



XIPLAY
SCOTLAND

Jumping For Joy
Making play a reality in Scotland

Annual Review 2012



Minister for Children and Young People, Aileen Campbell MSP; Robin Harper, Play Champion; Marguerite Hunter Blair, Chief Executive, Play Scotland

“I am developing Scotland’s first national play strategy. This will set out our vision for play and the action we will take to achieve this with a key aim being to embed play within children’s services through the forthcoming Children and Young People Bill”

“We are proposing a statutory duty on local authorities and health boards to plan around the design and delivery of services to improve the wellbeing of children and young people. Play is a critical part of a child’s wellbeing.”

Aileen Campbell MSP
Minister for Children and Young People, November 2012

Petition PE1440

Making the Child's Right to Play a reality in Scotland

Sharon McCluskie submitted Petition PE1440 to the Scottish Parliament Public Petitions Committee in July 2012, on behalf of Play Scotland. The Petition called on the Scottish Government to place a Statutory Duty for Play on local authorities to provide **sufficient and satisfying play opportunities for children of all ages and abilities**; this would help the Scottish Government deliver on their commitment to improve **children's outcomes and quality of life through play**. **This would ensure that Scotland really would be the best place for children to grow up.**

On 18 September, Play Scotland were asked to provide further evidence to the Scottish Parliament Public Petitions Committee. Marguerite Hunter Blair, Chief Executive was accompanied by Dr Sue Robertson, British Medical Association; and Theresa Casey, IPA World President in evidence giving to the Committee. In December the Petition was forwarded to the Education & Culture Committee under rule 15.6.2 for further scrutiny.

"Play is crucial for the wellbeing of all our children in Scotland. The Right to Play reflects fully the Right to be a Child here and now. We as adults need to ensure that local physical and social environments are supportive of play, and we must ensure that play is not dismissed as frivolous or marginalised.

Play underpins the four principles of the Convention on the Rights of the Child – non-discrimination; survival and development; the best interest of the child; participation. We want child-friendly communities in Scotland supported by play-friendly neighbourhoods where children can:

- *Meet friends and play*
- *Walk safely in the streets on their own*
- *Have green spaces for plants and animals*
- *Participate in family, community and social life*

*A growing body of evidence supports the view that playing, throughout childhood, is not only an innate behaviour but also contributes to children's quality of life, their well-being and their physical, social and cognitive development. **The right to play** is enshrined in the UN Convention on the Rights of the Child. Play Scotland are campaigning for a **Statutory Duty to Play** to be included in Scotland's new Children and Young People Bill".*

(Extract from oral submission to the Public Petitions Committee)

Chairs Report

I am sure that when, in the future, we look back at 2012 it will prove to be a pivotal year in the development of play and playwork in Scotland. Despite the difficulties of financial uncertainty and staff changes, I hope that the staff, the board and the members will feel proud of what has been achieved by Play Scotland this year. Amongst those achievements I would list:

- HSE's endorsement of risk benefit analysis as a sufficient and proportionate response to risk management in relation to children's play*;
- the decision to proceed with a CPD Qualification based on the Getting it Right for Play Toolkit;
- Organisation of the petition on Play to the Scottish Parliament;
- Scottish Government's proposal for a statutory duty for play and their commitment to developing a National Play Strategy; and
- The update of the Managing Risk in Play Provision guide (via the Play Safety Forum)

all of which are major contributions to our core objective of promoting the Child's Right to Play. We continue to make a real contribution to the important agendas of the day, such as the Early Years Framework, ensuring play remains relevant and central to enhancing the lives of children.

Throughout the year we have enjoyed excellent media coverage through our Chief Executive, Marguerite Hunter Blair, who has also fostered and maintained comprehensive links with many other organisations. This spreading of the message and networking has been further enhanced by the activities of our Office and Information Manager, Sharon McCluskie through social media and other electronic exchange.

It was a pleasure to attend the 4 Nations Symposium in Cardiff in November and see that Scotland was in the forefront of the development of children's play and feel a real sense of being at the edge of transformational change in relation to how we look at the lives of our children in our nation.

We now look forward to building on these gains, proving that we are worthy of funding through the Third Sector Early Intervention Fund, and continuing to articulate on behalf of children and their right to play and demonstrate that this is essential to improve the quality of life of the nation's children.

All the activities and outlines in this report have been achieved with very little resource. We are indebted to the staff for their sterling efforts, including the contributions of Jane Crawford and Amanda Godsell who left us this year. The organisation is also blessed with a very competent and committed, active board all of which have contributed greatly to another successful year. I would like to thank them all.

