



Children's Health Scotland

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SAVE THE DATE FOR SCOTTISH CHILDREN'S HEALTH WEEK 2025

Get ready to save the date because the excitement is brewing for our upcoming Scottish Children's Health Week! Are you prepared for another exhilarating week filled with events, special guests, and so much more? As always, we'll be unveiling our annual Scottish Children's Health Week Activity Book, overflowing with a week's worth of imaginative health and wellbeing activities designed for children and young people of all ages!

Mark your calendars and get set to join us from 1 to 7 September 2025, for this amazing celebration! If you're interested in receiving activity books for yourself or the children and young people you engage with, don't hesitate to reach out! Email us at enquiries@childrenshealthscotland.org or give us a call on **0131 553 6553**.



HEALTH RIGHTS INFORMATION EVENTS

NHS
Greater Glasgow
and Clyde



 **Children's
Health Scotland**
Charity No SC006016

We kicked off our very first Health Rights Information Event of 2025 at the Royal Hospital for Children, Glasgow! The event gave children and families the opportunity to ask us questions about health rights, which we then relayed to the hospital so that together we can continue to defend and protect the right of every child to the best possible health!

Additionally, professionals and families had the chance to refer to our Self-Management Skills (SMS) Programmes in-person and ask us any questions they might have. Remember these Programmes are for children aged 9-17 who have a health concern, and children, young people, parents, carers or health professionals can refer with no formal diagnosis required. We've more information events planned throughout 2025 and if you would like to book an event with us then please contact us either by giving us a call on **0131 553 6553** or email enquiries@childrenshealthscotland.org.



Helping children and young people become confident, independent, motivated, and responsible

“ It’s been really good. I’ve noticed a difference in him and I think it’s really come at the right time with him going to high school. We’ve got more hospital appointments coming in the next few weeks, so it’ll be interesting to see how they go now he has some of the things he’s learned. ”
Parent

Do you know a child or young person with a health condition or concern who is struggling with managing their health and wellbeing? We deliver award winning Self-Management Skills (SMS) Programmes throughout the year which are **FREE** for children and young people aged 9-17 years and a formal diagnosis is not required to take part.

Commenting on the Programme, Michelle Wilson our Head of Children and Young People Services said: *“Our SMS Programmes are filled with fun, games, and learning opportunities and, thanks to our funders, we have been able to run these since 2015. The Programmes are six weeks long and in-person sessions run on a Saturday for two hours and online sessions run on a Monday and Thursday for approximately one hour. Especially important within the Programme is the fact that children have a chance to make friends and socialise with other young people who understand what it is like living and managing a health condition. Our first in-person Programmes started in February in Edinburgh, and they were both full so there is still a real and growing demand for our SMS Programme. We do have others running throughout the year and if you need further information then please look online or give us a call on 0131 553 6553.”*



How can I join?

We have an number of ways children and young people can take part in a Programme. They can be referred by a professional who thinks the SMS Programmes might be of interest, or they can self-refer with their family. Once referred a member of our team will get in contact via telephone (or email if a phone number hasn't been provided.) We will have a chat about the Programme and what to expect and then set up a 1-1 call with you. This is on zoom and it's a chance to meet, get to know one another and have some fun. The young person might decide at this point that our Programme sounds fantastic, or it might be decided that the Programme isn't quite what they are looking for. In all situations we respect the right of the child and also signpost to other organisations if we think it is helpful.



What happens after?

