Take Courage
How beads can help families cope with chronic illness

New look for A&E
A bright new space to wait and play

The Sick Kids Friends Foundation
Child first, patient second.

Scottish Charity No: SC020862
we believe that nothing should get in the way of being a child.

we exist to transform the experiences of children and young people in hospital so they can be a child first and a patient second.

our aim
Our veteran volunteer Tom Gilzean is often to be seen sporting his tartan trousers on Princes Street or the Royal Mile as he collects donations for The Sick Kids Friends Foundation. Over the past few months 95-year-old Tom has been recognised for his achievements, both in fundraising and for his service in World War Two.

At the end of last year Tom was appointed to the rank of Chevalier in the Ordre national de la Legion d’honneur in recognition of his service to the liberation of France in 1944. In addition to this, he was crowned ‘Fundraiser of the Year’ at the RBS ‘Finding Scotland’s Real Heroes’ awards televised on STV. But his greatest achievement in our minds is the £157,000 that he has raised SKFF over the years. It is fundraising like Tom’s that helps us to continue providing grants for enhancements and distractions that lessen the impact of illness on the lives of children and young people, as well as supporting their families.

The Quiet Room is a place in the hospital where parents and families can go to hold those all-important conversations. Whether discussing a recent diagnosis or receiving bad news, The Sick Kids Friends Foundation appreciates that families need to escape busy clinical areas and have access to a calm and comforting environment when conversations of a sensitive nature can take place.

We recently granted £6,500 to fund much needed refurbishment of the Quiet Room. Enhancing the décor and providing homely furnishings removes the feeling of being in a stark hospital atmosphere and is something that can have a big impact on how news is received. Parents Louise and Mitchell whose one-year-old son Leo has been diagnosed with a rare muscle condition have spent time in the room. “We think it’s lovely!” they said.

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MONSTER PLEDGE FROM COOKIE JAR FOUNDATION

Work on the construction of Edinburgh’s new children’s hospital at Little France is coming on apace. SKFF have pledged £2.9 million to transform a clinical building into one that is child-friendly and welcoming, a task that has been helped thanks to our new partnership with The Cookie Jar Foundation. Set up by Debbie and Dave Coutts in memory of their son Christopher, the Foundation are hoping to raise £150,000 to help us reach our pledge for new hospital. As part of their fundraising they are holding a 500-mile cycle relay following Scotland’s beautiful coastline – visit www.cookiejarfoundation.co.uk for more information.

For up-to-date news follow us on Twitter @EdinSickKids
The Sick Kids Friends Foundation are helping to fund a simple but effective ‘Beads of Courage’ programme to support and strengthen children and families coping with chronic illness.

The Beads of Courage Programme initially provides a child with a length of string and beads that spell out their name. As children receive treatments and reach new milestones, they collect colourful, handmade beads that represent each step and serve as a reminder of the courage they have shown. The Programme has been in use for cancer patients for two years already, but SKFF have recently provided a grant for £3,000 towards the cost of the beads to allow children attending the Children’s Clinical Research Facility (CCRF) to benefit from the comfort they can bring. The CCRF is purpose built unit within the Royal Hospital for Sick Children that runs trials to improve treatment for children with conditions such as leukaemia, asthma, cystic fibrosis, allergy and rheumatoid disease. SKFF provided £67,000 towards the opening of the unit back in 2009.

Julie Baggott, a research nurse at the CCRF, applied to The Sick Kids Friends Foundation for grant to fund Beads of Courage for children taking part in clinical trials; “We are the first department in the UK to use the Beads of Courage Chronic Conditions Programme and we’re trying to spread this to other departments within the hospital. They are a wonderful resource - the value the children and families place on these beads is phenomenal. They can be used as a tactile stimulus for when children are worried or as a method of telling their story and the journey they have been through.”

Lynne Reid is mum of Harry (6) who has been taking part in a trial at the Children’s Clinical Research Facility; “Harry has a condition called Dravet Syndrome which is a very rare and catastrophic form of epilepsy. He started to visit ‘The Sick Kids’ when he was only four and a half months old and is globally delayed in every aspect of his life due to his seizures.”

“Harry doesn’t understand what the beads mean but we sit down when we’ve collected a few and put them on the rope – he’ll say “Clever Harry” when they go on. I believe Harry is on a journey and I love that we have the beads to represent how well he is doing. For mummy, it reminds me every day how much of a fighter he is; he is one brave and strong young boy.”

