



SUPPORTER NEWS

Find out how your support is transforming lives.

SPRING/SUMMER 2024

SCOTLAND'S NATIONAL CHILDREN'S CHARITY

140 years
of protecting
Scotland's
children



Welcome to our 140th anniversary edition

Children 1st was founded 140 years ago. We've reached a milestone, but our anniversary isn't a celebration while so many children are in crisis.

Children 1st has always protected children from abuse and neglect. Just five years ago, the main challenge was parental addiction, sexual exploitation and domestic abuse. Five years later, we add poverty to that list because of a shocking rise in the number of children living in desperate conditions.

One in four of Scotland's children live in poverty. Their families simply don't have money to cover basics. How can we create safety when parents are terrified about paying bills and putting food on the table?

As Scotland's national children's charity, we support families to keep children safe and well. However, as the cost-of-living crisis deepens, and parents are under more pressure because of money worries, it's getting harder to ensure children are protected from harm.

The first thing we must do is make sure children have enough food, warm homes, coats to wear and beds to sleep in. We cannot turn from the catastrophic impact that poverty has on children's health and wellbeing. In fact, in the long-term child poverty affects our whole society.

Our support makes a real difference, and we rely on you to help reach all the children who need us. Thank you for making sure children have food, warm homes and safe families who are not worn down by the never-ending grind of not being able to provide. This generation of children are dealing with the aftermath of lockdown which stole years from their childhoods, and they have been thrown into even more desperation because of poverty. Children deserve better. With your help we can offer the support they need.

We've got to protect children. We have to protect childhood.

Thank you



Mary Glasgow
Chief Executive

A crucial milestone for the rights of every child in Scotland



The UNCRC is an international human rights treaty which sets out the rights every child has. Human rights make sure that everyone is safe, healthy, and treated with respect. Children have special rights because they need extra protection, care and support during childhood.

We are committed to supporting Scotland in becoming a rights-respecting nation, and with this Bill we will work tirelessly to ensure this legislation makes a difference to respect and protect children's rights. But most importantly, it should build awareness and prompt a culture change so that we all know and understand these rights and what they mean, and so they become an everyday part of the work that we do.

There's so much more to do to make sure children's rights are fulfilled in the way that the UNCRC envisages. The children and families we work with are facing challenges like never before. Thanks to your support, we shall continue to campaign and protect Scotland's children.

The United Nations Convention on the Rights of the Child (UNCRC) (Incorporation) (Scotland) Bill is now Scottish Law. The Bill was unanimously passed in the Scottish Parliament on 7 December 2023, and after Royal assent was granted in January, most of the Bill provisions will come into force on 16 July 2024.

After more than 30 years of campaigning, Children 1st believes that this law is a crucial milestone in Scotland's journey towards making rights real for every child.

To read more visit:
[children1st.org.uk/
childrenshumanrights](https://children1st.org.uk/childrenshumanrights)



140 years of keeping children safe



In 1884 there were no laws to protect children. Horrified by the poverty, neglect and abuse that children were suffering across Scotland, a group of like-minded people founded Children 1st to ensure that children were cared for.

Over the last 140 years, Children 1st has changed massively in response to a changing world. Despite these challenges, our role has always remained the same, to keep Scotland's children safe and looked after.

We work to prevent abuse, neglect and trauma by offering practical, emotional and financial

support to children, their families and communities. Children, their parents and carers get the support they need to ensure children can recover from the impact of childhood adversity and trauma. Throughout the last 140 years Children 1st has had two clear aims: to help children desperately in need, and to campaign relentlessly for legislation to help all children.

Just like the founders of Children 1st, you are supporting children across Scotland by donating and adding your voice to our campaigns. Every action makes a difference.

1884

Founded. Known as the Royal Scottish Society for Prevention of Cruelty to Children (RSSPCC)

1998

First charity to bring Family Group Decision Making (FGDM) to Scotland

1999

Launched free helpline, **Children 1st Parentline**, for families across Scotland

2011

Launched Scotland's first **kinship care service**

2019

After 50 years of campaigning, the **Children (Equal Protection from Assault) (Scotland) Act** is passed to bring to an end the physical punishment of children

2023

Children 1st **Bairns Hoose** opened.

