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Creative ways to support our work—from pyjama days and game nights to homemade Christmas cards and becoming a Charity Partner.



BEAR'S TEA PARTY



Bear's Tea Party is always a highlight for us—it's where the sparkle begins! As the curtain-raiser for Scottish Children's Health Week, it brings together celebration, connection, and a flurry of teddy trophies for the winners of a Scottish Children's Health Award. Hosted by journalist and TV presenter Catriona Shearer, this year's event took place on Saturday 23 August 2025 at the Balmoral Hotel, Edinburgh, where the children and young people we support gathered with their loved ones and very special guests for an afternoon brimming with connection, laughter, and celebration.

But it's not just about tea! Bear's Tea Party is a spotlight moment for Scottish Children's Health Week, where we honour the paw-some winners of a Scottish Children's Health Award with our iconic teddy trophies.

"This event brings people together to celebrate achievements, play games, and create lasting memories," said Helen Forrest, Chief Executive of Children's Health Scotland.

"Guests tackled our Health Rights Quiz to earn the title of Health Rights Defender and a badge of honour. The highlight? Sharing stories, sparking smiles, and embracing the playful spirit of the day—with plenty of cake and a sprinkle of magic."



“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



SCOTTISH CHILDREN'S HEALTH WEEK

United for Health Rights

Scottish Children's Health Week 2025 was a vibrant celebration of health, wellbeing, and rights. From 1–7 September, children and young people across Scotland explored what it means to be healthy in body, mind, and spirit—while recognising their right to the best possible health.

This year's theme, **United for Health Rights**, brought together schools, families, carers, and community groups in a shared mission: to amplify the voices of children and young people. Each day of the week was themed—**Be Active, Be Brave, Be Calm, Be Happy, Be Friendly, Be Kind, Be Helpful**—with activities designed to spark creativity, build confidence, and promote emotional wellbeing.

We partnered with organisations including **Relax Kids**, the **Children and Young People's Commissioner Scotland**, and **Spider Arts** to deliver engaging content and activities.

From superhero belts and rainbow walks to kindness notes and biodiversity bingo, the week was packed with opportunities to learn, reflect, and play.

"We're proud to lead a week that puts children and young people at the heart of everything," said Helen Forrest, Chief Executive of Children's Health Scotland. "It's about discovering health, wellbeing and rights — and making sure every child feels truly seen, heard and valued."

With thousands of children taking part, Scottish Children's Health Week continues to grow in reach and impact—bringing health rights to life in fun, accessible, and meaningful ways.



The Activity Book – Colour, Creativity, and Rights in Action

One of the highlights of Scottish Children's Health Week 2025 was our 24-page Activity Book, created to support children and young people in exploring their health rights through play, creativity, and reflection.

Distributed both digitally and in print, the book was packed with colourful, accessible activities designed to support emotional wellbeing and raise awareness of health rights. Each page was linked to a themed day of the week, offering a wide variety of engaging content—from superhero confidence belts and tree art to friendship collages and helpful hand hearts.

The book also featured the **My Health, My Rights Charter**, created by children and young people living with health conditions in Scotland. This Charter outlines ten key health rights, chosen and illustrated by young people themselves, and serves as a powerful reminder that every child deserves to be informed, respected, and supported.

"I liked the superhero belt because it reminded me I'm strong—even when I feel nervous," said one young participant.

Social media buzzed with activity as families, schools, and professionals shared their favourite pages using **#MyHealthMyRights** and **#BeMoreBear**. The book helped children to reflect on what health means to them—and how their rights shape their experiences. We're incredibly grateful to our partners who helped bring the Activity Book to life, and to the children and young people who inspired its content. Their creativity and insight continue to shape our work and remind us why rights-based, child-centred approaches matter.



MY HEALTH, MY RIGHTS CHILDREN AND YOUNG PEOPLE'S CHARTER

This 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. They asked for them not to be numbered, as they are all equally important in their own right. At Children's Health Scotland, we listen to what children and young people tell us about their health and wellbeing, and support their right to the best possible health. We think this Charter is amazing and send a big thank you to every individual who has helped to create it.



Highlights from the Week



Voices, Smiles, and Bear Magic

Scottish Children's Health Week 2025 was bursting with energy, colour, and creativity — and the best part? It was shaped by children and young people themselves.

Across Scotland, thousands joined in our themed days, sharing stories, artwork, and ideas that showed what health and rights mean to them. From superhero belts that boosted confidence to kindness notes that made someone's day, every activity helped children feel seen, heard, and valued.

We saw rainbow walks in playgrounds, bear picnics in parks, and even a few surprise visits from our very own Bear mascot, who brought smiles and cuddles wherever he went. Families, schools, and carers shared their favourite moments online using #BeMoreBear — showing how small actions can make a big difference.



Children told us what mattered most:

"Being brave means asking for help when you're scared."

"I liked the tree art because it made me feel calm."

"My health right is to be listened to — even when I'm quiet."

These voices remind us why Scottish Children's Health Week is so important. It's not just a celebration — it's a movement. One that puts children's rights at the heart of health and wellbeing and helps build a Scotland where every child feels safe, strong, and supported.



Scottish Children's Health Awards – With a Teddy-Sized Thank You!

Every year, the Scottish Children's Health Awards celebrate the amazing people who help children and young people feel healthier, happier, and more heard. These awards are all about saying a big thank you to those who go the extra mile — whether that's in hospitals, schools, homes, or communities.

And guess what? Winners don't just get a round of applause — they receive an iconic Teddy trophy too! These special bears have become a much-loved symbol of care, kindness, and courage. Each one is awarded to someone who's made a real difference — whether that's helping children feel safe, teaching us about our health rights, or creating fun ways to learn and grow. Take a look at the following pages to discover who received one of these amazing trophies this year — and why their story deserves to be celebrated.

Now it's time to get ready for the 2026 awards — and we need your help! If you know someone brilliant who's helped you or others, we'd love to hear about them. You don't need fancy words — just tell us what they did and why it mattered.

You can find out how to enter here:
childrenshealthscotland.org/events/awards

Let's make next year's awards full of joy, hope, and teddy-sized celebrations. Because when we lift up the people who care, we help build a Scotland where every child's health and rights are valued — and every story has the power to inspire.





YOUNG ACHIEVER AWARD 2025 CELEBRATING EILIDH HAUGHEY'S REMARKABLE JOURNEY

Each year, the Young Achiever Award honours a child or young person who's shown extraordinary courage, determination, and resilience in the face of adversity. It recognises someone who, despite the challenges life has thrown their way, has never given up - and instead, has chosen to rise, inspire, and lead with their heart. This year, we are proud to celebrate Eilidh Haughey as our Young Achiever Award winner.

A Story of Strength and Compassion

Eilidh's journey is one of resilience, shaped by personal challenges including dyspraxia and caring for her younger brother Fraser, diagnosed with Retinoblastoma as a newborn. From a young age, she learned to respond to adversity with empathy and determination.