The Sick Kids Friends Foundation aims to help children like Harry have a more positive experience of hospital, and to support and comfort their families so that they are better able to cope with the challenges that caring for a child with serious illness can bring.
We talk to Sarah Paterson, Physiotherapist at Edinburgh’s RHSC

Could you describe your role and your recent achievements?

“My role is to treat babies born with foot deformities and hip dislocation. I am an advanced physiotherapy practitioner which means I request x-rays, decide on the need for surgery and deal with complications of treatment. I have started training to be able to perform a surgical release of the Achilles tendon in the babies who have clubfeet and will be the first physiotherapist in Great Britain able to do this.”

SKFF recently funded a trip for you to attend a conference in USA - can you tell us more?

“Thanks to SKFF I was able to go to Orlando, Florida for the 12th International Paediatric Orthopaedic Symposium. It was a great opportunity to keep up to date with current research to make sure the care I provide is of the best quality. I was even able to advise orthopaedic surgeons in the USA about hip dislocation treatment, as here in Edinburgh we have a 98% success rate, compared to their 60%.”

What is the most rewarding thing about your job?

“The best thing is knowing that I am improving babies’ quality of life by minimising the impact of their condition and supporting parents when they are feeling overwhelmed.”

Used by more children and families than any other, the Accident and Emergency Department of the RHSC in Edinburgh will see nearly 100,000 children pass through its doors in the next 18 months. Now, thanks to The Sick Kids Friends Foundation’s £28,000 make-over, the experience of waiting in A&E has been transformed.

It was a visit to A&E with her son Archie that inspired SKFF’s Partnership Manager Susan Veitch to suggest the project. “While we were waiting to be seen, I noticed how cramped and dull the space was – there wasn’t much to keep Archie or other children entertained and the time just seemed to drag on.” Since the refurbishment, the clinical waiting areas resemble a vibrant woodland and an underwater world; a fun and comfortable environment that makes A&E as welcoming as possible and includes space for play and activities.

We invited local celebrity chef Tony Singh to cut the ribbon at the opening of the new look department. “I have visited the hospital countless times with my kids” he said. “The team have always been fantastic and now with a warm and relaxed waiting area everyone’s experience will be that much better”.

Photo: Sarah Paterson with Ethan
The Sick Kids Friends Foundation’s Arts Programme is devised to provide fun and distraction to children and young people in hospital and in other care settings in the community. As a charity, one of our main goals is to help these children have a more positive experience of hospital, lessening stress and fear so that they are able to engage with their treatment and look forward to their appointments.

One long term contributor, who has been bringing his spellbinding brand of fun and intrigue to the wards for 20 years, is magician and children’s entertainer Ricky McLeod, aka ‘Tricky Ricky’. In his regular magic walk-around sessions he performs routines with his sidekick puppet Bingo the Dog that are a hit with children of all ages. Ricky’s style of magic can be to used provide much needed interaction and stimulation for children who have to spend time in isolation and who aren’t able to join in with group activities – the glass partition walls are no barrier to an entertaining magic trick.

The Arts Programme recently launched ‘Magic Makers’, a workshop for older patients or siblings. Ricky explains, “Magic Makers is a new initiative funded by The Sick Kids Friends Foundation. Twice a month children of eight years and above get to learn the secrets of magic in a hands-on workshop. They can practice and perfect a few simple magic tricks to amaze, amuse and entertain their friends and family.”

Louise, whose 12-year-old son Jack, is a patient at the RHSC is happy there are activities aimed at engaging older children. “He didn’t want to get out of bed this morning” she says. “The magic encouraged Jack to get up and join in with the session. It brought out the creative side of all the children and gave them something else to focus on. It’s lovely to see the smiles on the kids’ faces.”

The Sick Kids Friends Foundation believe that nothing should get in the way of being a child. By allowing young people the opportunity to take part Ricky’s workshops, we’re helping to ensure that they don’t miss out on fun.

Tricky Ricky told us, “It has been a pleasure to share my kind of magic at the RHSC, Edinburgh over the past 20 years. I love putting smiles on faces and bringing an element of fun into the children’s ward or playroom. Special thanks to all the play specialists for their help and continued support on my visits to the hospital.”