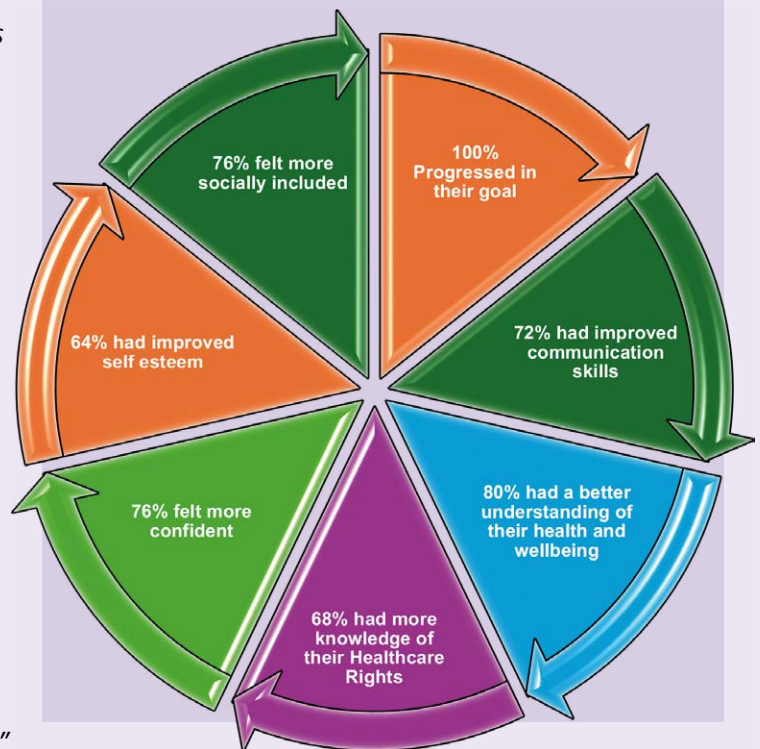
After an SMS Programme children and young people are invited to join our SMS:HUB. This is a safe and inclusive online community that meets once a month. We top up on our Self-Management Skills as well as have a ton of fun. Packages are sent out in the post with that month's activity and we connect from all across Scotland. Our SMS:HUB have even been invited to some amazingly fun in person events such as: Bear's Tea Party, Bear's Royal Picnic, Aladdin at the Edinburgh Playhouse and Dreamnight at Blair Drummond Safari Park.

Dr Kirsten Verity, Paediatric Neuropsychology Service Lead at The Royal Hospital for Children and Young People in Edinburgh is one of the health professionals who refers children and young people to our Programmes. She told us: *"The SMS Programmes and resources are valued and highly rated by myself and my colleagues in both Psychology and Neurology. We see it as a well thought out and high-quality resource for children and young people with chronic health conditions and it is appropriate for many of my patient groups, which includes children and young people with epilepsy, spina bifida, and cerebral palsy. In a landscape of limited mental health resources available through statutory services, the SMS Programmes help meet the needs of children and young people who might not quite meet threshold for CAMHS psychology input but who are nonetheless very vulnerable and at risk of poor mental health and consequently poor long-term outcomes."*

"These young people really benefit from the evidence-based skills they learn and information they are given. The positive, accepting atmosphere created in the groups has been pivotal for many of our isolated young people who feel alone with their illness. We have the Programme as one of our recommended interventions for the 'red' (higher mental health needs) children and young people following their PAVES (psychology adding value electronic screening) appointment at both epilepsy and diabetes clinics. Thus, we signpost medical professionals throughout the hospital to the resource because of its quality and ability to meet the needs of the young people coming through RHCYP."

Outcomes for children and young people

Last year 51 children and young people participated in four SMS:F2F (face-to-face) Programmes which we delivered at the Eric Liddell Centre in Morningside or at the Corstorphine Community Centre. Each Programme ran for six weeks and each week we delivered a two-hour session. During the past year some of partners have included the Teapot Trust, Relax Kids and the LUNA Project. At the end of each Programme, we held a Celebration Session and one of the favourites has been our partnership with Edinburgh Zoo where the children and young people experienced an exciting animal handling Celebration Session. The outcomes for our children and young people are shown as follows:



To find out more about our SMS PROGRAMMES offered through our Health and Wellbeing Service visit <https://www.childrenshealthscotland.org/service/chwbs/>, email CYPHWS@childrenshealthscotland.org or give Eilidh Findlay a call on 0131 553 6553.

Thank you to our funders

Our SMS Programmes are only possible thanks to funding from the National Lottery, the Robertson Trust, St James's Place, Agnes Hunter Trust, Ponton House, WCH Trust for Children, and the Pixel Fund.



Caring for both your family and self

Sometimes, we can all find ourselves feeling overwhelmed, with stressful moments being part of life. So, how can we support ourselves during these challenging times? The key lies in self-management skills (SMS) and, with the help of funding from the ALLIANCE, we have developed an SMS Programme called LAFS (Looking After Family and Self) especially for Kinship Carers in Scotland.

