



# Children's Health Scotland



**Nominations now open  
for Scottish Children's  
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**NOMINATIONS  
NOW OPEN**

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# SAVE THE DATE FOR SCOTTISH CHILDREN'S HEALTH WEEK 2026!

**G**et ready for a celebration bursting with creativity, confidence, and joy — **Scottish Children's Health Week returns from 7-13 September 2026, and this year is extra special as we mark 50 years of Children's Health Scotland!**

Throughout the week, children, young people, families, and communities will come together to explore health and rights through playful, meaningful activities inspired by our much-loved **Scottish Children's Health Week Activity Book**. From designing Health Rights Defender shields to trying star breathing, kindness

challenges, wild adventures, superhero moments, and imagination-sparked creations, there's something for everyone to enjoy.

Whether you're hoping to #BeActive, #BeBrave, #BeCalm, #BeHappy, #BeFriendly, #BeKind or #BeHelpful, this year's celebration promises connection, creativity, and feel-good fun.

Want Activity Books for the children and young people you support? Email [enquiries@childrenshealthscotland.org](mailto:enquiries@childrenshealthscotland.org) or call **0131 553 6553** — we'd love to share them with you!

**7-13  
SEPTEMBER  
2026**



## Health Rights Defenders: Young Voices Leading the Way

**C**hildren and young people are at the heart of everything we do and nowhere is that clearer than in the incredible work of our **Health Rights Defenders**. These inspiring young people, aged 9-17, share their lived experiences of health conditions and disabilities to help shape our programmes, campaigns, and resources — including this year's **Scottish Children's Health Week Activity Book**.

Their ideas and insights help to ensure that children across Scotland feel informed, confident, and supported when exploring their health and rights. From designing activities about bravery and calmness to championing the importance of safe spaces, trusted adults, and being heard, their voices guide us as we work towards a #HealthRightsAware Scotland.

This year, as we celebrate 50 years of Children's Health Scotland, we're proud to shine a light on these young leaders whose passion and courage continue to drive meaningful change for children and young people everywhere.



# EVERY CHILD'S RIGHT TO HEALTH

The Time For Promises Has Passed.  
The Time For Action Is Now.

**S**cotland is failing too many of its children. Long waits, inconsistent care, and overstretched systems mean thousands of young people are not receiving the support they need to stay healthy, safe and well. Our Manifesto is a demand for action — shaped by children and young people who know exactly what it feels like to be left waiting, unheard, or misunderstood. This is not a gentle ask. It is a call for urgent change.

## A SYSTEM UNDER STRAIN WITH CHILDREN PAYING THE PRICE

More than 42,000 children are waiting for a neuro-developmental assessment. Thousands more sit on CAMHS waiting lists. Dental access is collapsing in some areas. Children in kinship care and foster care face enormous barriers, many without formal support at all.

## HEALTH RIGHTS ARE THE LAW – NOT A FAVOUR

Every child in Scotland has the right to the highest attainable standard of health. This is not optional. It is a legal duty under the UNCRC. Health professionals are duty bearers — meaning they hold the responsibility to protect and uphold children's rights every single day. Every appointment, every conversation, every decision is a moment where those rights must be respected. Too often, they are not. As Helen Forrest, Chief Executive of Children's Health Scotland, says:

**“ When we resist the urge to speak for children, and instead listen to them, we empower them to take control of their health. ”**



Behind every statistic is a child who is struggling while the system delays. A Health Rights Defender said it plainly: *“Sometimes it feels like you have to wait until things get really bad before anyone helps you.”*

No child should ever feel that.

## YOUNG PEOPLE ARE CLEAR ABOUT WHAT NEEDS TO CHANGE

Our Manifesto was built with the voices of young people — and they are asking, clearly and powerfully, for what they need:

- to be heard
- to be included
- to receive information they can understand
- to move to adult services without fear
- to be treated with dignity, not dismissal

One young person said: *“I wish doctors and nurses would go over your rights with you. It would make a big difference.”*

They are not asking for the impossible. They are asking for respect.

## MENTAL, SOCIAL AND PHYSICAL HEALTH MUST BE EQUAL

Children and young people are telling us something Scotland must take seriously:

*"Mental health, social health and physical health must be treated as equal — because a child's wellbeing depends on all three."*

A child's health cannot be separated into neat boxes. Anxiety affects the body. Social isolation harms mental health. Poverty impacts everything. Scotland must respond to the whole child — not just one part of them.