2023

After 30 years of campaigning, the **United Nations Convention on the Rights of the Child (UNCRC) (Incorporation) (Scotland) Bill** becomes Scottish Law

Find out more at children1st.org.uk/history

25 years of Children 1st Parentline



Children 1st Parentline was launched in 1999. We recognised that parents and carers urgently needed access to non-judgemental support to share any concerns about a child through a free, Scotland-wide, confidential telephone service.

Children 1st Parentline offers families so much more than a conversation in their hour of need. Ann Jarvis, helpline supervisor, shares *“Children 1st Parentline provides a safe space where parents and carers can open up and will be listened to without being judged. Being a parent is tough and sometimes overwhelming. We will take the time to hear what’s happening in the caller’s life. Together, we look at what can be done to improve their situation such as putting them in touch with our financial wellbeing service who can help them, not only in a crisis but in the long term.”*

In the last year, nearly 1,800 families were in contact with Children 1st Parentline. More than 1 in 2 callers were concerned about their child’s mental wellbeing*. Families also have worries about money, bullying and family relationships.

Whatever the worry, Children 1st Parentline is there to support anyone in Scotland concerned about a child.

**2023-2024 figures*

“Someone was looking out for me and my son when Clare phoned me for the first call and true to her word continued to support me going forward. The support during the most difficult year of my life was a lifeline.”

Mum supported by Children 1st Parentline

Supported by  **COMMUNITY FUND**

Today’s children. Scotland’s future. Our legacy.

Our ambition is for every child in Scotland to be safe, loved and well with their family.

A gift in your Will can help transform the lives of Scotland’s children.

Discover how you can help today at children1st.org.uk/legacy

 **Children 1st**
SCOTLAND’S NATIONAL CHILDREN’S CHARITY



How Children 1st Parentline supported one family in crisis

The small flat had no electricity and there was no food in the cupboards.

John was at the end of his tether. He needed to buy his daughters Katy, Rhona and Eilidh essentials for their health conditions, and that left no money for the heating or food. In desperation, John called Children 1st Parentline.

Little did John know that his call would become life-changing. The team were able to send emergency fuel and food vouchers straight away and connect John with Lyn from the Children 1st financial wellbeing team to help find a long-term solution.

John really struggled with his dyslexia and health conditions. He was initially sceptical about applying for benefits as previous applications had not been successful. Lyn supported John to apply again for child disability payments for Katy and adult disability payments for himself.

Life was busy for John looking after his girls, taking them to medical appointments whilst being mindful of his own health issues. Lyn set small tasks and reminders to keep John on track, letting him know that she was there when he was ready for the next step. She also gave

John the space to take breaks from the process when he got overwhelmed.

It took nine months to complete the process and thankfully the applications were successful. The trust and relationship that Lyn had built with John and the girls ensured that the process could keep going. If John didn't attend meetings or get back to Lyn straight away, she knew there would be a reason. Whole family support means that we get to

know a family to give them the support they need in the way that they need it.

“I’m so delighted about the support. The extra income is such a relief. Now I don’t have to constantly worry about paying for necessities for the girls’ conditions.”

John



Thanks to our new partner SGN, the financial wellbeing team can help even more families.

Since 1999 over
172,000 calls
have been received

nearly **61,000**
families have
been supported

We're here for you

If you know a family in Scotland that needs support, Children 1st Parentline is here to help. Call free on **08000 28 22 33** or visit children1st.org.uk/parentline

Family Group Decision Making - giving children and families a voice



Children 1st has pioneered the use of Family Group Decision Making (FGDM) in Scotland since 1998.

FGDM recognises that whenever it is safe and possible, children are best looked after within their own families. It is an effective approach to keeping children out of statutory care and is now delivered in over 30 countries worldwide.

