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Edinburgh Children’s Hospital Charity
child first, patient second.
Scottish charity number SC020862
welcome*

Dear Reader,

In this issue we’re taking a look at the wide range of new arts and activities that have been going on in the hospital and in other community healthcare settings — from Indian dancing to 3D printing, there’s an activity for every age and ability. For babies, who make up around 50% of patients in the hospital at any one time, ECCHC have funded special sensory sessions — learn more about ‘Baby Sensory’ and the benefits it can bring to infants and parents on page 11. As the relocation to the new hospital moves ever closer, we also want to share a sneak-peek of some of the wonderful art and design that is being incorporated to make the building really special and inviting for children and young people.

With best wishes from

the ECCHC team

You can also visit our website at echcharity.org
find us on facebook.com/echcharity
and follow us on Twitter @echcharity

our aim*

“we believe 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.”
mister maker makes our day

At ECHC, we like to think we’re pretty dab hands when it comes to arts and crafts – when our Art Cart does the hospital rounds, we see some wonderful creations by children and young people. You can imagine how excited we were to find out that we were going to receive a visit from ‘Cbeebies’ very own king of crafts – Mister Maker, played by presenter Phil Gallagher. As well as putting on a demonstration of one of his trademark ‘Minute Makes’ in the Ward 3 playroom, Mister Maker took the time to meet many of the patients, some of whom have grown up watching his creative TV show and were delighted to have their artworks signed. Lorna, hospital play specialist said:

“The visit from Mister Maker was very popular! He was kind and patient with all the children and their families making sure they had the time to take any photographs. The children were very excited to meet someone famous who they’ve seen on the television.”

fringe benefits

For the first time in its history, Edinburgh Fringe venue the Gilded Balloon selected a charity partner to support throughout the annual arts extravaganza. We were lucky enough to be chosen as their charity partner for the year and thanks to some fantastic efforts by teams from TSB bank, Scottish Widows, Royal Bank of Scotland and Toshiba Medical along with many other volunteers from the community our collection buckets made over £2,000 from the generous audiences at Teviot and the Rose Theatre. Bravo! ♦

a new partnership:

Duke of Edinburgh and JASS

ECHC have teamed up with the youth enterprise schemes the Duke of Edinburgh Award (DoE) and the Junior Awards Scheme for Schools (JASS) to offer inspiring fundraising ideas and volunteering opportunities, along with support and guidance for participants so they can achieve their award goals. Money raised will support FOTA (Friends of the Award) who provide a specialised Duke of Edinburgh Award for the Child and Adolescent Mental Health service (CAMHS), making sure that no young person misses out on the chance to build self-confidence, self-reliance and self-responsibility, all qualities that can be developed by taking part. Visit our website (echcharity.org/schools) to download the volunteering calendar, fundraising ideas and ‘how-to’ guide. ♦

pastures new

Our charity offices have relocated to be closer to the new hospital when it opens in spring 2018. With good public transport links and free parking, we continue to welcome supporters who’d like to pay us a visit during office hours, Monday to Friday, 9am-5pm. Once it’s opened ECHC will also have members of staff based at the new hospital, so we’ll be even closer to the ground when it comes to transforming the experiences of children in hospital. ♦

We’ve moved, but you can still call us on 0131 668 4949 or email hello@echcharity.org to get touch.
Health buildings can often be the places in which we may feel at our most vulnerable, whether as a patient, relative or friend. The quality of the building environment that we experience can provide us with calming reassurance or, conversely, it can accentuate our feeling of stress and unease.

Art and Therapeutic Design for a happier hospital.

The quote opposite comes from ‘A Policy on Design Quality for NHS Scotland’ (2010) and highlights the reason why Edinburgh Children’s Hospital Charity is investing in the Art and Therapeutic Design programme at the new children’s hospital currently being built at Little France, the site of Edinburgh’s Royal Infirmary. The programme consists of over 20 projects and a team of over 30 artists, designers and makers forming one of the largest art in healthcare programmes in the UK. With Edinburgh Children’s Hospital Charity providing £3 million towards the programme, we have close links with Gingko Projects, the art and design consultancy tasked with delivering the new hospital project. Here we take a look at what’s involved in coordinating such a large scale project to improve hospital experiences for generations of children and young people to come.

Director of Gingko Tom Littlewood tells us a little about what their job entails: “Gingko’s role, as curator and art producer for the art and therapeutic design programme, has been to work closely with staff and the NHS Lothian Project Team to research and develop a series of art and design projects to provide an enhanced patient experience. The emphasis is on the integration and enhancement of the patient experience within arrival, waiting, treatment and ward spaces.”

A team of artists and designers have been specially selected as the creative minds behind the programme. As Tom explains “We have been keen to commission a wide range of artists and designers from different creative disciplines, geographical locations and experience.”