Harry Harbottle, Chair, Play Scotland

STATEMENT OF FINANCIAL ACTIVITIES

For the year ended 31st March 2012

	Unrestricted Funds £	Restricted Funds £	2012 Total Funds £	2011 Total Funds £
INCOMING RESOURCES				
Incoming resources from generated funds				
Voluntary income	124,000	38,684	162,684	178,704
Incoming resources from charitable activities				
Membership fees	4,176	-	4,176	4,295
Conference fees	6,450	-	6,450	5,095
Other income	<u>12,032</u>	-	<u>12,032</u>	<u>15</u>
Total income resources	146,658	<u>38,684</u>	185,342	188,109
RESOURCES EXPENDED				
Charitable activities				
Support costs of charitable activities	140,048	57,971	198,019	170,170
Governance costs	<u>2,774</u>	-	<u>2,774</u>	<u>4,256</u>
Total resources expended	142,822	57,971	200,793	174,426
NET INCOMING/(OUTGOING) RESOURCES	<u>3,836</u>	<u>(19,287)</u>	<u>(15,451)</u>	<u>13,683</u>
RECONCILIATION OF FUNDS				
Total Funds brought forward	<u>2,049</u>	<u>19,287</u>	<u>21,336</u>	<u>7,653</u>
Total Funds carried forward	<u><u>5,885</u></u>	<u><u>-</u></u>	<u><u>5,885</u></u>	<u><u>21,336</u></u>

The financial statements were approved by the Board and signed on their behalf by Mr. John Cleary, BA, CA., Treasurer

Registered Company Number: SC197785

Registered Charity Number: SC029167

Play Scotland Board

Harry Harbottle

Chair (appointed 2012)

Andrea McMillan

Vice Chair

John Cleary

Treasurer

Ross Dunn

Company Secretary

Susan Elsley, Simon Knight, John McKendrick, Sue Palmer
and Debbie Willett

Play Scotland Staff

Marguerite Hunter Blair

Chief Executive

Sharon McCluskie

Office & Information Manager

Jane Crawford

**Senior Play Development Officer
(to March 2012)**

Amanda Godsell

**Development Manager
(to May 2012)**



Chief Executive Comments

In 2012 the Child's Right to Play came much closer to becoming a reality in Scotland. In March, Play Scotland launched the Getting it Right for Play Toolkit and Play in Staffed Provision Research, alongside the Scottish Government Go Play Outcome and Evaluation Framework (A Play Logic Model). These tools together with the High Level Statement on Risk in Play, issued by the Health & Safety Executive and the UK Play Safety Forum in September, will help support key stakeholders in developing and delivering their commitment to children's play opportunities across Scotland.

Play Scotland's call for a National Play Strategy was heard by the Minister for Children and Young People, Aileen Campbell and we were delighted when work began on the National Play Strategy in December 2012. The lobbying for a Statutory Duty for Play to be included in the proposed Children and Young People (Scotland) Bill met with a very positive response from the Scottish Parliament Public Petitions Committee in September, and we were delighted at the Ministers proposed Statutory Duty on Local Authorities and Health Boards that framed her response to the Committee.

The four nations symposium hosted by Play Wales and the Welsh Minister for Children and Young People was a perfect opportunity for Scotland to showcase its excellent track record in making the Child's Right to Play a Reality in Scotland. We look forward to Scotland hosting the 4th four nations Symposium in March 2014.

Once again we had fantastic responses to our national seminars and conference, and our speakers have been both uplifting and visionary, ensuring that our aspirations for Play in Scotland remain high. Play on the Longest Day was awash with rain, mud and plenty of fun and so was National Playday on 1st August. Scotland's response to the Playday research was overwhelming. Children and young people in Scotland responded massively to the opportunity to tell us about their play habits. (see page 16 for further details.)

The success and development of Play Scotland's interaction with its membership and supporters can be measured by the fantastic response we have had to our new Facebook page and Twitter account. We look forward to re-launching our website in 2013 and developing our social media strategies even further.

Tremendous thanks, as always, to the staff, board, membership and supporters of Play Scotland. Together we have had our best year ever!

Marguerite Hunter Blair Chief Executive

Health & Safety Executive and Play Safety Forum Support Risk in Play

The Health & Safety Executive (HSE) and Play Scotland, as part of the UK Play Safety Forum, launched a joint high level statement on Play and Risk - **Children's play and leisure: promoting a balanced approach.**

This statement makes clear that:

- Play is important for children's well-being and development
- When planning and providing play opportunities, the goal is not to eliminate risk, but to weigh up the risks and benefits
- Those providing play opportunities should focus on controlling the real risks, while securing or increasing the benefits - not on the paperwork
- Accidents and mistakes happen during play - but fear of litigation and prosecution has been blown out of proportion

Play Scotland in partnership with the Scottish Government, HSE and Grounds for Learning will be rolling out Seminars to Local Authorities' Health & Safety officers in 2013.