Our Chief Executive, Helen Forrest, shared her thoughts on the developing of the LAFS Programme, stating that: *"We all have self-management skills that we often use without even realising it, especially during tough times. Over the last year, we've been developing a new initiative with kinship carers for kinship carers called LAFS – a Programme designed to enhance self-management skills. The Programme focuses on providing practical and realistic tools to help kinship carers handle challenges, whilst also celebrating the positive moments in their lives. Throughout the sessions, carers are encouraged to reflect on their life experiences, both the highs and the lows, to acquire new skills for navigating future challenges. We have been providing self-management skills Programmes since 2015 and this latest one for kinship carers has been designed to ensure that all those taking part feel acknowledged, respected, and valued."*

Self-management is a crucial skill that can have benefits throughout your life. It involves taking responsibility for actions, setting personal goals, and managing emotions and behaviours in various situations to become the best version of yourself. As a rights-based organisation, we recognise that healthcare rights also play a significant role in self-management so within LAFS, we engage in discussions about the UNCRC and EACH Charter, focusing on understanding the right to the best possible health.

The LAFS Programme consists of workshop sessions which are available to book online and social celebration sessions which take place throughout the year. The workshop sessions, shown on the



opposite page, provide information and support for kinship carers whilst offering a safe space to share experiences and ideas with each other. They are all themed on building resilience and self-confidence with a strong focus on supporting the emotional health and wellbeing of kinship carers and the children and young people in their care.

A great self-management technique is a Power Pose. Practising just a couple of minutes before an activity can remind you of how powerful you are and over time that message can boost your confidence and self-esteem - positively change how you feel about yourself. Here are a few you can try.



In addition to funded Programmes, we can develop tailored training and SMS Programmes at cost-effective prices. To find out more give Michelle Wilson a call on 0131 553 6553 or email enquiries@childrenshealthscotland.org



Sleep | Two-hour workshop

Discover why sleep is important whilst learning about good and bad sleeping habits and sleep routines. The session looks at possible reasons for sleep issues whilst suggesting some practical ideas for getting better sleep.



Self-Care | Two-hour workshop

Self-care isn't selfish. It means taking time to do things that help you live well and improve your mental, physical and social health. The session discusses why self-care is beneficial whilst exploring beneficial activities.



Self-awareness | Two-hour workshop

It is vital that, as adults, we are aware of our own feelings and emotions to be able to recognise if we're finding things difficult. This session discusses self-esteem, self-image, and self-awareness and why these matter to kinship carers.



Stress | Two-hour workshop

Stress, depression and anxiety can be common mental health risks. This session discusses why understanding stress is beneficial before looking deeper into causes and how to alleviate stress before it becomes too much.



Health and Wellbeing | Two-hour workshop

It's so important to take care of your own health and wellbeing so you can provide the best support to the children in your care. This session discusses hints, tips, and guidance to improve your health and wellbeing.



Healthy Boundaries | Two-hour workshop

One of the hardest aspects of being a carer is having to navigate healthy boundaries within your family. This session discusses setting boundaries to help maintain your carer role whilst looking after your own physical and emotional health.



Education | Two-hour workshop

Kinship children may have experiences which continue to impact on their behaviour. Schools should look to support children to improve behaviours by incorporating trauma informed, attachment aware practices. This session discusses education, health and rights.



Building Resilience | Two-hour workshop

There are things that carers can put in place to help build resilience such as accessing services, improving family relationships, communicating understanding, planning contact time and embracing a loving community. This session looks at all these in greater detail.

To find out more about workshops that are currently available visit <https://tinyurl.com/CHS-EVENTBRITE>



SANDY MEETS THE TEDDY HOSPITAL



We have now published “Sandy meets The Teddy Hospital”, the newest addition to our collection of books written by children! Many children, and even some grown-ups, often feel nervous about getting their blood taken. Five-year-old Sandy was no exception, feeling quite anxious until he uncovered some fantastic techniques to help him relax and prepare for the experience. We collaborated with Sandy to share his journey and insights in this delightful new book. It was officially released on Tuesday 10 December 2024, in celebration of Human Rights Day!