Now studying Primary Education at the University of Glasgow, Eilidh is the first in her immediate family to attend university—a milestone she calls a "full circle moment." Alongside her studies, she works as a lead swimming teacher, holds a Level 6 Forest and Outdoor Learning Award, and volunteers at a local food bank. Her passion lies in helping children discover their strengths—whether in the classroom, the pool, or the forest.

"Sometimes taking children outside can unlock their curiosity, creativity, and confidence in ways the classroom alone can't," she says.

The judging panel was deeply moved by Eilidh's strength of character and her ability to turn adversity into action. Her support for peers and children, combined with her own health challenges and her brother's, exemplifies the spirit of the Young Achiever Award.



Her pursuit of a master's degree in Primary Education further impressed the judges.

Eilidh also shares her voice through writing, publishing personal and creative articles that aim to uplift and connect others. She hopes to build a community inspired by shared stories.

She credits her mum, Jennifer, for nominating her, and gives heartfelt thanks to her family, including her late Auntie Anji, whose love and encouragement remain a guiding light.

"Winning this award makes me feel proud of what I've been through and my response. I feel accomplished and successful to be where I am now."

Congratulations, Eilidh—you are a shining example of strength, compassion, and hope.

To read Eilidh's full story visit <https://www.childrenshealthscotland.org/youngachiever25/>



CHILDREN'S BRAVERY AWARD 2025

JESSICA MILLER'S STRENGTH SHINES THROUGH

The Children's Bravery Award honours a child or young person who's shown extraordinary courage in the face of serious illness or disability. It recognises those who, despite immense challenges, continue to inspire others with their strength, resilience, and spirit. This year, we're proud to present the award to Jessica Miller, whose journey has touched hearts and uplifted everyone around her.

Courage in the Face of Challenge

Jessica's story is one of quiet strength and remarkable bravery. Living with intestinal dysmotility, she is nutritionally fed via a tube — a reality that's challenging for anyone, especially a teenager navigating growing up.

"I find it really difficult," Jessica shares, "but I embrace my tube."

Her courage lies not only in managing the physical challenges of her condition but in the emotional strength it takes to accept and adapt. Her mum reflects with pride: "Jessica has shown such strength. She truly is brave. Being nutritionally fed via tube has been very traumatic — accepting this new reality while going through her teenage years. She has become so wise."

At one of her lowest points, Jessica found the courage to ask for help — a powerful act in itself. With support from her Health Play Assistant, Wendy, she rediscovered her voice through art. Her creativity became a way to heal, express, and help others. She even designed a charity Christmas card — a joyful moment of recognition for her talent.



The judging panel noted: *"Speaking up and then using her own experiences to help others, she found a route through art which she now shares. Jess is a wonderful example of bravery and, through her art, an enduring gift."*

Winning the Children's Bravery Award has been a proud moment for Jessica.

"I'm very happy, excited and honoured. I was so shocked. To be bringing some awareness to the chronic illness community means so much."

Jessica dreams of becoming a tattoo artist — blending creativity with connection. Her strength, honesty, and heart continue to inspire.

Congratulations, Jessica. Your bravery lights the way for so many others.

To read Jessica's full story visit <https://www.childrenshealthscotland.org/childrensbravery25/>





CHILDREN'S CHOICE AWARD 2025: DR MARK DAVIDSON – A DOCTOR WHO MAKES MAGIC HAPPEN

At Children's Health Scotland, we believe that relationships shape the way children and young people experience care. That's why the Children's Choice Award is so special – it's a heartfelt "thank you" from a child or young person to someone who made a real difference during treatment. This year's winner is Dr Mark Davidson, Consultant in Paediatric Intensive Care at the Royal Hospital for Children in Glasgow – and a man whose compassion, creativity, and commitment have touched hearts far beyond the hospital walls.



Mark's Story

Mark was nominated by the parent of a young child who spent time in the Paediatric Intensive Care Unit. Despite the clinical setting, Mark went above and beyond to make the child's first birthday unforgettable — setting up a room so friends and family could celebrate together. It was a gesture that turned a hospital into a place of hope.

"We felt Mark's nomination truly captured the spirit of 'Children's Choice'," said the judging panel. "He's a shining example of how going above and beyond can make a positively disproportionate difference to a child's experience in healthcare."

Mark also worked with the child's local hospital in Dumfries to help bring care closer to home — a thoughtful, joined-up approach that makes him a role model for professionals across Scotland.

When asked about the award, Mark was modest:

"It makes me feel a bit of a fraud, truth be told. I'm part of an amazing wider team — it really is a team sport. I feel like this award is really for the team."

Mark's work spans three major roles: consultant in paediatric intensive care, clinical director of the paediatric cardiac service, and director of Scotland's only paediatric ECMO service. But for him, the most fulfilling part is simple: *"It's the bonds and relationships we strike up and develop over time. Meeting families at their most frightened and being able to reassure and support them — that's the most rewarding part."*

One moment that stands out was helping a family take their ventilated baby outside for a walk in the sunshine — a milestone filled with joy.

Mark, your humility, warmth, and dedication are exactly what this award is all about. Congratulations — and thank you.

To read Mark's full story visit <https://www.childrenshealthscotland.org/childrenschoice25/>



CREATING SMILES AND EASING JOURNEYS: TEAM JAK WINS THE HEALTH AND WELLBEING AWARD

Every child deserves to feel safe, supported, and seen - especially when facing the unimaginable challenges of serious illness. That's the spirit behind the Health and Wellbeing Award. This award celebrates individuals or teams who go above and beyond to improve the health and wellbeing of children and young people, whether in schools, hospitals, or the wider community. This year, the award goes to the incredible Team Jak Foundation - a group whose compassion, creativity, and commitment have touched countless lives across Scotland.



Team Jak Foundation's Story

The judging panel was deeply moved by the breadth of support Team Jak offers to children and families affected by childhood cancer and bereavement. *"We recognise the full range of services the Team Jak Foundation provides,"* they shared, *"and were especially struck by the appreciation expressed by Health Play Teams in Glasgow and Edinburgh."*

From Jak's Den HQ in Livingston to pop-up Dens in Glasgow, Fife, and Aberdeen, Team Jak creates safe, joyful spaces where children can simply be children. Their Children and Young People's Team delivers emotional and social support through crafts, games, music therapy, and counselling—tailored to each child's needs and stage of treatment.

Allison Barr, who nominated the Team, reflected: *"Seeing the smiles on our children, young people and adults' faces when they're having a tough time,*

then engage in one of our Team Jak events and feel 'normal' again—even for a little while—that's the best part."

One parent shared: *"I don't think Team Jak will ever truly know how amazing they are... We so wish we could have met Jak—a 15-year-old who envisioned all that Team Jak is while going through his own journey. Just inspirational."*

As Team Jak celebrates its tenth year, this award marks a special milestone. *"We've been finalists many times," Allison said, "but this is our first win—and it means the world."*

She paid tribute to Coordinators Colette, Chloe, Aimee, Tiffeny, play support worker Rachel, volunteers like Hannah, and the Board of Trustees. *"Most of all, to my inspirational son Jak. Without his vision, none of this would exist."*

Jak's legacy lives on in every smile, every moment of joy, and every child who feels just a little less alone.