Engaging with and taking inspiration from the people who will be using the hospital is a key feature of many of the projects in the Art and Therapeutic Design programme. The seaside and coastal theme of the Child and Adolescent Mental Health Services department developed thanks to the input of patients, families and staff who took part in workshops asking ‘what does good mental health feel like?’ in which the theme of the seaside was picked up as a common response.

Public engagement has also helped illustrators and graphic designers with the large scale wall graphics that will enliven the hospital’s walls and corridors with imagery inspired by the imaginations of the people of Edinburgh and beyond. Artists including Natasha Russell, Alison Unsworth, Rachel Duckhouse and David Galletly have created unique artwork in a range of styles that will provide fun, distracting visuals based on landscapes, built environments and humorous characters. As well as giving personality to the building, these graphics will also help to provide landmarks to aid wayfinding in the hospital.

CEO of ECHC, Roslyn Neely said: “It is the hope of Edinburgh Children’s Hospital Charity that when the first patients enter the new hospital, they’ll feel that the warmth of the existing hospital has been kept, despite the move to a big, new, clinical building.”
Specialist Radiographer Evelyn Neilson tells us more about working in the important field of medical imaging.

**What is the role of a radiographer?**

We provide a medical imaging service to children and young people – this includes using X-rays (or super-strong light), CT Scanning (which are super-spinning X-rays), MRI scanning which uses a strong magnetic field, ultrasound (or sound waves) and nuclear medicine which detects gamma rays from radio-isotopes to provide images of the inside of the body.

**What would you say are the main challenges when it comes to being a radiographer in a children’s hospital?**

Challenges are managing a busy workload when the waiting room is full and every doctor needs the images yesterday!

Also challenging is providing reassurance and encouragement to often really scared and distressed patients who need an x-ray or scan, whilst trying to operate expensive, high tech kit and produce high quality images.

We only see our patients for a very short period at a time but they often return for repeat examinations throughout their hospital journey. It is essential that this experience is as smooth and pleasant an experience as possible for them to be happy and comfortable to return for future visits!

A challenge, but one of the most rewarding experiences is communicating with such a large range of ages of patients, from a screaming toddler to a shy teenager. When you get a good result – great x-rays and a happy customer leaving the department it is a nice feeling!

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**How have Edinburgh Children’s Hospital Charity helped you in your work?**

ECIC have provided us with so many things, from state-of-the-art equipment to stickers and certificates, which we love giving out! More recently, we’ve collaborated to design new patient information leaflets for each type of scan.

For me though, one of my favourite items that ECHC has funded is the chair for x-raying patients with scoliosis who are in wheelchairs – it has a carbon fibre back, removable sides and can be turned around to accommodate all the imaging we need, whilst still keeping the patient safe. Before we had to use a chair with no sides or any safety features so this has revolutionised our world!

**Staff in the radiology department are active supporters of the Charity - can you tell us a bit about what you’ve been up to?**

One of our radiologists, Michael Jackson recently took part in the abseil down the Forth Bridge which we all sponsored him for. We also hold a 'Radiology Bake Off' competition, competing each week to make the best cakes which we then sell to raise money!
ECHC’s Arts Programme has recently been holding workshops run by ‘Wee Replicators’, a service that allows children and young people to use 3D printers and 3D printing pens to make and create objects with plastic. This can be done either by using a special pen that allows users to ‘draw’ in 3D using heated plastic that sets quickly once it flows from the nib, or by printing out 3D designs from a computer, which builds objects up layer by layer. Denise Allan, a PhD student and founder of Wee Replicators explains more: “We have run workshops within the Child and Adolescent Mental Health unit and at the Microtia clinic – where we discovered that 3D printing could have more of an impact than simply distraction. There is a nice link between what I do and the 3D printer that ECHC funded for this department.”

Children with microtia are born with small or absent ears, which can require reconstructive surgery to correct. The surgical procedure, in which a new ear is carved from cartilage taken from the ribs, is now aided by the use of a 3D printer, which replicates a child’s good ear to provide an accurate model for the surgeon to base the new ear shape on. As Denise adds: “Using the pens in the microtia clinic really helps the children become familiar with the technology that will be used to create their new ear. On a more general level, using the 3D printing pens engages children and young people in the process of ‘making’ which has been proven to increase endorphins and make people feel empowered and in control of what they do. They also get to take the objects they make home!”

EHC’s Arts Programme offers an activity specifically for babies. Helen Laidlaw runs Baby Sensory sessions in the hospital. Helen tells us “The Baby Sensory programme has been specifically designed for babies from birth through to 12 months, a crucial time for development and parental attachment – particularly when there’s the heightened stress and worry of being in hospital.”

“The activities I lead aim to stimulate development in the first year of life by providing an array of sensory experiences building on the baby’s natural instincts. For parents, it provides a break away from a normal hospital environment to sing songs, play with instruments, watch bubbles, go under the sea or on a picnic. Each activity has a developmental element behind it, although it may not be altogether obvious – holding a shaker, watching chiffon scarves or clapping hands encourages movement, concentration and provides enjoyment for babies.”