Commenting on the release of the book, Helen Forrest, Chief Executive of Children’s Health Scotland said: “A heartfelt thank you to Sandy and his parents for their invaluable contribution in creating this fantastic resource. I also want to extend my gratitude to the Health Play Team at the Royal Hospital for Children in Glasgow, particularly Melody. Together, we have crafted an inspiring book that promotes health, wellbeing, and children’s rights, featuring sections for both young readers and parents, carers, or health professionals. Our Health Rights Service actively engages with children and young

people to uphold their right to the best possible health, and Sandy has now emerged as one of our remarkable young Health Rights Defenders.”

Sandy, a 5-year-old, is anxious about getting his blood taken and is now the star in our latest new book series. With the help of Health Play Specialist Melody and our friend Bear, he visits the Teddy Hospital at the Royal Hospital for Children in Glasgow. There, he learns about his health rights and engages in health-related play. The story begins with Sandy arriving at the hospital with his parents. Guided by Melody, he confronts his fears by exploring medical equipment and playing with Bear and Melody to understand the blood test. After Sandy’s adventure, there’s a special section for adults with tips on helping children cope with new experiences, including insights on behaviour and techniques like storytelling, play, and relaxation. Engaging in health-related play is essential for connecting with children and supports their healthy development across various skills.

Michelle Wilson, Head of Children and Young People Services at Children’s Health Scotland added: “We couldn’t have produced this book without the fantastic support of NHS Greater Glasgow and Clyde and The

To find out more about our Health Rights Service in Scotland visit

<https://www.childrenshealthscotland.org/service/hrcyps/>, email CYPHRS@childrenshealthscotland.org or give Rhianne Forrest a call on 0131 553 6553.





Glasgow Children's Hospital Charity who fully fund the Teddy Hospital.

Both are hugely supportive of our work and of making health rights real in Scotland. I would also like to thank Rhianne Forrest, our Health Rights Officer, for making this book happen and Dagmar Kerr and Amy Joss, who both started this series of books for children and professionals alike."

We'd like to thank the Scottish Government, The Robertson Trust, NHS Greater Glasgow & Clyde, The Royal Hospital For Children Glasgow and Glasgow Children's Hospital Charity for their outstanding support in funding and helping us to create this wonderful book. And, of course, the biggest Bear Hug and thank you to the star of our book, Sandy.



SANDY MEETS THE TEDDY HOSPITAL NOW AVAILABLE TO BUY ONLINE FOR £6.99



 Children's
Health Scotland

**Sandy
meets
The Teddy
Hospital**

Go online at
<https://tinyurl.com/BUYSANDYBOOK> to get your copy

Nominations now open for the Scottish Children's Health Awards 2025

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

The Scottish Children's Health Awards shine a spotlight on brave and courageous children and young people, along with those who are positively impacting their health and wellbeing.

Nominations are officially open, and you have until 5:00 PM on Friday 11 July 2025, to recognise someone extraordinary. Check out the award categories on the next page! Additionally, we have a special **Lifetime Achievement Award** that isn't available for public nominations.

We are thrilled to share the exciting news that our wonderful friend, journalist, and TV presenter, Catriona Shearer, will be joining us once again this year! She'll be interviewing all the winners of a Scottish Children's Health Award so we can share their incredible and inspiring stories during Scottish Children's Health Week. She will also help us to present their awards at Bear's Tea Party at the Balmoral Hotel in Edinburgh. This very special event highlights our upcoming Scottish Children's Health Week whilst celebrating our amazing award winners.



So, mark your calendars for Scottish Children's Health Week 2025, happening from 1 to 7 September 2025, because you won't want to miss all the big reveals!

If you know a remarkable child who has displayed incredible determination when giving up would have been the easy choice, or a health professional or team whose work inspires you, don't wait! Head online and submit your nomination now. The awards are simple to enter and completely FREE.



The award categories are as follows:



CHILDREN'S CHOICE

Relationships shape the way we see the world and affect all areas of our learning and development. This award has been created to give a child/young person the chance to say 'thank you' to someone special in their life who is making or has made a significant difference to their world. We are looking for someone special whose care really stood out whilst they were undergoing treatment.

HEALTH AND WELLBEING

Children are precious and so is their health and wellbeing. When parents leave their children in the care of practitioners, they also hand over responsibility for their health and wellbeing. This award celebrates an individual or team who are making a difference to the health and wellbeing of children through their treatment or advocacy.