To read Team Jak Foundation's full story visit
<https://www.childrenshealthscotland.org/healthandwellbeing25/>



IMPROVING LIFE EXPERIENCES AWARD WINNER 2025: BOB FRASER'S LEGACY OF KINDNESS

The Improving Life Experiences Award celebrates someone who's made a real difference to the life of a child or young person undergoing treatment - boosting their confidence, resilience, and ability to cope with challenges now and in the future. And Bob has been doing exactly that for over 40 years.

A Career Spent Improving Lives

Bob Fraser was surprised to learn he'd won the Improving Life Experiences Award. "I was taken aback," he said. "It's incredibly meaningful to be recognised by people I admire so much."

Bob's career spans clinical, research, policy, and leadership roles—all focused on improving children's health and wellbeing. He helped shape national policy on mental health and paediatric intensive care and spent eight years advising the Scottish Government on Getting it right for every child (GIRFEC).

His most cherished role was as Chief Executive of the Scottish Centre for Children with Motor Impairments—known as the Craighalbert Centre—supporting children with rare neurological conditions to learn, grow, and thrive.

Bob's proudest moments come from seeing children achieve what once seemed impossible. One child, unable to attend school for two years due to health issues, was smiling, communicating, and driving a powered mobility device just a year after joining Craighalbert. "The pride and joy that brings me is huge," Bob said.

Even during the pandemic, Craighalbert stayed open. Bob and his team adapted quickly to keep vital services running, earning deep trust from families.



"This award is really for the whole team at Craighalbert," Bob said. "They're exceptional. I've also been lucky to work with amazing colleagues and have the support of my family—especially through our 26 years as foster carers."

Bob lives by a quote from Forest Witcraft: "The world may be different because I was important in the life of a child." It's clear that Bob Fraser has made a lasting difference in countless children's lives.

Congratulations Bob on winning the Improving Life Experiences Award.

To read Bob's full story visit <https://www.childrenshealthscotland.org/improvinglife25/>



HEALTH-RELATED PLAY AWARD 2025: MELODY COX BRINGS HEALING THROUGH PLAY

At Children's Health Scotland, we know that play is far more than just fun - it's a vital part of a child's healing journey. The Health-Related Play Award celebrates someone who has made a profound difference to a young person's life through the power of play. This year, we are thrilled to honour Melody Cox, a Health Play Specialist whose compassion, creativity, and dedication have transformed countless hospital experiences for children.

A Specialist Who Makes Hospital Feel Less Scary

Melody's role as a Health Play Specialist is all about making hospital less scary and more empowering for children. She prepares young patients for procedures, provides distraction during treatment, and creates a safe, supportive environment tailored to each child's needs.

"Play is the language of children," Melody explains. "It's how they experience the world—and my role is to ensure their voice is heard within the healthcare team."

Her work spans departments, using play-based techniques to help children cope with everything from blood tests to MRI scans. Whether calming a needle-phobic teenager or helping a four-year-old lie still for a scan, Melody's approach is personal, thoughtful, and effective.

She's also a key figure in the Teddy Hospital—a comforting space where children learn about medical procedures using teddy bears and personalised kits. Melody featured in *Sandy Meets the Teddy Hospital*, a children's book launched by Children's Health Scotland to help children understand blood tests. *"It's another tool to prep a child and highlight the importance of our role,"* she says.



The judging panel was unanimous: *"Melody is a wonderful example of using health-related play to support children and young people. Her involvement in the Teddy Hospital and the book shows her commitment to both patients and the wider mission of Children's Health Scotland."*

Her impact is best seen in the stories she shares—from helping a 15-year-old overcome fear of joint injections using a Virtual Reality headset, to guiding a young boy through an MRI (magnetic resonance imaging) scan he was once too anxious to complete.

"Seeing a child overcome their fears is the most rewarding part of my job," Melody says.

Winning the Health-Related Play Award has been a proud moment. *"This recognition is huge—not just for me, but for the role itself."*

Congratulations, Melody—your work shows the healing power of play.

To read Melody's full story visit <https://www.childrenshealthscotland.org/healthrelatedplay25/>



HEALTHCARE RIGHTS AWARD 2025

NIAMH MCGREGOR – A YOUNG VOICE MAKING A BIG DIFFERENCE

Every child and young person has the right to the best health possible, to be heard, and to be supported – especially when navigating healthcare. This year's Healthcare Rights Award celebrates someone who embodies those rights not just for herself, but for others too. Congratulations to Niamh McGregor, a passionate young volunteer and proud Health Rights Defender.

Niamh Wins Healthcare Rights Award

Niamh's journey with Children's Health Scotland began during a difficult time. Struggling with anxiety around hospitals and doctors, she was introduced to the organisation to learn more about her health rights and how to manage stressful situations.

"It was recommended to me so I could learn more about my health rights and what I can do in these stressful situations," she explains.

What started as a personal journey quickly grew into something bigger. Niamh became a Health Rights Defender—joining meetings, helping run events, and supporting other children and young people through face-to-face sessions. Her mum nominated her for the award, recognising her compassion and dedication. *"I wasn't informed I was nominated," Niamh says. "But my mum said it was because I've been helping out and supporting young people like me."*

There was no doubt among the judges in their praise: *"Niamh is a great example of a children's Health Rights Defender. She's faced personal health challenges and used that experience to support others through volunteering and charity work."*



One of Niamh's proudest achievements was helping create a video to raise awareness about children's health rights. From the script to the props, it was entirely youth-led. *"Having children lead these projects creates a message that can't be ignored," she says.*

For Niamh, being a Health Rights Defender is more than a title—it's a mission. *"It gives me the ability to use my own voice to help other people like me."* Winning the Healthcare Rights Award was a surprise, but a meaningful one. *"To me, it's confirmation that my efforts are helping as I hoped."*

Congratulations, Niamh. Your voice is helping shape a more inclusive, supportive healthcare environment—and inspiring others to speak up too.

To read Niamh's full story visit <https://www.childrenshealthscotland.org/healthrights25/>



LIFETIME ACHIEVEMENT AWARD 2025: DR UNA MACFADYEN – A LIFE DEVOTED TO CHILDREN'S HEALTH

This year's Lifetime Achievement Award goes to someone whose career has been defined by compassion, innovation, and tireless advocacy for children and families. Dr Una MacFadyen has spent decades improving the health and wellbeing of children and young people across Scotland and beyond – and her impact is nothing short of extraordinary.

A Career That Began with Play

Una's journey into paediatrics began during medical school, where a placement at Edinburgh's Royal Hospital for Sick Children felt more like a holiday than a rotation.