## PLAY, SAFETY AND SELF-MANAGEMENT ARE NON-NEGOTIABLE

- Play is a right.
- Understanding your treatment is a right.
- Feeling safe in hospital is a right.

Health-related play, Self-Management Skills Programmes, dental play and trauma-informed practice are not extras — they are essential tools that help children cope with fear, confusion, and big decisions about their health.

## ACTION IS NEEDED NOW

Poverty, trauma, and inequality are shaping children's health outcomes every single day. Without urgent change, those outcomes will worsen. The message of the Manifesto is unmistakable. Children deserve better — and Scotland must do better.



## SCOTLAND NEEDS A SYSTEM THAT PUTS CHILDREN FIRST

Children's Health Scotland is calling for:

- a national child health workforce strategy
- trauma-informed, rights based training
- faster, fairer access to all health services
- long-term investment in children's organisations
- clear, accessible information on health rights

**Because rights mean nothing without action.**



## The Time For Promises Has Passed. The Time For Action Is Now.

Want to chat about the health rights of children and young people in Scotland? Contact Rhianne on [CYPHRS@childrenshealthscotland.org](mailto:CYPHRS@childrenshealthscotland.org)

You can download our Manifesto here: <https://www.childrenshealthscotland.org/every-childs-right-to-health-chs-launches-manifesto-for-change/>



# Advancing Children's Health Rights:

## What We're Learning From Listening to Young People

**W**orking closely with our **Health Rights Defenders** over the past year has deepened our understanding of what children's health rights look and feel like in real life. The group, made up of young people living with long-term health conditions or additional needs, have shared their experiences openly and creatively. Their insights continue to shape our work, our partnerships, and the way we support professionals across Scotland. This double-page feature reflects what they have told us — in their words, through their projects, and through the many conversations we've had together.



### Understanding the Reality of Waiting

One of the most powerful pieces of work this year was a stop-motion film the Health Rights Defenders created to show the reality of being stuck on a waiting list. Through this project, they helped us understand how waiting affects far more than access to healthcare — it affects confidence, school life, friendships and emotional wellbeing. Young people described the experience in

ways that stayed with us:

*"Waiting isn't just waiting — it changes how you feel about everything."*

Their film will be launched during this year's Scottish Children's Health Week as part of #BeHappy, reminding us that long waiting times don't just delay treatment — they impact the whole of a young person's life.



### How Creative Play Helps Young People Feel Safer

Another insight came through exploring **health-related play**, particularly a syringe-painting activity. Young people told us that transforming something clinical into something creative helped reduce fear and made medical environments feel more manageable. As one young person shared: *"Doing art with syringes made me feel braver about hospital stuff."*

From sessions like this, we've learned that play isn't an "extra" — it is essential to helping children feel safe, informed and confident.





## Working with the Children and Young People's Commissioner Scotland

Our partnership with the **Children and Young People's Commissioner Scotland (CYPCS)** led to a major digital media project exploring what school is like for young people living with long-term health conditions. Over four sessions, the group spoke about challenges with attendance, fatigue, symptoms, anxiety and inconsistent support. Their reflections were honest and insightful:

*"Some days I'm exhausted before I even get to school."  
"School feels better when adults actually listen."*

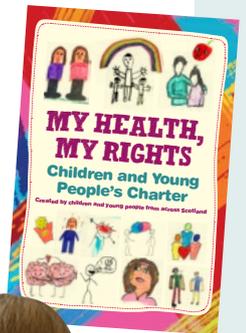
Through this work, we gained a much clearer understanding of how health affects education — and how crucial it is for adults to listen, adapt and respond to individual needs.

## Bringing the My Health, My Rights Charter to Life

The Health Rights Defenders created our **My Health, My Rights Charter**, helping ground each right in real experiences from home, hospital and school. One young person captured the essence beautifully:

*"Health rights shouldn't just sit on a poster — they should actually happen."*

Their involvement is now influencing how the Charter is used in NHS Greater Glasgow and Clyde's training, campaigns and hospital projects — ensuring these rights move from words into real practice.



## Growing Skills, Confidence and Community

Through the year, many young people have told us that being part of the group has helped them understand their rights better, communicate their needs more clearly, and feel less alone. They've shared:

*"Before this, I didn't know how to explain what I needed."  
"Now I feel like my voice matters."*

Hearing this reinforces our belief that young people thrive when they have safe spaces to explore their experiences with others who understand.