Leighann has taken part in several of the sessions with her son, who is a long term patient. “Baby Sensory in the hospital is a fantastic idea for babies. My son Nathan is just over five months old and really enjoys the music and lights, he also loves the bubble machine and all the different sensory toys. It’s something new every week, whether it’s a teddy bears picnic or rock and roll themed – it’s great that parents can also join in!”

If children are given the opportunity to play and have fun with 3D printing they will feel more empowered and less afraid of the unknown which is so often the case when children go in for an operation.

Baby Sensory in the hospital is a fantastic idea for babies.

For up-to-date news follow us on @echcharity
Whether it’s Indian dancing, contemporary jazz or classical ballet – our Arts Programme has introduced a unique and fun way to include gentle exercise and creativity into children’s routines.

We’ve teamed up with Dance Base (Scotland’s national centre for dance) and Dance Ihayami (an Indian dance company) to deliver weekly sessions adapted to the individual needs and abilities of children.

Dance Base instructor Christina Liddell delivers weekly bedside workshops, working closely with the hospital’s physiotherapists to tailor sessions so that they provide real benefits to each child. Christina said: “It has been such an uplifting experience to dance with these kids. To see their faces light up when they hear a certain song or do a specific dance is wonderful – it’s so encouraging to see the movements helping them in their physical and mental recovery. Dance is a wonderful way for the children to express themselves, plus it can help them to relax, both physically and mentally.”

Dancers Siva, Gaby and Karen are members of Dance Ihayami who put on dance performances for patients, followed by Indian dance workshops that are delivered either in the playrooms or at the bedside.

The children and families have also enjoyed the fact that what we do is something so different, a glimpse of another culture.

"Finn was my youngest son. He was born premature and had complications, which we later found out were due to cystic fibrosis.

He had two operations and was recovering well, when he suddenly suffered an unexplained respiratory and cardiac arrest. We lost him in February at just 11 weeks old and my world fell apart.

“The Sick Kids became home. I sat by his bedside every day. I saw kids come and go. The panto came, Santa came, Christmas came and Christmas went – but there were so many positive moments that were down to the work of ECHC that made our lives bearable and kept us going. Finn’s two-year-old brother Rory played in the Drop in Centre, bringing countless drawings to his little brother. We also sat in the comfy rooms where they tell you bad news and we slept in the parent’s accommodation, provisions that were hugely important to us.

“I signed up to run the Edinburgh Half Marathon for ECHC while Finn snored in my arms as a small way of saying thank you. After he died, I decided I still wanted to run - Finn had so little time to make an impact on this world, his only real legacy the impact he had on me and the family.

“I set myself a fundraising goal and aimed to beat my personal best on the day. Everyone was so generous and I got a new PB of 1 hour 46 minutes. From the bottom of my heart, from my husband, my eldest son and from Finn, thank you to everyone who has contributed to the great work of ECHC and supported my efforts in Finn’s memory.”

For up-to-date news follow us on @echcharity
Sam’s Save Point success

Sam Downie (10) suffers from a rare condition called Caudal Regression Syndrome which means his lower spine failed to develop normally.

This affects his spinal cord leading to a range of mobility and sensory deficits along with other physical issues that require daily medical and physio treatment.

Sam has been through numerous operations at the Sick Kids under the care of a team of specialist consultants and nurses, all of whom have played a major part in helping him overcome his condition. Sam’s mum Gill explains “Due to the risk of permanent paralysis from a fall or twist, Sam’s limited to non-contact activities such as swimming - which he’s achieved great things in. He does miss being able to take part in team games though, which is why Sick Kids Save Point is so good for him.”

Sick Kids Save Point, which this year takes place on 13/14/15 October, is a sponsored gaming marathon in which teams or individuals take on 24 hours of non-stop gameplay. It’s a challenge that Sam took on with a group of friends, including Jordan, a young boy with the same condition who visited Edinburgh from Philadelphia and with whom he struck up a firm friendship. Jordan, who was able to take part from across the pond via the internet, helped Sam’s team raise a phenomenal £2,500 in sponsorship.

You can find out more about the event and register to take part in Sick Kids Save Point by visiting: echcharity.org/events/sick-kids-save-point

sign up is free!

You can donate online at echcharity.org/donate or fill out the form below

I WOULD LIKE TO GIVE £

Your Details:

Payment method – PLEASE DO NOT SEND CASH THROUGH THE POST

☐ Cheque (made payable to Edinburgh Children’s Hospital Charity)
☐ Card
☐ Charity Voucher/Card

Card No. ____________________________
Expiry Date ________________________
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☐ I am interested in making a regular donation ☐
☐ I do not require an acknowledgement ☐
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Help us to transform the experiences of children and young people in hospital

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