"The 'Play Lady' would arrive, put on her playing shoes, and lead children to the playroom like the Pied Piper," Una recalls. "No complaints—unless it was blood tests or physio!"

Inspired by the joy and resilience of her young patients, Una pursued paediatrics, training in Toronto where she discovered neonatal medicine and developed a lifelong commitment to the smallest, sickest patients.

Her career has spanned clinical care, research, and advocacy. She championed family-centred care, funded emergency kits for parents admitted with their children, secured free bus travel for hospital visits, and promoted play specialists in A&E to reduce sedation. *"Children need parents, especially when they are sick,"* she says. *"It just seemed so obvious."*

Una's work with Action for Sick Children Scotland (now Children's Health Scotland) and the Royal College of Paediatrics and Child Health helped embed children's voices into national policy. Her compassion extended to bereavement support, home oxygen therapy, and even accompanying



families on water flumes—oxygen cylinder in hand—so children could enjoy everyday experiences.

Now retired, Una continues to serve as clinical lead for the Children with Exceptional Healthcare Needs (CEN) network, developing eLearning modules shaped by parents' priorities. She also supports peer groups for children with rare conditions, helping young adults transition with dignity.

Receiving the Lifetime Achievement Award left Una feeling *"unworthy,"* but her humility only highlights her dedication. *"All I can claim is a lifetime curiosity to learn from the individuals I've met."*

The judging panel summed it up: *"During her remarkable career to date, Una has consistently improved life experiences for Scotland's most vulnerable children."*

Congratulations, Dr Una Macfadyen—your legacy continues to inspire.

To read Una's full story visit <https://www.childrenshealthscotland.org/lifetimeachievement25/>



Looking After Your Family and Self (LAFS)

Real Help for Care Experienced Families

For care experienced families, connection, confidence and joy can sometimes feel out of reach — but through LAFS workshops and Bear's Big Adventure Days, those moments are becoming more frequent and more powerful. Whether it's a child discovering their voice in a storytelling session, or a kinship carer finding space to breathe and be heard, these experiences are helping families feel stronger, more supported, and less alone.

"I didn't realise how much I needed this until I was in the room," said one kinship carer who attended a recent LAFS workshop. "It's not just about learning — it's about feeling seen, understood, and reminded that I matter too."

Funded by the ALLIANCE, the LAFS programme is built around self-management skills that help families navigate the challenges of care with confidence. Each two-hour workshop offers a safe, welcoming space to explore topics like sleep, stress, self-care, healthy boundaries, and resilience. These sessions are designed in consultation with kinship carers to ensure they reflect real needs and lived experiences.

Helen Bauld, Training, Programmes and Funding Manager, explains: *"LAFS is about giving families practical tools they can use every day. We've worked closely with carers to shape the programme around what matters most to them — and we've seen how even small changes can make a big difference. It's about building confidence, creating space for self-care, and helping families feel more in control."*

Behind every workshop and adventure day is a belief that health and wellbeing should be a right, not a privilege — and that's where Children's Health Scotland comes in.



Kinship Carer Workshop Series

These workshops, showcased opposite, are designed to support kinship carers with practical advice, emotional support, and everyday tools to help you care for yourself and your family. Each session is welcoming, down-to-earth, and shaped by carers like you — so you'll find ideas that make sense and support that makes a difference.



Better Sleep, Brighter Days

Sleep affects everything — your mood, your energy, and your ability to cope. This session helps you understand why sleep can be tricky and offers simple, practical ways to help you and your family get better rest.

Taking Time for You

When you're always looking after others, it's easy to forget about yourself. This session is about finding simple ways to care for your own health and wellbeing — so you feel more balanced, more rested, and more like you.



Understanding Your Feelings

It's okay to feel overwhelmed sometimes. This session helps you recognise your emotions, understand how they affect you, and learn ways to feel more confident and in control.

Coping with Stress

Stress can build up without us noticing. This session helps you spot the signs early, understand what's causing it, and learn ways to manage stress before it becomes too much.



Looking After Your Health

Your health matters. This session shares practical tips to help you feel better physically and emotionally — so you can keep going and keep caring.

Finding the Right Boundaries

It's not always easy to say no or ask for space. This session helps you think about what's okay for you, and how to set boundaries that protect your wellbeing while keeping relationships strong.



Helping Children Thrive at School

School can be tough for care experienced children. This session helps you understand how schools can support them better — and how you can speak up for your child's needs and rights.

Building Strength for the Future

Resilience means bouncing back — but also knowing where to turn for help. This session explores ways to build strength in your family, connect with others, and feel more ready for whatever comes next.





Bear's Big Adventure Days



Bear's Big Adventure Days are joyful, trauma-informed events, with self-management skills at their heart. Each day is unique, but all share the same heart: creating joyful, healing spaces for children and carers to thrive. They have transformed school holidays in 2025 into magical moments of connection, play, and wellbeing for kinship care families across Scotland. These experiences create core memories that last a lifetime—the kind of moments most children take for granted, but which are especially precious for those living in kinship care. They offer something

to look forward to, something to get excited about, and something to feel included in. These days are more than just fun—they are the building blocks of childhood.

From the windswept coast of Culzean Castle to the wonder-filled halls of Glasgow Science Centre, and the historic grandeur of Stirling Castle, Bear's Big Adventure Days offered families a chance to step into a world of imagination and belonging. Across the three events, 240 children, young people, and carers took part—each one leaving with memories that will last a lifetime.

Bear's Eggcellent Adventure at Culzean Castle

At Bear's Eggcellent Picnic at Culzean Castle, children raced through sensory treasure hunts, cuddled furry friends, and tucked into healthy picnics under spring skies. One carer reflected, *"It was the first time we'd all laughed together in ages. We felt seen."*



Bear's Bubbletastic Adventure

In June, Bear's Bubbletastic Picnic at Glasgow Science Centre brought science and play together in a bubble-filled celebration of curiosity. Children explored interactive exhibits, created bubble art, and watched in awe as giant bubbles floated above the Clyde. *"I felt brave,"* said one young attendee. *"I tried something new and didn't feel scared."*



Bear's Castletastic Adventure

August's Bear's Castletastic Picnic at Stirling Castle invited families into a world of knights, dragons, and castle quests. Children dressed up in royal costumes, explored ancient halls, and shared stories over a feast fit for kings and queens. *"It was like stepping into a storybook,"* said a grandparent carer.

Bear's Outta This World Big Adventure

On Thursday 16 October, we welcomed Kinship Care families—around 80 children and carers—to an unforgettable space-themed event at Dynamic Earth in Edinburgh. Bear's Outta This World Adventure was a free celebration filled with fun, connection, self-management skills and wellbeing.

Families were greeted with a warm welcome before the adventure began with Bear's BIG Astronaut Scavenger Hunt, where children discovered hidden health rights while exploring the venue. From the lively dancing and parachute playfulness to calming space-themed relaxation, the event offered joyful moments and practical tools to support health and wellbeing.