HEALTHCARE RIGHTS

All children and young people have human and healthcare rights. For example, children have the right to the best health possible and to medical care and the right to play and education in hospital. These rights are articulated in the United Nations Convention on the Rights of the Child (UNCRC) and the European Association for Children in Hospital (EACH) Charter. This award acknowledges the extraordinary steps taken by a nominee to advance the healthcare rights of children and young people.

HEALTH-RELATED PLAY

Health-related play is more than just a chance to have fun - it is a serious business when it comes to children's health and wellbeing. It can help children physically, mentally and emotionally and is an essential part of treatment that can help to speed up recovery either in hospital or at home. For this award we are looking for someone special, or a special team, making a significant difference to a child's life through health-related play.

IMPROVING LIFE EXPERIENCES

Through this award we want to recognise the commitment and expertise of a nominee or team making a significant difference to improving life experiences of a child or young person undergoing treatment. We are looking for a nominee making a difference to the confidence and resilience of a child or young person, so they are better able to deal with their current difficulties. The nominee may also have helped children and young people develop basic skills and habits to help them deal with challenges later in their life.

YOUNG ACHIEVER

This category has a trophy for a child or young person who has shown great determination and kept going, when it might have been so much easier to give up. We are seeking any child or young person who has gone above and beyond, showing enormous courage in their life and never giving up.

CHILDREN'S BRAVERY AWARD

This award honours a child or young individual who has displayed extraordinary courage while battling serious illness or disability. It shines a spotlight on their incredible and inspiring strength, and we are on the lookout for a truly exceptional child who has demonstrated immense bravery throughout their journey so far, and has never backed down.

PLEASE GO ONLINE AT
WWW.CHILDRENSHEALTHSCOTLAND.ORG/EVENTS/AWARDS TO FIND OUT
MORE INFORMATION ON EACH AWARD AND TO MAKE YOUR NOMINATION



GENEROUS GRANT DONATIONS ENABLE FLOURISH PROGRAMME TO THRIVE

FLOURISH is an incredible five-week Programme offered completely FREE of charge at point of delivery thanks to our funders. Our latest Programme at the Dundee International Women's Centre (DIWC) featured lively discussions and activities centred around health, rights, responsibilities, play, and parenting. Each engaging session spanned two hours, and the Programme is especially for vulnerable mothers and their pre-school children who have recently relocated to the UK or are isolated often due to circumstances beyond their control. Our activities focus on fostering connections between parents and their children, helping them to find calm and build stronger bonds after navigating through challenging times.

Talking about the FLOURISH, Michelle Wilson, Head of Children and Young People Services at Children's Health Scotland said: *"Our Programme is designed specifically for vulnerable mothers, especially those who are isolated or find themselves recently in Scotland, along with their preschool-aged children. These incredible women often experience feelings of loneliness, isolation, and social exclusion, compounded by the challenge of navigating a new language. This can make it difficult for them to connect with their children's schools or healthcare providers. By participating in the FLOURISH Programme, they gain access to a supportive community, boost their confidence in understanding their health and wellbeing rights, and learn the essential questions to ask various professionals. Recognising that many of these families face financial hardships, our Programme incorporates health related activities aimed at fostering positive health and wellbeing, along with sessions covering a variety of important topics. We are really thankful to all our funders who make FLOURISH possible."*

Within the first five weeks of the Programme, we dive into a variety of engaging topics. We make sure there is time for just the Mums and time together where we use play to enhance our topics and engage the children. Topics explored include:



- **POVERTY AND ISOLATION:** We explore the benefits available to individuals and guide them to organisations that can provide further assistance.
- **EATING A NUTRITIOUS DIET:** We discuss and prepare delicious healthy meals, inspiring families to include nutritious options like vegetables, beans, whole grains, fruits, healthy fats (like olive oil), and lean proteins in their diets. We focus on doing this within a tight budget, as many of those we support are facing financial challenges. To help, we provide the food and give the ingredients to the families so that they can recreate the meals at home.
- **GOOD QUALITY SLEEP:** We highlight the importance of restful sleep for overall well-being. We also look at family routines.
- **MANAGING STRESS AND ANXIETY:** We equip participants with self-management techniques, including relaxation exercises, breathing methods, and calming strategies.
- **HEALTH RIGHTS:** We empower families by informing them of their healthcare rights and guiding them on how to register with a local doctor for health advice and treatment. We emphasize that everyone living in Scotland can access NHS services, and that refugees, asylum seekers, and survivors of trafficking are entitled to free care.