Over the past year, SKFF’s Arts Programme has coordinated an exciting calendar of activities in the hospital in addition to Tricky Ricky’s marvelous magic. This is thanks to partnerships with organisations such as the Festival Theatres, The Edinburgh Dungeon, Music in Hospitals and the Scottish Chamber Orchestra, to name just a few.
Fabulous Baker Girls

Three junior bakers from East Lothian have managed to raise £100 by selling their tasty baking to friends and family. Annika Hastie, 7, Gemma Walker, 9, and Isla Whetton, 6 decided to get busy and thought SKFF was the perfect charity to donate to.

“A while back I was very ill and had to go to hospital,” said Annika, “I had to have a really big jag but everyone at the Sick Kids was very kind to me. I saw lots of other children in hospital too, so when we decided to do some baking, we chose SKFF.” The trio set up their stall outside Stenton Church and managed to sell out within the hour. “Everyone bought loads of cakes,” said Gemma, “We couldn’t believe how quickly we sold out! Some people gave us extra money on top too, so we made even more money.” The girls plan to rope in Annika’s sister, Beatrix (2), next time!

George’s mum Leni said “The Sick Kids Friends Foundation was the obvious choice, as the money goes to helping other children. George was extremely proud of being able to help such a good cause - especially when his little brother Yiannis had been looked after remarkably well by the Sick Kids during the 11 months he spent being treated for brain tumour.” Whatever your reason, if you would like to celebrate life for SKFF we can provide fundraising materials for birthdays, weddings or anniversaries. Call us on 0131 668 4949 or email sickkidsfriends@luht.scot.nhs.uk.

GEORGE’S GENEROUS GESTURE

We are always amazed by the kindheartedness of our supporters, but one young person has particularly impressed us with his generosity. Six-year-old George Hadjipieris decided to forego birthday presents for the past two years, instead asking for donations to the Sick Kids Friends Foundation who have helped his brother Yiannis, who has spent time seriously ill in hospital.

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Follow us on Twitter @EdinSickKids

“We have always believed in helping people and giving something back wherever possible and the SKFF is very close to my heart. The support they provide to patients and their families during extremely difficult times can’t be underestimated.”

Victoria now works for the solicitors firm Morton Fraser and has become a driving force on their charity committee, who have picked SKFF as their charity of the year. With pancake day, dress-down days and several staff taking on the Edinburgh Marathon Festival’s Hairy Haggis Relay, the team have plenty of plans afoot to raise funds that will help us to transform the experiences of children in hospital. We are excited to have begun new charity of the year partnerships with several other companies including Aegon, Brewin Dolphin, Cairn and Macdonald Holyrood Hotels - If you would like to nominate SKFF as your charity of year, please get in touch at: sickkidsfriends@luht.scot.nhs.uk.
get involved

KEVIN STEPS UP FOR TEAM SKFF

We have a varied calendar of sports challenge events taking place throughout 2016 and who better to fly the flag for joining Team SKFF than our supporter, Kevin Calder?

Kevin is taking on several events for us this year, including Tartan Warrior, The Mighty Deerstalker, two Tough Mudders (Midlands, Yorkshire), Total Warrior, the Scottish Half Marathon and Men’s Health Survival. It’s an impressive undertaking, but with Kevin’s commitment to the cause, we know he can do it.

“I’ve been a supporter of the Sick Kids ever since my daughter, Layla, was treated at the hospital in the summer of 2012. Since then, I’ve wanted to give something back and have taken part in at least one event every year to raise funds. This year I decided to go a wee bit further and take part in seven events - I have even managed to rope in my son, Finlay, to do Tartan Warrior with me.”

Whether you fancy a sponsored walk, run, obstacle course race, trek, cycle or skydive, we have something for everyone. We are here to help with a fundraising pack, technical vest or t-shirt, helpful materials and support.

Visit www.edinburghsickkids.org/events, call us on 0131 668 4949 or email sickkidsfriends@luht.scot.nhs.uk for more information about sports challenges you can get involved in.

I WOULD LIKE TO GIVE £

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Tel: 0131 668 4949

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£3
It costs just £3 to provide a parent with a bed for the night. Help them to be there when it matters most.

Set up a regular gift today at:
www.edinburghsickkids.org/get-involved/donate
or call us on 0131 668 4949

Photo: Jessica and Martins
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