Dynamic Earth added their own magic with interactive activities and tours, giving families the chance to explore the wonders of our planet and beyond. Creativity soared at the "Make Your Own Rocket" station before everyone gathered for a delicious picnic lunch.

Bear's Big Adventure Days are quickly becoming cherished moments, and this Outta This World edition was no exception. It offered Kinship Care families a safe, inclusive space to connect, play, and learn together—making memories that were truly stellar.

Looking Ahead

Looking ahead to 2026, we hope to secure funding to continue delivering these special events. We aim to run five themed days; each creatively incorporating self-management skills and aligned with a specific health right—from inclusion and play to education and cultural identity. We will provide nutritious meals, transport support, calming resources, and creative activities that promote emotional wellbeing and resilience.



Helen Forrest, Chief Executive of Children's Health Scotland, said: *"Bear's Big Adventure Days are extraordinary opportunities for Kinship Care Families to come together, learn, and celebrate the power of self-management in a supportive and joyful environment. They are days filled with laughter, learning, and togetherness."*

Our 2025 events were delivered with funding from **ALLIANCE Scotland, Dr Guthrie, Children's Aid Scotland, Cash for Kids, Postcode Lottery** and the **Robertson Trust**. We have some funds secured for 2026 but we still face a funding shortfall. We are seeking support from funders who believe in the power of play, the importance of inclusion, and the right of every child to feel safe, valued, and connected.

These are Scotland's hidden families. They deserve to be celebrated. They deserve to be supported. And with your help, Bear's Big Adventure Days can continue to be at the heart of core memories for families that will last a lifetime—bringing joy, hope, and healing to those who need it most.

Join us. Help Bear bring more adventures to life. Help us make sure no child is left behind.



Health, Hope and Rights

What Our SMS Programmes mean to children and families

For children and young people living with long-term health conditions, life can feel uncertain, isolating, and overwhelming. But when they come together in a space filled with understanding, creativity, and care, something powerful happens. They begin to feel seen. They begin to feel heard. They begin to believe in themselves.

SMS Programmes in Edinburgh

This year, 48 children and young people registered to take part in four Self-Management Skills (SMS) Programmes taking place in Edinburgh. Together they learned how to manage their health and wellbeing, express their feelings, and build confidence in their own abilities to manage their health conditions. They made friends who understood what it's like to live with a health condition. They laughed, played, and discovered that they are not alone. These moments of connection and growth are at the heart of everything we do at Children's Health Scotland.

SMS Programmes in Cranhill

In Cranhill, Glasgow, we brought families with children whose health rights are most at risk together for five weeks of connection, creativity, and community through our SMS:FAMILIES Programme. Parents told us they felt more confident supporting their children's health. Children told us they felt happier and more hopeful. Families shared meals, made music, and explored their health rights in a safe and welcoming space. You can read more at childrenshealthscotland.org/smsfam.

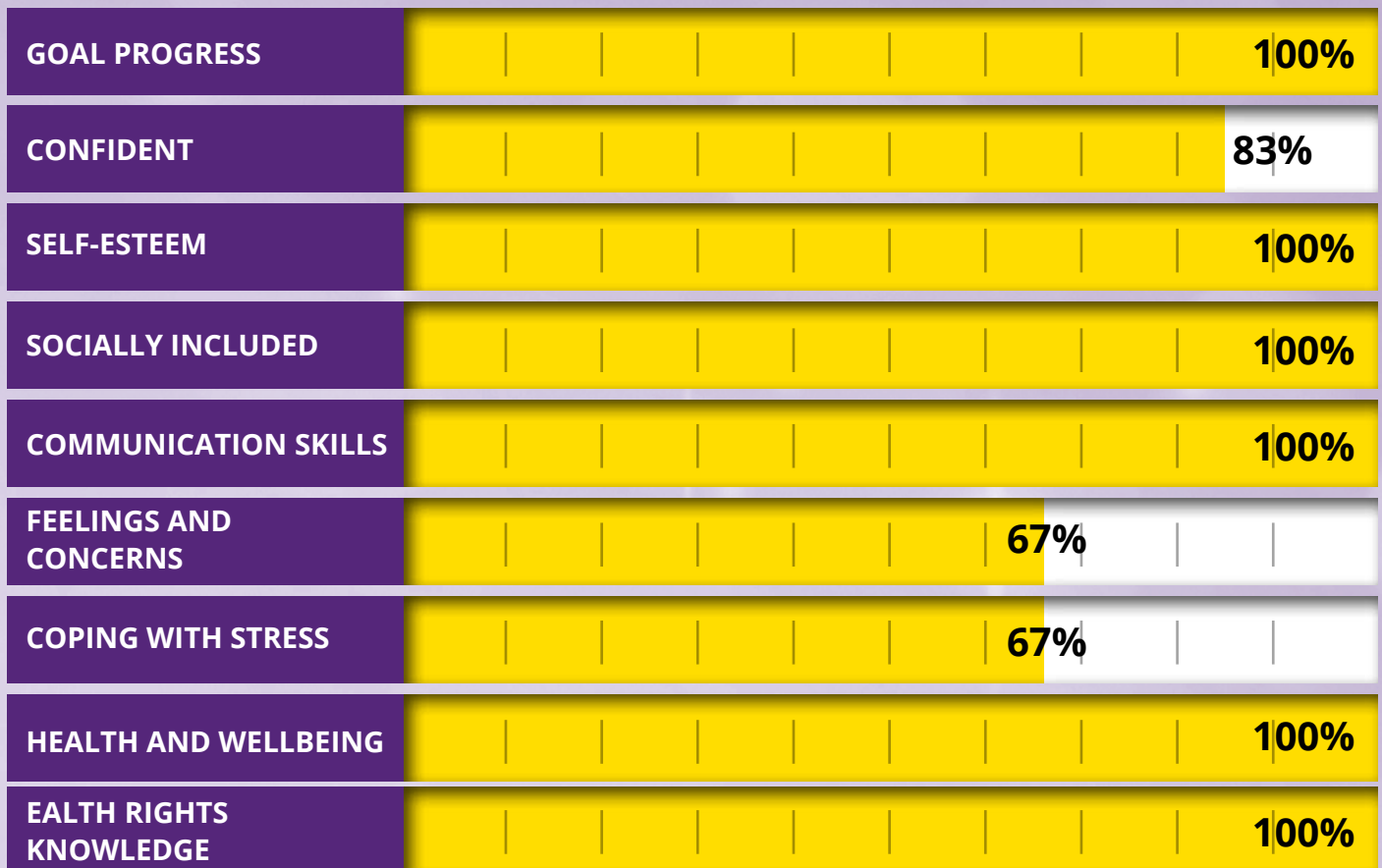
These programmes are shaped and supported by our Health Rights Defenders—young people with lived experience who help design and deliver sessions, ensuring they are relevant, inclusive, and rights-based.



Their voices and leadership are vital to the success of our SMS Programmes, and their contributions continue to inspire and inform our work.

