

## Who is it for?

**SMS:CONNECT** is for all children and young people with long-term health conditions living in Scotland.



## What is SMS:CONNECT?



Children's Health Scotland now offers an online Self-Management Service - **SMS:CONNECT** - for children and young people living with long-term health conditions.

Self-Management means improving the relationship you have with your health and wellbeing and building your confidence and self-esteem. By taking part in **SMS:CONNECT** you are taking steps towards increasing your confidence and self-esteem, accessing information, and developing skills that can help you cope better with your health condition.

We are offering an online service that you can connect with at home and that will help you connect with other children and young people with health conditions.

**SMS:CONNECT** includes two online self-management programmes: one for children aged 9-12, and one for young people aged 13-17. Groups will have between 6 – 10 people and two facilitators work with each group.



# Children's Health Scotland



# SMS:CONNECT

A **FREE** online Self-Management Service for children and young people living with long-term health conditions

## Interested?



We would love to hear from you if you are interested in joining an **SMS:CONNECT** Programme or you would like more information.

To find out more please contact Beth Davidson or complete the online contact form at [www.childrenshealthscotland.org/service/smsconnect](http://www.childrenshealthscotland.org/service/smsconnect)

By email: [sms@childrenshealthscotland.org](mailto:sms@childrenshealthscotland.org)

By phone: 07483 973 320

We look forward to hearing from you.

## Find us on:



Scottish Government  
Riaghaltas na h-Alba  
[gov.scot](http://gov.scot)

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# SMS:CONNECT

## Programme

The **SMS:CONNECT** Programme has been developed with the help of children and young people with long-term health conditions.



The Programmes are fun, informal and friendly, and will offer:

- A weekly group session with games, activities and a focus on health and wellbeing
- Opportunities for you to talk with other children and young people online
- Challenges to work on at home
- Lots of information and resources
- An **SMS:CONNECT** coach to support you through the Programme

## Where & when?



Online **SMS:CONNECT** Programmes run for six weeks. There will be a weekly schedule of activities and support.

Programmes run on Monday and Thursday evenings for one hour. Our 9-12 programme starts at 4:30pm and our 13-17 programme starts at 6pm.

**SMS:CONNECT** will be accessed on a safe, online platform. We will give you your own username and password. If you need to borrow a device from us to go online, we can discuss this with you.

## Funding sources



**SMS:CONNECT** is part of our Self-Management Service which is supported by grants from: CYPFEIF, The Scottish Government Wellbeing Fund, the National Lottery, the Agnes Hunter Trust, the Scottish Children's Lottery, BBC Children in Need, The Robertson Trust, Foundation Scotland, and Comic Relief.

## Why should I attend?

**SMS:CONNECT** can help you build:



Confidence



Opportunities for volunteering and peer mentoring



Coping and relaxation skills



Access to social activities



Access to online support and resources



Communication skills



Friendships and connections with other children and young people



Self-esteem

## SMS:CONNECT

Age 9-12



Age 13-17



Shared Space