The Growing Up in Scotland Study – What do we know about play?

In September, a joint briefing paper was launched from the Growing up in Scotland Study and Play Scotland.

Growing Up in Scotland collects information about where children play, what they play, who they play with, how often they play, at what age they are allowed to play outside independently and about parents' attitudes towards play and physical activity. This Briefing brings together findings from the study relating to children's play, both at home and outside. It adds to the body of evidence recently published in a review by Play Scotland.

Extract from briefing paper:

Obesity and activity

At age 6, 22% of children in Scotland are overweight (including obese) and 9% are obese. 15% of children age 6 exercise for less than the recommended level of 60 minutes daily. 31% of children have 3 or more hours of screen time (in front of a TV, computer or games console) on a typical weekday.

Access to areas for outdoor play

Children's outdoor play should not be restricted to designated play areas. Other research shows that children value being able to play out on the street and in natural environments.

Frequency of outdoor play

Just over half of 6-year-olds play outside every day (including during playtime at school).

For full details please see
www.playscotland.org
www.growingupinScotland.org.uk

Play in Staffed Provision: The Scottish Experience

In 2011 Play Scotland surveyed a wide range of staff to find out about their experience of facilitating free play and outdoor play.

Key findings:

- Play is clearly valued and is an important part of the service provided by staffed provision in Scotland
- Free play and outdoor play, two play types that are highly valued by Play Scotland, are also found to be commonplace in staffed provision.
- Access to outdoor play is seasonal
- Play is a particularly important part of the experience in 'care' settings
- A range of training opportunities is offered to staff and volunteers

Lessons for Providers and Practitioners

- Play is commonplace across staffed provision in Scotland. Play Scotland must continue to devise effective ways to support the playwork of staff and volunteers in a wide range of settings. In particular, more free play training is required and more training is required that emphasises Playwork Principles. There is a need to communicate that the play element in many childcare or youth qualifications, does not address these issues in sufficient depth. Play Scotland's 'Powerful Play' training course can address these training needs.
- The research hints at a lack of staff training opportunities in small enterprises and in more rural locations. Play Scotland is well placed to investigate the nature of these training demands and to attend to these needs.

Lessons for Providers

- Staffed provision has a key role in facilitating outdoor play (in winter and summer time) and 'free play' among children in Scotland
- There is scope to broaden the range of opportunities for volunteers to undertake play-specific training, for example in the Playwork Principles

Full details from Play Scotland.



Getting it Right for Play

Play Scotland developed the Getting it Right for Play Toolkit and supporting documents to help local authorities respond to Scottish Government policy and guidance on play, and deliver increased play and physical activity for children in Scotland (Early Years Framework 2008/2010). The Toolkit was produced to help local authorities provide **sufficient play opportunities** in terms of **quantity** and **quality**, and allow them to assess easily if:

- Local people including children have been meaningfully involved in developing local play opportunities
- Local attitudes to children are improving
- Benefits as well as risks are being considered in the design and maintenance of play areas
- Relevant agencies and departments are working together to promote local play opportunities
- Children are satisfied with the play opportunities provided

Improving Outcomes and Children's Quality of Life through Play by improving play opportunities

Using the Tools allows local authorities to assess how satisfied children are with the quality and range of **play opportunities within walking distance** in their areas. It brings together departments across the local authority to look at play in a holistic way and supports the mapping of provision. If all local authorities use the Toolkit two immediate benefits will follow:

- Authorities adopt a more strategic approach to improving provision and measuring improvements from the baseline created
- Benchmarking across local authorities is possible

Two further benefits from employing this standardised approach are;

- The implementation of Article 12 Meaningful Participation and Article 31 The Child's Right to Play could be robustly assessed across Scotland for UNCRC monitoring and reporting purposes
- The national dataset could enable NHS Health Scotland to measure the play indicators in Mental Health Indicators for Children and Young People (2011)

**“The increasingly limited amount of time children have to play outside, or to attend supervised play projects is a causative factor in the rise of mental ill health in young people”
(Mental Health Foundation)**

Workforce Development

Scottish Play Certificate – Getting it Right for Play

Play Scotland is delighted to be working with the Scottish Government and SkillsActive to turn the resources from the Getting it Right for Play Toolkit into a Continuous Professional Development (CPD) course.