## Looking Ahead: Scotland's First My Health, My Rights Conference

In the coming months, the Defenders will help lead the planning of our first **My Health, My Rights Conference**. They will shape topics, design sessions and ensure the voices of children and young people are at the heart of the day. Their message to adults planning the event was simple and powerful:

*"If adults are talking about children's health rights, then children should be in the room too."*

This conference will bring together professionals, families and young people to learn with — and from — each other.

## A Shared Message

From everything young people have told us, one message stands out:

- **Every child has health rights.**
- **Every child deserves to be listened to.**
- **And when young people speak, Scotland is ready to listen.**



# Caring With

## What Our Workshops and Adventure Days Mean to Carers

**W**hen you are a kinship or foster carer, you carry so much on your shoulders — love, responsibility, hope, and the everyday challenges that come with supporting a child who may already have walked a difficult road. Many carers tell us that what they often need most is simply a space where they can breathe, share, learn, and feel understood. That’s exactly what our workshops and Bear’s Big Adventure Days have become for so many families across Scotland: a place to feel less alone, more confident, and more connected.

***“It’s the first time I’ve walked into a room where everyone just got it.”***

Carers describe the workshops as a rare moment where the focus is on *them* as much as the children they care for. The atmosphere is supportive, practical and grounded in real life — full of stories, encouragement, and strategies carers can put into practice straight away.



***“I didn’t have to explain why things are hard,” one carer shared. “People already knew.”***

The sessions explore the areas carers tell us they find most challenging: helping

children sleep better, navigating big emotions, building resilience, supporting school routines, setting boundaries, or finding time for themselves without guilt. Our newly refreshed workshop names reflect exactly what carers wanted — positive and hopeful titles such as *Better Sleep, Brighter Days, Coping With Stress, Helping Children Thrive at School* and *Taking Time for You*. Carers consistently say they come away from workshops feeling lighter, steadier and more equipped.

***“I used one of the techniques that evening — it worked instantly. I felt like I could breathe again.”***

One of the most exciting developments this year is that we are now members of the CPD organisation, and our training is undergoing CPD accreditation. For carers, this means something powerful: the skills they gain are recognised, high-quality, and part of a professional standard. It validates the time they invest in learning and helps them demonstrate their knowledge when working with teachers, social workers, or health. More importantly, CPD



accreditation reinforces something carers rarely hear — that their development matters. That carers deserve support, training and space to grow, just as much as the children in their care deserve understanding and compassion.



# Confidence

Alongside the workshops, our Bear's Big Adventure Days remain a highlight for many families. These days offer something special — connection without pressure, learning through play, and moments of joy shared between children and adults.

***“My child saw other families like ours for the first time. I could have cried with relief.”***



Through games, creative challenges, and self-management activities, families get to explore feelings, confidence, teamwork and wellbeing together. Carers frequently tell us that Adventure Days help them build friendships, swap advice, and feel part of a community that truly understands kinship and foster care. Meanwhile, children learn something life-changing, that they are not alone.

***“She made a friend within ten minutes. That’s never happened before.”***

Many carers say the biggest gift of the Adventure Days is seeing their children relax — children who often carry worry, isolation or uncertainty suddenly laughing, joining in, or trying something new. These shared experiences help families strengthen bonds and build resilience in gentle, playful ways.

Across both workshops and Adventure Days, we hear the same reflection again and again: carers leave feeling supported, valued, and more confident in the incredible work they do every day.

***“I walked in feeling overwhelmed. I walked out feeling stronger.”***

If you're a kinship or foster carer and would like to find out more about the workshops or Bear's Big Adventure Days, please email Niki, [CECYP@childrenshealthscotland.org](mailto:CECYP@childrenshealthscotland.org) or visit <https://www.childrenshealthscotland.org/services/families-and-carers/>



**THANK YOU to Dr Guthrie's and the following funders for making this work with carers possible:**

Scottish  
**Children's  
LOTTERY**

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HEALTH AND SOCIAL CARE  
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**The Promise  
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SUPPORTING CHANGE FOR CHILDREN,  
FAMILIES & CARE EXPERIENCED ADULTS





# Helping Children Feel Confident, Capable and Connected

**F**or children and young people living with a health condition, life can feel full of challenges that other people don't always see. Hospital appointments, symptoms, fatigue, big feelings, or worries about school can all make day-to-day experiences harder. That's why our **Self-Management Skills (SMS) Programmes** matter so much: they give children and young people the chance to understand their health, learn practical tools, and meet others who know what living with a health condition is really like.