We also ran a dedicated SMS Programme in Cranhill for eight children and young people whose health, wellbeing, and rights are most at risk. These sessions focused on building trust, exploring health rights, and developing practical strategies for managing health challenges. One young participant said, "I didn't know I had rights. Now I feel like I can speak up." That's the kind of impact that stays with us. More details are available at childrenshealthscotland.org/smscranhill.





Looking ahead, we're preparing to launch SMS:CONNECT at the end of October—a digital SMS Programme designed to reach children and young people across Scotland who may not be able to attend

in-person sessions. And in February, we'll return to Edinburgh for our next face-to-face SMS Programme, continuing our commitment to supporting children and young people with long-term health conditions.

These programmes are more than workshops—they are lifelines. They help children understand their health, wellbeing, emotions, and rights. They help families feel less alone. They build resilience, confidence, and community. And they are only possible because of the incredible support we receive from our funders and partners such as **People's Postcode Lottery, Robertson Trust, CYPFEI Fund, The National Lottery Fund, the PIXEL Fund, the Trades House of Glasgow, Cordis Charitable Trust, Hugh Fraser Foundation, and Stafford Trust**. Your support is helping children and families grow stronger together and you are part of our community that puts children's health and rights at the centre. We are deeply grateful.



HEALTH RIGHTS SERVICE



Every child and young person has the right to the best possible health—regardless of who they are, where they live, or what they believe. But rights only matter when they're understood and acted upon. Our Health Rights Service helps children, families, and carers understand their healthcare rights and feel confident in using them. Grounded in Article 24 of the UNCRC and the EACH Charter, we work to ensure no child is denied access to the care they need. Through advocacy, education, and collaboration, we make healthcare rights visible, accessible, and empowering.



36,468
PEOPLE
RECEIVED
LEAFLETS AND
PUBLICATIONS.

HEALTHCARE RIGHTS
21,026
PEOPLE SUPPORTED
WITH HEALTHCARE
RIGHTS
INFORMATION.



7,185
FAMILIES
RECEIVED
HEALTHCARE
RIGHTS
INFORMATION.

7,866
CHILDREN
SUPPORTED
WITH
HEALTHCARE
RIGHTS.



906
PROFESSIONALS
ATTENDED CHS
EVENTS ON RIGHTS.

3,524
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 important because it shows children, no matter if we are sick, that we matter and have a voice. It helps us feel seen and heard, and reminds adults that our health and wellbeing should be respected. Knowing our rights means we can speak up, ask questions, and feel safe when we need help. It's not just about being healthy—it's about being understood and treated fairly. Every child deserves that."

— S1 pupil, Bishopbriggs Academy

SANDY MEETS THE TEDDY HOSPITAL

This is a beautifully illustrated children's book that helps young readers feel more confident about medical experiences. Sandy, age 5, is nervous about getting his blood taken. With support from Health Play Specialist Melody and Bear, he visits the Teddy Hospital to explore medical equipment through play and learn about his health rights. The story gently introduces children to healthcare settings, while a dedicated section for adults offers practical advice on supporting anxious children. This rights-based resource promotes understanding, resilience, and empowerment—making healthcare less scary and more child-friendly.



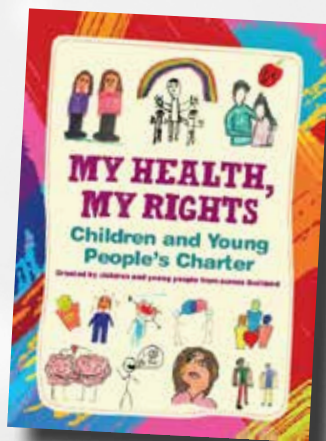
ACROSS SCOTLAND, CHILDREN AND YOUNG PEOPLE ARE SPEAKING UP FOR WHAT MATTERS

In schools, hospitals, and communities, they're learning about their health rights — and discovering the power of their own voices. Through our Health Rights Service, we're helping children understand that they have the right to be heard, to be safe, and to get the support they need.

“ I didn't know I had health rights until someone told me. Now I want everyone to know. ”

Niamh, Health Rights Defender

Our Health Rights Defenders are leading this movement. They've helped shape our My Health, My Rights Charter and Poster, co-created resources, and shared their experiences to inspire change. Their insights were central to our Scottish Children's Health Week report, which captured what health rights mean to children today — in their own words.



We've taken this work into schools and hospitals, sparking conversations and building confidence. Children tell us they feel more informed, more empowered, and more able to ask questions about their care.

Looking ahead, we're partnering with the Children and Young People's Commissioner Scotland to explore how rights-based approaches can be embedded in health services and in education settings.



It's a chance to ensure that children's voices continue to shape the future of healthcare, and showing that healthcare is more than just hospitals and doctors. It's putting the child at the centre in all aspects of their life.

“Our work is driven by what children and young people tell us they need. They are the experts in their own lives — we're here to listen, support, and act.” Rhianne Forrest, Officer at Children's Health Scotland

This work is made possible thanks to the support of the **People's Postcode Trust**, the **CYPFEI Fund**, the **Robertson Trust**, and **NHS Greater Glasgow and Clyde**. Together, we're making health rights real — one child, one conversation, one connection at a time.





Brushing Up on Rights

Transforming Dental Care Through Play

For many children and young people—especially those with additional support needs—a trip to the dentist can be daunting. But what if dental visits could be transformed into empowering, playful experiences that uphold children's rights and support their emotional wellbeing?

A rights-based approach to oral health

That's the vision behind Special Smiles Dental Health Training, a pioneering programme that places health-related play and children's rights at the centre of oral health education. Designed for dental professionals, early years practitioners, and carers, the training equips participants with the tools to make dental care more inclusive, trauma-informed, and child-friendly.

The power of play

The programme is built on the belief that play is not a luxury—it's a right. Article 31 of the UN Convention on the Rights of the Child (UNCRC) affirms every child's right to relax and play. Special Smiles goes further, showing how play can be a powerful tool for communication, stress relief, and learning—especially for children with complex needs.

Participants explore how to use health-related play to prepare children for dental visits, reduce anxiety, and build trust. From bubble breathing and feather breathing to sensory toys and social stories, the training introduces practical techniques that help children feel safe, understood, and in control.

Training impact and feedback

The impact is clear. In the most recent training session:



94% of participants said their understanding of a rights-based approach to dental health improved.

100% reported increased knowledge of the UNCRC and the EACH Charter.

The course delivery was rated **4.39 out of 5**, with **94%** scoring it 4 or 5.

When asked why "My Health, My Rights" matters, responses highlighted child empowerment, patient voice, and health rights education.

Tools and resources

Professionals leave the training with a deeper understanding of how to embed rights into practice—ensuring children are listened to, respected, and involved in decisions about their care. They also gain access to the Dental Playbox, a resource packed with books, puppets, safe dental equipment, games, and multi-sensory stories. These tools help children explore their feelings, build practical skills, and engage with oral health in a way that's meaningful and fun.

