

CYANS Network

Annual Report

2025/26

The Network is supported by a dedicated programme team within Public Services Delivery Scotland (PSDS), consisting of:

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This document has been prepared by the National Services Directorate (NSD) of Public Services Delivery Scotland (PSD Scotland) on behalf of the Scottish Paediatric Epilepsy Network (SPEN). Accountable to Scottish Government, PSD Scotland works at the heart of the health service providing national strategic services to the rest of NHS Scotland and other public sector organisations to help them deliver their services more efficiently and effectively. SPEN is a collaboration of stakeholders involved in the care of paediatric epilepsy who are supported by a PSD Scotland Programme Team to drive improvement across the care pathway.

Introduction

The Children and Young People's Allergy Network Scotland (CYANS) was initially established in 2011 as a 2-year network project before being designated as a National Managed Clinical Network (NMCN) in 2013. A review of the network was undertaken in 2017. Based on evidence provided, the Expert Review Group (ERG) noted that prevalence of severe allergy in children and young people was increasing and was continuing to grow, with food allergy becoming more persistent past the age of five years. The review also concluded that the network scope was too broad to enable tangible improvement in allergy services and patient outcomes across the whole spectrum.

Since then, the network reviewed their scope based on the outcome of a needs assessment. This concluded that to maximise effectiveness, the focus of the network would be re-prioritised to children and young people from birth to 19 years with an initial focus on anaphylaxis and type 1 food allergy.

Current Position

Activity during 2025/26 reflected national prioritisation set during a period of review. Alongside evolving national planning arrangements, Managed Clinical Networks were asked to focus activity on several core priorities.

Looking ahead, and consistent with the direction set by the Health and Social Care Service Renewal Framework and Scotland's Population Health Framework (June 2025), and recognising that CEL 29 (2012) *Managed Clinical Networks: Supporting and Delivering the Healthcare Quality Strategy* remains the extant mandate for Managed Clinical Networks, CYANS will build on its established approach by undertaking a Strategic Needs Assessment to inform the 2026/27 workplan and ensure priorities remain aligned to population need, current pathways, available data and stakeholder perspectives.

The priorities for CYANS in 2025/26 were:

Priority Action	Progress
The network will engage with children and young people and their families/ carers to understand what is important to them and ensure that this is reflected in the annual and strategic workplan	In 2024/25 a stakeholder survey was designed and circulated and analysed. In 2025/26 the findings of the engagement were analysed, and this will inform the strategic needs assessment and strategic planning to be undertaken by the network in 2026/27.
Develop and implement an action plan for creating and managing resources that add value to stakeholders for allergy care in Scotland	Objective complete, all resources reviewed and actions agreed.

All business-as-usual objectives on the 2025/26 workplan were completed.

The network continued to make use of technology and remote communications to progress work this year. This has continued to be effective, saving time on travel and promoting economic and climate friendly practices.

Highlights

Throughout the reporting period CYANS focussed on taking stock of all previous work carried out by the network including all education, resources and planning work and reflecting on a way forwards for each of the pieces. A summary of each element can be seen below.

1. Education

A paper was shared at the steering group in August 2025, outlining the current position in the delivery of the CYANS education strategy and the effectiveness of previous educational activities. This was to inform decisions on the future status of CYANS educational resources.

1.1 Online Lecture Series

It was agreed that all previous lecture series recordings should be reviewed on the CYANS website. This was completed and those which were deemed out of date or now inaccurate were removed to ensure good governance.

1.2 Health Visitor Training

In February 2022, CYANS delivered a training webinar on allergies for health visitors in conjunction with NHS Education for Scotland (NES). Health visitors are a vital part of the support system for families with children with health needs and the importance of this training is recognised by both CYANS and NES. Work is ongoing to update the resources and refresh the training in 2026/27.

1.3 Primary Care Allergy Training (PCAT)

The Network Steering Group agreed that things had moved on in allergy since the PCAT allergy training was developed and that this was no longer the most effective way to support primary care education needs. It was suggested that the Network website provide signposting to other alternative useful links for General Practitioner (GP) training in allergy instead. The PCAT information has now been removed from the CYANS website and a list of resources being developed and is expected be published in 2026/27.

2. Resource update

A paper was shared at the steering group in August 2025, highlighting all the current resources produced by the Network, to agree a way forward for maintenance of these documents. From this any resources no longer required were removed and a plan put in place for the review and maintenance of network resources.

2.1 CYANS Quizzes

In 2021 a series of six quizzes were produced aimed at supporting both children and young people with allergies, as well as their parents and carers of children living with allergy. These quizzes were designed to be age appropriate so were split between parents and young people to ensure understanding and to increase awareness and knowledge. The quizzes were designed to allow users view their scores and understand any wrong answers. Quizzes were produced on the following topics:

- Epipen quiz for parent/carers
- Epipen quiz for young people
- Anaphylaxis for young people
- Anaphylaxis for parents/carers of younger children
- Jext quiz for parent/carers
- Jext quiz for young people

The following table shows engagement with each of the quizzes to date:

Quiz	2021	2022	2023	2024	2025	Last accessed
Epipen for parents	7	12	14	6	3	April 2025
Epipen for young people	8	4	6	11	4	June 2025
Anaphylaxis for parents	2	5	9	3	3	July 2025
Anaphylaxis for young people	4	1	3	5	3	May 2025
Jext for parents	9	2	1	2	0	December 2024
Jext for young people	2	0	0	0	0	July 2021

It was agreed that the quizzes should be updated, and the updated versions are expected to be available on the website by June 2026. The quizzes are designed to support young people and their families to learn about their condition in an interactive way. Once available on the website, a programme of promotion will then take place to ensure professionals and families are aware of the quizzes and their benefits to increase usage as it was agreed the quizzes were still useful and helpful. This will be carried forwards to 2026/27.