Although some young people arrive excited and ready to get involved, others need a little time to warm up. Many feel nervous about meeting new people or joining a group. And that's okay.

Our SMS Programmes are built to ensure that every child matters — the chatty ones, the quiet ones, the anxious ones, and the ones who simply aren't sure yet. One child who took part in the Programme told us: *"I was scared at first, but by week two I stopped worrying because everyone got what my life was like."*

Another shared: *"It made me feel like I wasn't the only one dealing with this."*

These words guide us as much as any training manual ever could.



## A Supportive Start for Every Young Person

Once a referral arrives, our first step is simple: a friendly call with the family. We explain the programme, where and when it runs, and what it involves. If it feels right for the child, we arrange a short Zoom meeting so they can meet us face-to-face before anything begins. This helps young people picture the room, imagine the activities, and understand that they won't be walking in alone.

Because SMS Programmes run only a few times each year, there can sometimes be a wait before the next group begins. During this time, we stay in touch with families, check in, and support them so no one feels left behind.

For children who struggle with transitions or social situations, we can offer one-to-one sessions before the programme begins. These make a huge



difference — helping children build trust, learn early coping tools, and arrive on day one feeling more ready.

A young person once told us after a one-to-one session: *"I didn't think I could do it. But after talking to you, it didn't feel as scary."*

## A Programme Built Around Each Child

One example that shows the impact of this approach came from a young person who was deeply anxious about joining a group. Their family hoped they would take part, but the idea of walking into a room of strangers felt overwhelming. We arranged four one-to-one sessions, giving space for connection, gentle activities, and small achievable goals.

Activities like the “Best Day Ever” drawing exercise helped them share what mattered most — favourite places, foods, routines that helped them feel calm — and we explored how tiny parts of those “best day” moments could be added to everyday life.

We introduced breathing techniques, created a wellbeing collage with their family, and identified simple goals for each week of the programme. By the time the group began, their confidence had grown noticeably.

In fact, during the very first session they achieved four of the six goals they had set for themselves — something that once felt impossible and they told us: *“It felt good to have things I could actually do, not things people expected me to do.”*



## A Community That Lifts Young People Up

What makes SMS truly special is the sense of belonging. Children meet others who understand their world, celebrate their achievements, and cheer each other on. As one young person said: *“I made a friend on week one, and we still talk now.”*

Across Scotland, families tell us how valuable these programmes are — not only for improving confidence and self-management skills, but also for helping children feel seen, supported, and less alone.



## Find Out More

Our current programme in Edinburgh is already full, and interest continues to grow. If you are a child or young person, or support, care for, or work with a child or young person who might benefit, we would love to hear from you.

For more information or to make a referral, contact Eilidh at: **CYPHWS@childrenshealthscotland.org** or visit **<https://www.childrenshealthscotland.org/services/children-and-young-people/>**



A huge thank you to the following funders who make our Self-Management Skills Programme possible:

- AGNES HUNTER TRUST
- ROBERTSON TRUST
- CORDIS CHARITABLE TRUST
- HUGE FRASER FOUNDATION
- POSTCODE LOTTERY
- THE MERCHANTS HOUSE OF GLASGOW
- FAIRER FUTURES
- THE NATIONAL LOTTERY
- STAFFORD TRUST
- PIXEL FUND



# Nominations now open for the Scottish Children's Health Awards 2026

As we celebrate 50 years of Children's Health Scotland, this year's Scottish Children's Health Awards feel especially meaningful. These awards honour extraordinary children and young people who show courage, kindness and determination, as well as the adults whose commitment and compassion helps them to thrive. In this special anniversary year, we're shining an even brighter spotlight on the people whose stories remind us why defending every child's right to the best possible health matters.

We are delighted that our wonderful friend — journalist and TV presenter **Catriona Shearer** — will be joining us again in 2026. Catriona will interview each of our remarkable award winners so we can share their powerful stories during Scottish Children's Health Week. She will also help present the awards at our magical **Bear's Tea Party** at the Balmoral Hotel in Edinburgh, making this golden-year celebration truly unforgettable.

Nominations are officially open, and you have until **5.00pm on Tuesday 30 June 2026** to



recognise someone special. Award categories are listed on the next page, and you can nominate today by visiting <https://www.childrenshealthscotland.org/events/awards/>

**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.**





## 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 and Healthcare (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.