The new Scottish Play Certificate is a qualification on the national framework which will enable play to be taken into account by Professionals from other disciplines whose work impacts on, or influences, the general context of play for children and young people in Scotland, for example health workers, architects, planners and designers, housing and health and safety officers.

The Scottish Play Certificate will be available in 2013 and Play Scotland will hold the licence for the qualification.

“Most of us carry great memories of playing outside as a child. However we regularly hear in the media and through research about how little time today’s children spend playing outdoors. Outdoor activities that were part of growing up when I was young feature less and less in children’s lives today. The Scottish Government recognises that Play is central to how children learn and develop and how they are motivated to be physically active”.

Minister for Children and Young People, Aileen Campbell MSP
(Endorsement of Play Scotland’s, Getting it Right for Play Toolkit)



Partner Organisations

Play Scotland is delighted to be working in Partnership with various organisations on numerous valuable projects, and participates in a variety of settings to strengthen the message of Play in Scotland:



**"We do not stop playing because we grow old,
we grow old because we stop playing!"**
Benjamin Franklin

Play Scotland Events

Playful Learning Seminar, 25 January

A packed Playful Learning Seminar was held in Edinburgh where delegates attended workshops from Michael Follett and Rob Wheway.

Play & Risk Debate, 25 January

A stimulating presentation from David J Ball, Professor of Risk Management, Co-Director of the Centre for Decision Analysis and Risk Management, School of Health and Social Sciences, Middlesex University.

Play Scotland Annual General Meeting, 25 January

Our twelfth AGM was held outlining our many achievements, and aims for 2012.

Launch of the The Scottish Government Go Play Outcome and Evaluation Framework and Play Scotland's national launch of Getting it Right for Play, 15 March

PLU, 1 June, Edinburgh

PLU provides education-based activities, theatre, music and information for children aged 0-6 years and their parents/carers.

Play on the Longest Day, 21 June

Another successful year for Play on the Longest Day which allows more schools, nurseries and staffed play provision to take part in Playday.

UK Playday, 1 August

UK Playday is the annual celebration of the Child's Right to Play. This year's theme was simply 'get out and Play' where Scotland saw over 100 events being held. The UK Playday is coordinated by Play England, in partnership with Play Scotland, Play Wales and Play-Board Northern Ireland.

We would encourage anyone to hold their own playday events, this can be big or small, public or private, these can even be held in your own back garden!

The Risk Challenge – scrapes, scratches and smiles

In October, we continued to build a broad champion base across many sectors at our annual conference in Edinburgh. We heard thought provoking presentations from Dr John McKendrick, Glasgow Caledonian University ;Robin Dahlberg, Health & Safety Executive; Ian Taylor, SkillsActive; Dr Sue Robertson, NHS Scotland who spoke about the Benefits of Play and Children's Health; Dr Stuart Waiton, Generation Youth Issues; Lesley Kelly, Growing up in Scotland; Marian Cairns from North Lanarkshire Council on Unwrapping the Cotton Wool Kids.

Play Scotland was delighted that Aileen Campbell, The Minister for Children and Young People shared her vision for Play in Scotland.

Our MC for the day was our number one Play Champion Robin Harper.

“My vision is for all elements of society to recognise the importance of play and embed these messages through policy, when planning and building our communities”.

Minister for Children and Young People, Aileen Campbell MSP

Playday Survey results for Scotland

Introduction

Playday 2012 asked children aged 5-18 around the UK about their play experiences. Almost 1000 children completed an online survey, including over 700 children from Scotland. This briefing summarises the key findings from the Scottish results.

Five Bits of Good News

- 1. Everyday play.** The majority of Scotland's children report that they play every day in playgrounds (55%) and significant numbers report that their every day play involves getting dirty (33%), playing ball games outside (40%), riding a bike (43%), playing outside without adults (39%) and playing in parks (32%).
- 2. Many children experience lots of outdoor play.** Two thirds of Scotland's children report that they spend at least 3 hours playing outdoors (including school playtime) every day. 21% report playing at least 3 hours and 44% report playing outside for at least 4 hours every day.
- 3. No barriers to outdoor play.** Just over one half of Scotland's children (56%) suggest that there are no barriers which stop them from playing outdoors.
- 4. No barriers to play.** Two fifths of Scotland's children report that there are no barriers which stop them playing (44%).
- 5. Opportunities for outdoors play may be a solution to too much screen play.** Although not uncritically accepting the opinion that screen play is a problem, it is interesting to note that 72% of Scotland's children say that they would spend less time on computers or games consoles if more opportunities were available for outdoors play.