Voices from our training

One participant reflected: *"Everything we learnt was necessary. I thought it was very important that we must speak to children in the language they understand."*

Another shared: *"The importance of play in overcoming stress and understanding children's rights really stood out."*



Expanding our reach

The training also features Millie's Story, a rights-based children's book that illustrates how autistic children can be supported to navigate dental care. It's a powerful example of person-centred practice and inclusive communication.

Special Smiles has now expanded beyond Scotland, with Lancashire County Council commissioning two days of training in England. Feedback was overwhelmingly positive, with participants praising the facilitators' expertise, the engaging activities, and the relevance to their work.

Brushing up on rights

By combining rights education, trauma-informed practice, and playful learning, Special Smiles is helping professionals create dental experiences that are not only effective but also empowering. It's about more than oral hygiene—it's about dignity, choice, and emotional safety. We're continuing to lead this work, advocating for a healthcare system where every child's voice is heard and every visit is a positive experience. Special Smiles is a testament to what's possible when we put children's rights and wellbeing at the heart of care. To find out more or express interest in future training, email: CECYPS@childrenshealthscotland.org



MILLIE MEETS THE DENTIST

Millie Meets the Dentist is a beautifully illustrated, rights-based storybook from Children's Health Scotland that helps children feel confident about visiting the dentist. Follow 9-year-old Millie, an autistic child, as she prepares for her first dental appointment using play, relaxation, and storytelling. With the support of her mum and her doll Fiona, Millie learns what to expect, meets friendly dental staff, and discovers her right to be informed and involved in decisions about her health. This engaging book also includes a practical guide for grown-ups on how to use health-related play and calming techniques to ease anxiety. Perfect for families, carers, educators, and health professionals, *Millie Meets the Dentist* promotes self-management skills and emotional wellbeing.



Priced at £6.99, the book is available to buy from Children's Health Scotland: www.childrenshealthscotland.org/shop/millie-meets-the-dentist



Caring for Carers: Skills, Support, and Community

Caring is complex and we understand that every child brings a unique story, and that every carer faces challenges that require compassion, resilience, and knowledge. We know that supporting a child through trauma, loss, or health needs can feel overwhelming. That's why, thanks to generous funding from the CYPFEI Fund, The Robertson Trust, and the Postcode Lottery we are able to

offer free, expert-led workshops designed to empower foster and kinship carers with the tools and confidence they need to navigate this journey. From April 2025 to March 2026, we're delivering 18 FREE workshops – 9 for foster carers and 9 for kinship carers – each tailored to address the real-life complexities of caring.

We're delighted to welcome Helen Bauld as our new Training, Programmes and Funding Manager

responsible for delivering our training and programmes. Helen brings deep expertise and a heartfelt commitment to supporting carers and children, ensuring every workshop is trauma-informed, inclusive, and practical.



Understanding Trauma and Supporting Recovery

Children and young people in care often carry invisible wounds. This workshop explores the impact of trauma on a child's development, behaviour, and emotional wellbeing. Carers will learn how trauma affects the brain, how to recognise trauma responses, and how to support recovery through safe, nurturing relationships and environments. The session includes practical strategies for building trust, promoting resilience, and creating a trauma-informed home.



"It's important that children who've experienced trauma understand they have a right to feel loved and cared for." Foster Carer

Mental Health and Emotional Wellbeing

Care experienced children are significantly more likely to face mental health challenges. This workshop helps carers understand common conditions such as anxiety, depression, and PTSD (post-traumatic stress disorder), and offers tools to support emotional regulation, build self-esteem, and foster a sense of safety and belonging. It also explores how carers can look after their own mental health while supporting others.



"I discovered better ways to listen to my child without responding inappropriately." Foster Carer

Calming Techniques

Meltdowns and emotional outbursts can be overwhelming—for both the child and the carer. This workshop provides insight into why these behaviours occur and offers calming techniques that can be used before, during, and after a crisis. Carers will leave with a toolkit of strategies to help children feel safe, understood, and supported.



"Using calming techniques will enable me help my child as best I can." Kinship Carer

Loss and Change

Children in care often experience multiple losses—of family, home, school, and identity. This workshop explores how loss and change affect children emotionally and developmentally. Carers will learn how to support children through grief, transitions, and uncertainty, and how to create stability and hope in their everyday lives.



"It made me think about the impact of loss as an adult – and how much more difficult this must be for a child."
Foster Carer

Healthcare Rights

Every child has the right to the best possible health. This workshop helps carers understand the healthcare rights of children and young people in care, including access to services, informed consent, and advocacy. It empowers carers to navigate health systems and ensure children receive the care they deserve.



"Without knowing your rights, you're not able to push for what is rightfully yours."
Carer

Disability and Complex Needs

Children with disabilities and complex needs have a range of unique conditions that overlap, which can affect their health and wellbeing. They require additional or specialist support so that they can lead healthy, fulfilling lives. This session focuses on gaining knowledge and understanding on the health and wellbeing of children and young people living with disabilities and complex needs.



"It's important that children who have experienced trauma and have a disability understand that they have a right to feel loved and cared for."
Foster Carer

Adolescence Matters

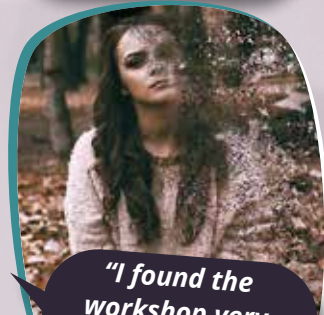
Being a carer for a teenager can be an incredibly rewarding but often challenging experience. Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health. This session shares an understanding of why adolescence matters to care experienced children.



"This workshop gave me coping mechanisms to research and practise."
Kinship Carer

Understanding Self-Harm

There are no fixed rules about why people self-harm. However, the intention is usually to punish themselves, express their distress, or relieve unbearable tension. Sometimes it may be a mixture of all three. This session focuses on gaining better knowledge and understanding of self-harm among care experienced children and young people.



"I found the workshop very informative, thought-provoking, good pace and relaxed."
Foster Carer

Consent and Boundaries

Children and young people in care need support in understanding their bodies, boundaries, and rights. This workshop helps carers learn how to communicate about consent in age-appropriate ways, build trust, and empower children to advocate for themselves in safe and respectful relationships.



"The more people understand then the more things will change positively."
Kinship Carer

Booking Information: Workshops are free and available on a first-come, first-served basis. To find out more email Niki or Effie at CECYPS@childrenshealthscotland.org.

THANK YOU TO OUR FUNDERS



Scottish Government
Riaghaltas na h-Alba
gov.scot



FLOURISH PROGRAMME

Real help for families whose health rights are most at risk

In communities where isolation, poverty, and uncertainty are part of daily life, our FLOURISH Programme offers something powerful: connection, confidence, and care.