# FLOURISH: Finding Calm,

**F**or many mothers arriving at Dundee, life in Scotland is completely new — new systems to navigate, new routines to build, and new challenges to face without the comfort of familiar surroundings. Some have recently relocated from overseas, while others find themselves adjusting to life without nearby family support. Many tell us they feel isolated, unsure where to turn, and desperate to give their children a safe and happy start in their new environment.

This is the reality for many of the women who join the FLOURISH Programme — and it is exactly why FLOURISH exists. Created to support mothers and their preschool children, the programme offers a gentle, empowering space where families can learn, connect and rebuild confidence together.

Head of Children and Young People's Services Michelle Wilson beautifully captures its spirit:



*"The mums welcome us with openness and curiosity, and the children bring such joy to every activity. Together, we're not just sharing information — we're building confidence, connection, and happier daily routines for families who deserve the very best support."*

Her words echo the programme's purpose and priorities: reducing isolation, supporting rights, encouraging strong parent-child relationships, and improving health and wellbeing.

## A Programme Built Around the Realities Families Face

For many mums, FLOURISH is the first time they've had space to pause, breathe, and focus on their own confidence and wellbeing. Each session offers:

- **time just for mums** to learn, share experiences and ask questions
- **play and bonding activities for mums and children together**
- **practical guidance** on health, rights, routines and child development
- **emotional support** in a friendly, welcoming environment

This balance ensures that while children thrive through play, their mothers also receive the reassurance and knowledge they need to support their family confidently.



## Healthy Eating That Fits Real Life

One of the programme's most popular sessions focuses on healthy eating on a budget. Mums learn simple, affordable ways to incorporate everyday ingredients — vegetables, grains, legumes, fruit, proteins — into family meals, with recipes chosen to match varied cultural tastes.

The room quickly fills with warmth, laughter and the delicious smell of home-cooked food. Many mums tell us it is the first time they've felt confident trying new ingredients, or the first time someone has shown them a recipe step-by-step.

Every family leaves with the ingredients to recreate the meal at home — helping healthy eating feel realistic and achievable, not overwhelming.



# Connection & Confidence

## Understanding Scotland's Healthcare System

Navigating healthcare can be confusing for any parent, let alone someone new to the country. FLOURISH guides mums through:

- how to register with a GP
- which NHS services are free
- what rights children and families have
- how immigration status affects entitlements
- how to seek support when something doesn't feel right

One-to-one support ensures every mum receives advice relevant to her own situation. Our TIP Cards — small, simple and practical — help families remember key information long after sessions end. This part of the programme directly supports funder expectations around **health literacy, accessibility and rights-based practice**.



## Dental Health Through Play

The dental health workshop is always a highlight for families. Through giggles and hands-on play, children learn how to care for their teeth — brushing giant teeth with oversized toothbrushes, practising on monster puppets, singing brushing songs and exploring which snacks support strong enamel.

Each family receives a colourful dental kit bag containing:

- a toothbrush
- child-safe toothpaste
- a dental mirror
- stickers
- an egg timer
- a toothbrushing song



These small take-home tools support healthy habits long after the programme ends.

## Strengthening Families, Reducing Isolation, Building Confidence

What makes FLOURISH truly special is the transformation we see: mums supporting one another, children growing more confident, and families feeling less alone. For many, it's the first time they've felt heard, informed and connected since arriving in Scotland.

FLOURISH isn't just a programme — it's a stepping stone to calmer days, stronger routines and brighter futures.

If you would like to find out more about FLOURISH please email [CYPHWS@childrenshealthscotland.org](mailto:CYPHWS@childrenshealthscotland.org)



A huge thank you to the following funders for making this work possible:

- ROBERTSON TRUST
- SOUTER CHARITABLE TRUST
- HUGH FRASER FOUNDATION
- POSTCODE LOTTERY
- AGNES HUNTER TRUST
- WM SWORD



# VOLUNTEERS'

## Celebrating the Power

### The Magic of Young Volunteers in SMS Programmes

**Y**oung volunteers bring something truly special to our charity — a spark that can lift an entire room, calm a nervous first-timer, and help children feel understood in ways only peers can. Nowhere was this more evident than in our most recent SMS Programme in Edinburgh, where we were joined by Harry, a young volunteer whose impact could be felt from the very first session.

Harry has completed an SMS Programme in the past. He therefore knew games, feelings, worries, and tiny victories that come with learning to manage your health. That lived experience made all the difference to Harry and encouraged him to join us as a young volunteer. Before the children even arrived, he was quietly helping lay out materials, setting up activities, and making sure the room felt welcoming.