Seven Bits of Bad News

- 1. More outdoors play is wanted.** 80% of children in Scotland wanted to play outdoors more than they already do.
- 2. More opportunity for a wide range of play experiences is wanted.**
- 3. Children want more independent play.**
- 4. Many children in Scotland have no experience of play in natural settings.**
- 5. Barriers to playing outdoors.**
- 6. More constraints over play than internet use.**
- 7. Barriers to play.** Although many children do not face barriers to play, significant minorities of children report a range of play barriers including fear that they might hurt themselves (30%), adults not allowing play (26%), having no children to play with (23%), local rules against play (18%) and having nowhere to play (16%).

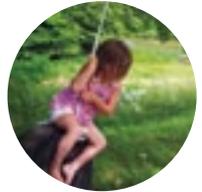
Full details available from Play Scotland.

“The less children play outdoors, the less they learn to cope with the risks and challenges they will go onto face as adults... Nothing can replace what children gain from the freedom and independence of thought they have when trying new things in the open”

Professor Tanya Byron, Child Psychologist

GET OUT AND PLAY

1. **Build a Den**
2. **Play in the rain (jumping in puddles is great fun!) or, if sunny have a water fight**
3. **Make a mudpie or if near a beach build sandcastles**
4. **Climb a tree**
5. **Make a daisy chain or make a grass trumpet (find a wide, strong piece of grass; this should be about the length of your finger. Hold the grass between your thumbs and blow through the grass like you are blowing out a candle)**
6. **Roll down a grassy hill**
7. **Skim a stone**
8. **Explore - hunt for bugs or if you are near to a beach hunt for crabs**
9. **Swing on a rope or tyre swing**
10. **Make and fly a kite**
11. **Play hide 'n' seek**
12. **Make a fire without using matches (make sure an adult is present) then roast marshmallows on a stick**
13. **Learn how to do a handstand and a cartwheel**
14. **Have a wheelbarrow or 3-legged race with your friends**
15. **Make a walkie talkie (use two large paper cups, pierce a small hole in each base and thread string through each end. To use take one cup each, ensure string is pulled tight and in a straight line... talk into your cup and the other person can place theirs to their ear and hear you 😊)**



Play Scotland Information Services

Play Scotland offer the following range of services through its information service:

Website, research and policy documents, Briefing papers, Information sheets, CPD events, Media articles, newsletters, eZines and Messy Play booklets.

The organisation also coordinates Play on the Longest Day and UK Playday in Scotland.

Website: www.playscotland.org

Twitter: www.twitter.com/playscotland

Facebook: <http://www.facebook.com/pages/Play-Scotland/223667477759513>

Play Scotland are currently working on a set of Play booklets.
To date we have three publications on Messy Play:



We also have a Parenting Pack available

For further details contact Sharon McCluskie on Tel: 0131 440 9070

Email: sharonmcluskie@playscotland.org

**“Sunshine is delicious, rain is refreshing,
wind braces us up, and snow is exhilarating;
there is no such thing as bad weather, only different kinds of good weather.”
John Ruskin 1819-1900**

About Play Scotland

Play Scotland works to promote the importance of play for all children and young people, and campaigns to create increased play opportunities in the community. It was formed in 1998 to support the Child's Right to Play in Scotland, and is a membership organisation and registered charity funded by the Scottish Government.

The work of Play Scotland is underpinned by the UN Convention on the Rights of the Child, Article 31:

“State parties recognise the right of every child to rest and leisure, to engage in play and recreational activities appropriate to the age of the child, and to participate freely in cultural life and arts”.

Updates for 2013:

Legacy 2014 Active Places Fund

Play Scotland is delighted to work in partnership with **sportscotland** on this new and exciting fund which was launched in October.

In 2014 Scotland will host the Commonwealth Games in Glasgow – the biggest multi-sports event the country has ever hosted. The Scottish Government is committed to ensuring the Games will deliver a positive and lasting legacy for Scotland. We want as many people as possible to benefit.

The Legacy 2014 Active Places Fund supports the Scottish Government's legacy ambitions to encourage more people to be active and take part in sport.

The fund will have five rounds of applications with deadlines of 1st February and 1st July until February 2015

Play Scotland Annual General Meeting will be held on 6 February 2013.

“When children pretend, they're using their imaginations to move beyond the bounds of reality. A stick can be a magic wand. A sock can be a puppet. A small child can be a superhero”.

Fred Rogers





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