“ A common request from mothers is for techniques to help their children calm down and unwind ”

One of the key motivations behind our Programme is to create a lasting toolkit of resources for families, Michelle shared enthusiastically. *“Having successfully run FLOURISH for several years, I've had the opportunity to refine and enhance the Programme based on valuable feedback from families. A common request from mothers is for techniques to help their children calm down and unwind during overwhelming moments. That's why I love incorporating the Butterfly Body Scan as a fun and relaxing activity. The kids have a blast using paint to create handprints, while the mothers get a chance to ask questions. I take this time to explain the impact of relaxation on our bodies and minds, highlighting the importance of having strategies to help children find their calm. To kick off the Butterfly Body Scan, we craft vibrant butterflies adorned with paint and googly eyes. As we engage in the activity, the mothers read the butterfly visualization, allowing the children to imagine where their butterfly will land, guiding them towards relaxation. This way, the mothers leave with a meaningful tool to signal relaxation time, feeling empowered to use it confidently since we've practiced it together.”*

The FLOURISH Programme offers significant advantages by creating a welcoming environment that is attuned to diverse cultural needs, thereby facilitating greater participation. Throughout the Programme, we engage with participants, actively listening to their perspectives on health, wellbeing, and rights, while also incorporating relaxation periods for parents alongside informative sessions.

“ The kids have a blast using paint to create handprints, while the mothers get a chance to ask questions. ”

For further information about the FLOURISH Programme, please reach out to Michelle Wilson at michelle.wilson@childrenshealthscotland.org

A huge thank you to our funders who make FLOURISH possible,

- ALEXANDER MONCUR TRUST
- SOUTER CHARITABLE TRUST
- ST KATHARINE'S FUND
- RUSSELL TRUST
- ABERBROTHOCK SKEA STUST
- LENG CHARITABLE TRUST
- WM SWORD CHARITABLE TRUST





STAFF AND PUPILS TAKING THE RIGHT STEPS FOR OUR HEALTH RIGHTS CHARITY



 **kiltwalk**
GLASGOW • 26-27 APRIL 2025

**Arnold
Clark**

 **THE
HUNTER
FOUNDATION**

1 54 young people and teachers from Bishopbriggs Academy are taking on the Big Stroll on Sunday 27 April 2025 at the Kiltwalk to raise money for our charity. The money they will raise will help change the lives of children and young people living with long-term and/or chronic health conditions and will ensure that we can continue to be there to support and defend their right to the best possible health. They will be walking 14 miles to help children and young people with health conditions in Scotland feel seen, heard, and valued, and the money they raise will help us to continue to be there for families and children who need us most.

Talking about the walk, the young volunteers from the school told us: "We picked Children's Health Scotland because it helps children all across Scotland know they have the right to the best possible health. The charity also makes sure children with health conditions lead

conversations whenever possible and don't speak for them. We want to make sure we can protect this charity just like they protect us and our health rights."

Commenting on Kiltwalk signups, our Training and Communications Assistant Niki Smith said:

"We are really excited about the Kiltwalk this year and have never had 154 walkers, so this is a first for us. It has been amazing getting to know the school and all the Health Rights Defenders and we'll be there on the day to cheer them on. They told us that they picked us because we help them to know their voices in relation to their health, wellbeing and rights and that no one should disrespect your rights. It's great to know that our powerful messages are landing in the right places and that we are fostering a new generation of robust health rights advocates for the future."



To help these amazing Health Rights Defenders reach their fundraising target please visit <https://www.justgiving.com/page/bishopbriggsacademykiltwalk2025>



RIGHTS RESPECTING SCHOOL WEEK AT BISHOPBRIGGS ACADEMY



Our mascot Bear alongside two of our staff, Rhianne Forrest and Niki Smith, recently visited the wonderful Health Rights Defenders in S1, S2 and S5/6 for Bishopbriggs Academy's Rights Respecting School Week. They spoke about My Health, My Rights and the EACH Charter in a fun and interactive assembly, focusing on their rights respecting school status.