Delivered by Children's Health Scotland, the FLOURISH Programme is a lifeline for families whose health rights are most at risk—especially refugee, asylum-seeking, and vulnerable mothers with young children. Thanks to generous support from the **Alexander Moncur Trust, Souter Charitable Trust, Russell Trust, Aberbrothock Skea Trust, Leng Charitable Trust, WM Sword, People's Postcode Trust, Robertson Trust,** and the **Children, Young People and Families Early Intervention Fund (CYPFIE Fund)**, we were able to run two FLOURISH Programmes—one in **Dundee** and one in **Cranhill**—bringing real help, right now, to families who need it most.

At its heart, FLOURISH is about self-management. But it's not delivered through lectures or leaflets—it's delivered through **play, food, movement, and conversation.**



Each session is designed to be inclusive, trauma-informed, and joyful. Families explore topics like healthy eating on a budget, managing stress, improving sleep, and understanding their health rights. Children and parents learn together, laugh together, and grow together.

Dundee: Building Bonds and Breaking Barriers

In Dundee, FLOURISH was delivered in partnership with the **Dundee International Women's Centre**, supporting 22 mothers and 30 children under five. Many families had recently arrived in Scotland and were navigating new systems, languages, and challenges. The programme created a safe space where mums could connect, share experiences, and learn practical skills to support their family's wellbeing.

Each week, sessions focused on a different theme—from cooking heart-healthy meals to learning calming techniques. Families received ingredients to recreate meals at home, and mums were introduced to NHS services, including how to register with a GP and access free care. Our popular TIP Cards helped families understand their rights in a simple, accessible format.

One standout moment came during an unplanned session when a school in-service day brought over 20 children and 15 mums to the centre. With quick thinking and community spirit, we turned the day into a celebration of creativity—painting pumpkins, decorating masks, and sharing a moment of calm through hand massage and mindfulness. It was a beautiful reminder that **resilience can be built with glitter, glue, and gentle support.**



Cranhill: Play as a Pathway to Health

In Cranhill, the FLOURISH Programme—delivered as **SMS:FAMILIES** in partnership with **Cranhill Development Trust**—focused on vulnerable families with children in Primary 1 to 4, including younger and older siblings. Here, play was the tool for transformation. Families explored messy crafts, sensory stations, outdoor games, and storytelling. Through play, children learned to express emotions, build confidence, and connect with others. Parents rediscovered joy and connection, often saying they hadn't laughed so much in years.

One parent shared, *"I didn't realise how much we all needed this. It's not just the kids—it's us too."* Another said, *"My wee one used to be scared of trying new things. Now she's the first to jump in."*

The Cranhill community played a vital role in making the programme a success. Staff created a welcoming



space where families felt seen, supported, and celebrated. As Michelle Wilson, Head of Children's Services, put it: *"Play is not just a pastime—it's a powerful tool for self-management. The community spirit in Cranhill was incredible."*

Lasting Impact

Across both programmes, FLOURISH helped families feel more confident, informed, and connected. Every mum who attended said they had learned something new that they would use again. The sessions didn't just teach skills—they built relationships, reduced isolation, and gave families tools to thrive.

As we look ahead, we remain committed to delivering FLOURISH where it's needed most. With continued support, we aim to reach even more families, deepen our partnerships, and strengthen our impact.

To our funders—the **Alexander Moncur Trust, Souter Charitable Trust, Russell Trust, Aberbrothock Skea Trust, Leng Charitable Trust, WM Sword, People's Postcode Trust, Robertson Trust, and CYPFIE Fund**—thank you. Your generosity has made a real difference.



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



Real Help, Right Now:

Could You Be Our Charity Partner of the Year?

We're looking for bold, brilliant organisations ready to stand with us — and with children and young people across Scotland — to make a real, lasting difference.

At Children's Health Scotland, we believe every child deserves to be treated with love and respect, especially when it comes to their health. We're the only charity in Scotland dedicated solely to children's healthcare rights, and we're proud to be trauma-informed, rights-focused, and led by lived experience.

Our SMS Programmes empower children and young people living with health conditions to understand their rights, build confidence, and take control of their wellbeing. We work with those in kinship care, foster care, and families navigating complex health journeys — always with compassion, creativity, and care.

"One of these programmes changed my life. If you know any young people who could benefit, I recommend it a thousand times!" SMS Programme Participant

"I didn't know I had rights about my health. Now I feel like I can speak up more." SMS Programme Participant

By choosing us as your Charity of the Year, you'll help deliver life-changing support to children who need it most. You'll also inspire your team, elevate your brand, and be part of something truly special — a movement rooted in love, respect, and real help.

We'll celebrate your fundraising efforts across social media and press, helping you reach new audiences and meet your Corporate Social Responsibility goals.

Whether it's a collection box, a sponsored challenge, or a creative campaign, we'll support you every step of the way.

Let's make something amazing happen — get in touch today and help us bring real help, right now, to children and young people across Scotland. Email fundraising@childrenshealthscotland.org



Have FUN with FUNdraising!

Looking for a way to make a difference *and* have a blast with your friends and family? Whether you're a cake-baking whizz, a running enthusiast, or just love a good laugh, there are endless ways to raise money and help us support the health and wellbeing of children and young people across Scotland. Every pound you raise helps us deliver vital programmes that empower children to understand and manage their health, build confidence, and feel supported – no matter what challenges they face. Here are some of our favourites:

Crafting Kindness

Why not gather some materials and bring your friends and neighbours together to create something new. You can ask each person to donate to come along, and you could even theme it to a bigger event. Halloween, Bonfire night, St Andrews Day, Christmas, Hogmanay, Valentine's Day – there are so many options. You could use found materials from being out and about (leaves, twigs, recycling) and make your creations environmentally friendly as well!



Sponsored silence or other sponsored activity

Do you think you could stay silent for a whole day? It can be quite a big challenge but that's why people might sponsor you to do it! Don't fancy being quiet for that long? There are other sponsored activities, and these are all great to do on your own or with friends. It's a chance to challenge yourself to try something different and raise money for a great cause at the same time!



Pyjama Day

Cold mornings call for cosy PJs – so why not make a day of it? Organise a Pyjama Day at school, work, or in your community and invite everyone to donate for the chance to stay comfy all day long. It's a fun, easy way to raise money while keeping spirits high and slippers on! Every pound raised helps us support the health and wellbeing of children and young people across Scotland.



Game Night for Good

Gather your friends and family for a night of games and giving! Choose your favourite board or card games, set up a cosy space, and ask guests to donate to take part. You can boost your fundraising with snacks for sale, mini prizes, or a fun raffle. Whether it's Monopoly, Uno, or a trivia showdown, every laugh and roll of the dice helps support the health and wellbeing of children and young people across Scotland.



Homemade Christmas Cards

Get creative this festive season by designing and selling your own Christmas cards to raise funds! Whether you're crafting with glitter, paint, or recycled materials, each card can help spread joy and support the health and wellbeing of children and young people across Scotland. Sell them at school, work, or local events – or post them to someone who needs a little cheer. It's a simple, heartfelt way to make a big difference this winter.





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 are 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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