campaign aims to 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.