Additionally, it was agreed that the Family section on the CYANS website required a full review of its content to ensure no duplication of existing resources. This will be completed in 2026/27. A full breakdown of CYANS website statistics can be seen in Appendix 1.

2.2 Patient Information Leaflets

The network reviewed and updated its existing patient information leaflets in 2024. Work had been in progress with NHS Inform to host them there but due to delays in this process, they have now been uploaded to the CYANS website to ensure availability of up-to-date information.

The updated leaflets focus on;

- Cow's milk protein allergy (CMPA)
- Egg allergy
- Wheat allergy
- Pulse and Legume allergy
- CYANS Guidance on avoiding nuts

The information resources are designed to support families and people with responsibility for young people with severe allergies to manage the allergies in everyday life. A plan for promoting use of the leaflets and evaluating their effectiveness will be carried out through the next financial year.

2.3 Diagnosis and management of food allergy guidance document

Work took place throughout the reporting period to update the CYANS diagnosis and management of food allergy guidance document following agreement that it was still required. The updated version of this document was taken to the steering group in March 2026 where it was ratified and will be available on the website in early 2026/27. The guidance should ensure that all children and young people with food allergies in Scotland receive the same standard of care based on current evidence and best practice.

The network would like to thank all involved in this project.

3. Strategic planning update

At the Steering Group in November 2025, members were presented an overview of the findings of the strategic planning work which took place in 2024/25. It was noted that results indicate that there is variation in allergy provision across Scotland with areas of good practice and some significant challenges. There was a need identified for development in allergy services across the pathway to ensure that all young people with allergy in Scotland receive the right care in the right place at the right time. Results highlighted a need for engaging with stakeholders to understand appropriate roles for all professionals in the pathway which would help to define service needs and inform educational requirements for different groups.

Due to some recognised gaps in the information, further service mapping will be carried out in early 2026/27 to inform a strategic needs assessment and development of a strategic plan for the network going forward. This will enable CYANS to consider the needs of the whole population of young people with severe allergies based on all the information available and identify priority areas for development, taking into consideration the impact of prevention and early intervention on population health. It is recognised that this may identify service variations, workforce and data challenges that will require to be considered as part of the strategic plan.

Looking forward – 2026/27

During 2026/27, the Network's key priorities will be to::

- Undertake a Strategic Needs Assessment to inform the development of a workplan for the next 3-5 years and agree clear, evidence-based, and measurable outcomes.
- Undertake a service mapping and re-engagement exercise with all Health Boards
- Review membership of all groups, encouraging new members to join
- Continue to progress with updating, publishing and promoting the CYANS Quizzes
- Continue to review current health visitor training to establish resource that meets the needs of this professional group.
- Promote use of the CYANS patient information leaflets
- Create a list of GP training for signposting on the CYANS website

Finance

The Network is funded through Public Services Delivery Scotland and operated within its approved budget during 2025/26.

Appendix 1- Website statistics

Web page	Visitors	Views
Mild Allergic Reaction	6,248	8,091
Home	6,068	23,342
Nut Allergy	5,734	11,489
Allergy Tests	3,877	5,168
Tree and Grass Pollen	3,605	4,960
Allergy Myths	2,650	3,350
Animal Dander	2,504	3,431
Food Labelling	2,126	2,493
Contact Us	1,719	2,850
Families	1,507	1,687
Formula Milk	1,323	1,573
About Us	1,303	1,563
Health Care Professionals	1,293	1,447
Severe Allergic Reaction / Anaphylaxis	1,148	1,313
NHS Greater Glasgow and Clyde	1,138	1,401
Nursery & School Information for Parents	1,041	1,135
Patient information leaflets	1,034	1,229
Types of Allergies	999	1,122
Allergy Medicines	997	1,192
Oral Allergy Syndrome	981	1,112
Allergic Reactions & Medication	968	1,077
News & Events	960	1,053
Travel	949	1,058
Egg Allergy	904	1,034
Allergy Guidelines and Pathways	899	1,053
Weaning and Antenatal	878	993
Cow's Milk Allergy	793	896
Curing Allergy	777	931
Food Allergies	703	803
Questions to ask your Doctor	692	805
Children and Young people's allergy services in Scotland	687	770
Quizzes	618	681
Drug and Latex Allergy	532	589
NHS Ayrshire and Arran	520	653
Steering Group Membership	515	567
Newsletters	514	527
Primary Care Resources	510	604
Eating Out	506	632
Reports	471	597
CYANS Aims	460	527
Educational Videos	458	505
News	453	477
Events	434	456
Useful Allergy Links	419	443
What to do?	409	452
NHS Tayside	385	453

CAS System	383	432
Living With Allergy	382	419
Allergy Reports	380	473
NHS Fife	377	456
NHS Lothian	373	447
CYANS Data Privacy Notice	369	470
Growing Out Of Allergy	365	414
Why Me?	363	394
NHS Highland	351	413
About Allergy	350	399
Insect Venom	345	371
NHS Grampian	327	397
NHS Forth Valley	324	383
NHS Dumfries and Galloway	314	379
NHS Lanarkshire	314	376
Going to Parties	289	326
NHS Western Isles	270	303
Anaphylaxis	268	291
External Education Resources	267	293
NHS Orkney	263	313
Transition	245	282
NHS Shetland	241	290
Allergic Rhinitis Allergic Conjunctivitis	214	236
External Links	212	244
NHS Borders	202	263
Science Bit	195	217
Safe Food Habits	193	209
Dietetics	192	210
Dermatology	185	210
2023 - Online Lectures	178	193

A visitor is each unique person visiting the page, views is the total number of times the visitors have accessed each page.