Commenting on the visit, Rhianne said: "During their Rights Respecting School Week Bishopbriggs Academy focus on rights and they can make sure their young people know all about the United Nations Convention on the Rights of the Child (UNCRC). Activities are planned by pupils such as a compliment chain and an odd socks day! The young people invited us to their school as they have kindly chosen us as their Charity Of The Year and wanted to make sure their classmates knew all about health rights and the importance of My Health, My Rights. We were able to deliver a fun and interactive assembly to over 900 young people throughout the week talking about our favourite things such as the EACH Charter and our My Health, My Rights children and young people's Charter."

Our **My Health, My Rights Children and Young People's Charter** has been created by children and young people living with health conditions in

Scotland. In no particular order, it shows their 10 most important health rights. We now offer assemblies and school visits alongside training based on the Charter and take the lead from our young volunteer group also known as our Health Rights Defenders.

Following our visit some of the young people provided feedback on why they think My Health, My Rights is so important for children and young people and we have selected a few as follows:

Children's health rights are important because even though we are kids they still show we are human and need to feel safe for the best possible health.

My Health, My Rights is important because if a generation didn't have it, then the next generation wouldn't either and they wouldn't realise how important they are. It empowers children to use their voice, so future generations don't have to work as hard to defend their rights.

I think every child deserves to know about My Health, My Rights – because it belongs to children and it is our voices.

If you would like a My Health, My Rights school visit then you can email us on CYPHRS@childrenshealthscotland.org



SPECIAL SMILES DENTAL HEALTH TRAINING

We've once again been out and about delivering our Special Smiles Dental Health Training to professionals from across Scotland. This training has a strong emphasis on learning through health-related play and includes discussions on the rights of children and young people, the EACH Charter and the United Nations Convention on the Rights of the Child.

Rhianne Forrest, an Officer at Children's Health Scotland, shared her thoughts on the training, saying: *"For many years, we have been committed to this training, highlighting the important role of connecting with children and young people through health-related play. In our latest session, we delved into different breathing techniques, such as feather breathing and bubble breathing, which are excellent for alleviating stress and soothing our minds. We also talked about the importance of toys in assisting non-verbal children and those with additional support needs to engage with and understand dental experiences. Play is crucial for children; it allows them to explore the world, test boundaries, and learn in a safe setting. This is especially vital for children with additional support needs, as it gives them a way to express their feelings and concerns."*

Our Special Smiles training promotes a rights-based approach to oral health, specifically designed for dental health support workers, dental nurses, dental hygienists/therapists, and dentists who are committed to improving the oral health of children and young people. We recently partnered with NHS Education for Scotland to offer our newest sessions. This course is also perfect for professionals working with early years, whether in local authorities or the voluntary sector, and is particularly advantageous for those supporting children and young people with additional support needs.



AIM

The course seeks to enhance the preventative care system for children and young people most in need by assisting schools, parents and carers to carry out their role in developing good dietary and oral health habits and to support the child to cope emotionally with dental care and treatment. The course also encourages dental services to become more patient and child friendly to enable children and young people with additional and complex support needs to experience a more positive contact with the dental health service.

On completion of this course candidates will be able to:

- Describe the benefits of learning through health-related play, together with the importance of health-related play in healthcare or community settings.
- Interpret a rights-based approach to oral health with children, young people, and families.
- Demonstrate health-related play in action using techniques that actively engage with children, young people, and their families or carers in relation to oral health improvement.
- Design interventions that support the oral health of children and young people in a way that meets their rights and needs according to their developmental stage.



If you are interested in finding out more about this training, please email enquiries@childrenshealthscotland.org



MILLIE MEETS THE DENTIST NOW AVAILABLE TO BUY ONLINE FOR £6.99

Nine-year-old Millie feels anxious about visiting the dentist. In our storybook, we follow Millie's journey as she learns to manage her fears by recognizing her rights to play, be informed, and take part in decision-making. Through health-related play, Millie successfully visits the dentist, who ensures she feels in control and respected during her appointment.