But Harry's true gift was the atmosphere he created. His calm, friendly presence helped new children settle quickly. He joined every game with enthusiasm — leading by example without ever trying to be the centre of attention. When someone hesitated, he noticed. When someone looked unsure, he offered reassurance. When someone needed a partner, he was already walking towards them with a smile.

Games became easier because Harry joined in. Relaxation sessions ran more smoothly because he modelled calm breathing and grounding techniques.



Free time felt more inclusive because he chatted naturally about school, football, video games, and anything that helped the children feel part of the group. What makes young volunteers like Harry so remarkable is their bravery. They step into a leadership role they once watched from the other side. They use self-management skills they learned themselves to help the next group of children grow, cope and thrive.

During Volunteer Week 2026, we celebrate young people like Harry — whose kindness, courage and generosity make our programmes stronger, brighter and more connected.



# WEEK 2026



## of Young Volunteers



### Health Rights Defenders: Young Volunteers Making a Difference

**O**ur Health Rights Defenders are an extraordinary group of young people who use their voices, experiences and empathy to make Scotland more #HealthRightsAware. Many of them also volunteer their time to help Children's Health Scotland bring children's rights to life — at events, in schools, in workshops, and within our programmes.

Their strength lies in their lived experience. They know what it feels like to advocate for themselves, to navigate healthcare, or to wait for support. When they volunteer, they bring that insight with them — helping younger children feel heard, helping adults understand what matters, and helping shape

resources that reflect real life, not assumptions. As volunteers, they help us deliver workshops, develop activity books, shape policy discussions and even plan our first ever My Health, My Rights Conference.

This Volunteers' Week, we celebrate their leadership, empathy and the powerful change young volunteers can make when they are trusted and supported to shine.



### Niamh's Story: A Volunteer Who Inspires Others

**L**ast year, Niamh was recognised with a Scottish Children's Health Award — not only for her courage in managing her own health journey, but for her remarkable commitment to helping others. Today, she volunteers with us as part of our Health Rights Defenders, and her impact continues to grow.

One of her proudest moments as a Health Rights Defender was co-creating a video to raise awareness about children's health rights. She said: *"Having children be in control of these projects creates a message that can't easily be ignored."*

Niamh brings warmth, honesty and creativity to every project she touches. She helps us understand what young people truly need from healthcare, contributes to resources that support children across Scotland, and uses her experiences to champion children's rights with confidence and

compassion. What makes Niamh's volunteering so special is how deeply she cares about making things better for others. She speaks openly about how understanding her rights helped her feel stronger — and now she works to ensure other children feel that same power and reassurance.

This Volunteers' Week, we celebrate Niamh and all young volunteers whose generosity and courage make Scotland a better place for children.



# Spring Into Action and Shine Through Summer to support Children's Health Scotland

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](mailto:fundraising@childrenshealthscotland.org)

# Take On a Challenge and Change a Life

**T**hinking of signing up for a challenge event this year? Whether it's a 5K, a charity cycle, a Munro climb, a cold-water dip, or a full-blown endurance adventure — your fundraising could transform the lives of children and young people across Scotland.

By choosing to support **Children's Health Scotland**, you're standing with children who live with long-term health conditions, and with families facing trauma, financial hardship, or overwhelming stress. These challenges often overlap, making everyday life harder than most people ever realise. Your challenge can help remove some of those barriers.

Every penny you raise helps us deliver our Self-Management Skills Programmes, Health Rights work, workshops, family resources, and direct emotional support — all free of charge for those who need us most.

Choose your challenge — and help a child feel stronger, safer and supported.

If you want to find out more about fundraising with Children's Health Scotland please email [fundraising@childrenshealthscotland.org](mailto:fundraising@childrenshealthscotland.org).



## PLEASE LEAVE US A GIFT IN YOUR WILL

**C**hildren 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 to 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 work to 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**  
[goodfundraising.scot](http://goodfundraising.scot)





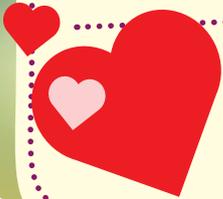
## Be a Friend of Children's Health Scotland with a donation of £10

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/](http://www.childrenshealthscotland.org/how-you-can-help/be-our-friend/) and send the completed form to [fundraising@childrenshealthscotland.org](mailto: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](mailto:enquiries@childrenshealthscotland.org)

🌐 [www.childrenshealthscotland.org](http://www.childrenshealthscotland.org)



Scottish Government  
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