This book offers strategies for helping children, young people, and those who love and care for them, build confidence when it comes to dental visits. The first part is narrated by Millie, who shares the techniques that helped her prepare for and handle her trip to the dentist. After Millie's story, there's a dedicated section for adults, providing guidance on how to assist children who may find new or unfamiliar experiences challenging. It offers insights into behaviours and suggests using stories, play, breathing exercises, and relaxation techniques to soothe a nervous child.



To purchase a copy visit <https://tinyurl.com/BUYMILLIEBOOK>

Fresh Fundraising Ideas

Spring is often referred to as “the season of hope” because it represents the revival of life following the inevitable trials of winter. This renewed energy typically inspires a sense of optimism and motivates us to seize the day. It's a wonderful opportunity to step outside and reconnect with nature, as the vibrant sights, sounds, and scents fill us with joy. The increasing light and warmth encourage colourful flowers to bloom and wildlife to flourish.

Now is the perfect moment to harness this wave of new possibilities to raise essential funds for the children and young people within the Children's Health Scotland community. We've compiled five fresh and exciting spring fundraising ideas that will not only help you gather donations but also ensure you have a great time doing it!

1 Easter Egg Hunt

It's not just the Easter Bunny that is the best at hiding chocolate eggs! You can create an amazing Easter egg hunt that can be held inside or outside. Ask people to participate in the fun by contributing to Children's Health Scotland. Let everyone know how their donations will be greatly appreciated while they can relive their childhood at the same time.



2 Get Cleaning

Gather people around your community to help pick up litter and recycle. You could even offer a prize for the most unique item found. You can choose a location where the clean-up event will take place perhaps at a local park, schools, and river.



3 Bake Sale

It's an oldie but a goodie! Whether you host your bake sale in the comfort of your own home or have a bake sale at work, there's no better feeling than satisfying rumbling tummies, whilst raising funds for a charity close to your heart.



4 Creative Gardening

Offer to plant some vegetables and flowers in your local area, for your neighbours or for your colleagues. Cut the grass, trim the weeds or find their missing garden gnome – it's all for a great cause!



5 Picnic in the Park

Get your friends, colleagues, and community together by hosting a picnic in the park. With the better weather, we can socialise outdoors and everyone can have some nibbles and play some games for a small donation.



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 Cameron House, Forthside Way, Stirling, FK8 1QZ.

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

Exciting news! The incredibly talented artist Nikki Monaghan has chosen us as her Charity of the Year!

We are thrilled to announce that the incredibly talented artist Nikki Monaghan has selected us as her charity of the year! Currently, she is selling packs of fabulous cards, with all proceeds directly benefiting our charity. In addition, Nikki is busy crafting new artwork that will grace our Christmas cards this year.

Nikki, a painter based in Falkirk, has deep roots in the area, having been born in Bathgate and raised in Falkirk. She pursued her passion for art at the Scottish College of Textiles, where she earned a BA (Hons) in Printed Textile Design. After several years in creative industries, she embraced her calling as a full-time artist 15 years ago, although she can't recall a time when she wasn't immersed in creativity! Her artwork is showcased in galleries, publications, and private collections around the globe, and we are truly honoured that she has chosen to support us this year. Thank you.



PLEASE LEAVE US A GIFT IN YOUR WILL

Children and young people across Scotland are facing significant challenges to their health and wellbeing. Many of them endure feelings of sadness, anger, loneliness, isolation, and frustration because of the difficulties they encounter and the inadequate support they receive. This situation is unacceptable.

We are dedicated to supporting those children and young individuals whose health, wellbeing, and rights are most at risk.

Your assistance is crucial in helping us create a meaningful impact in their lives. Too many young people feel adrift and isolated, lacking someone to confide in. Your contribution could be transformative.

We ensure that every young person living with health and wellbeing issues has access to essential support, and we advocate for a future where every child can thrive in a safe, happy, and hopeful environment. By including a gift in your will, you can help turn this vision into reality, leaving behind a legacy of hope.



**WE'RE COMMITTED
TO GOOD FUNDRAISING**
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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: _____

Address: _____

Post Code: _____

Telephone: _____

Email: _____

☐ I would like to be sent CHS mailings.

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

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



Registered office:

Children's Health Scotland
Cameron House, Forthside Way, Stirling, FK8 1QZ



enquiries@childrenshealthscotland.org



www.childrenshealthscotland.org



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