Sara Ali, Children 1st national family group decision making development lead shares that “Children 1st co-ordinators organise family group meetings for everyone to come together to discuss a concern or problem involving children or young people in the family. This can range from help for a family early on when they are beginning

to have difficulties, right up to when families are involved with social work and child protection services and are making big decisions about how to keep a child safe or where a child should live.”

“I had a choice and felt in control about what we talked about.”

- Child

In Family Group Decision Making, the child and the family involved define who their family is. It might include adoptive parents, foster parents, grandparents, family friends, teachers or other significant people in the child's life.

Family support for Craig

Craig was 15 years old. His foster care placement broke down and he moved in with his gran and his dad on a temporary basis to avoid becoming homeless. Craig's gran is his dad's full-time carer and money is scarce. Craig had no bedroom or private space of his own. After six months, Craig had built a great relationship with his family. However, living in the small flat wasn't a permanent solution.

With support from Claire and Shara at Children 1st, Craig and his family came together to discuss how to best support him using the Family Group Decision Making (FGDM) process. It can help a child's wider family to come together to agree a family plan to support their child before a life-changing decision is made about their future.

This process gave Craig, for the first time in his life, the opportunity to write about what he needed and wanted. He shared that he wanted to continue to build a relationship with his gran and dad, but now aged 16, after being in foster care, he wanted to live on his own.

Craig's family were brought together to speak about how

best to support him and they recognised the additional support that the family needed. Craig would need financial assistance, clothes, employment support and storage for his belongings and his gran should have more support and financial assistance as a kinship carer.

All this information was added to the FGDM plan, which was then shared with Craig's social worker.

Craig continues to stay with his gran and dad until a space in a young person's supported housing unit becomes free. He is getting financial, employment and career development guidance and spending time with his wider family members.

Kinship carers are relatives or family friends who take care of a child who is unable to live with their parents.

FGDM enables families to focus on the future and come up with a solution that holds children like Craig at the centre, keeping them safe and surrounded by the people who love them.

For more information on FGDM visit children1st.org.uk/fgdm



Transforming care, justice and recovery for children

The opening of Scotland's first Bairns Hoose in 2023 signified a long-awaited and desperately needed transformation in protection, care, justice and recovery for children and young people in Scotland who are victims and witnesses of crime.

The Children 1st Bairns Hoose, located in the west of Scotland, is designed to feel like a family home. It's a child-friendly, safe and welcoming place for children to go to once a crime has been reported.

At the Bairns Hoose, each young person can give evidence, receive medical care, take part in decisions about their protection and get support to recover from the trauma they have experienced. There is also a space where their wider family can get support to understand what has happened to their child and how best to help them through it all.

Bairns Hoose is giving children the support they need and help to recover from their experiences.

The Bairns Hoose was created thanks to the players of People's Postcode Lottery, Children 1st supporters, funders and partners.
With special thanks to Weir Group, Moda Living and a generous legacy gift from Miss Nan Crawford.

Supported by players of  Awarded funds from  

 

Scan here to read more or visit www.children1st.org.uk/bairnshoose 



A perfect scorecard for Linlithgow Golf Club!

A huge thank you to the Springfield ladies and Springfield gents for raising £10,142 for Children 1st. This fantastic amount was raised through a number of fun activities throughout the year, including golf events, an afternoon tea, beetle drive and the Linlithgow 10k. Thank you so much for your dedication and support!

Would you like to set yourself a challenge, or organise a fundraising event to help children and young people in Scotland? Our fundraising team are on hand to support you every step of the way. We can offer advice on fundraising and provide the materials you need to make your fundraising a huge success.

For more information visit children1st.org.uk/fundraise or get in touch with our fundraising team by calling 0345 10 80 111 or emailing fundraising@children1st.org.uk

Take on a challenge that puts children first

There are lots of great events coming up over the next few months and we would love for you to get involved.

11 August 2024 Kiltwalk Dundee

Don your finest tartan and walk around the beautiful city of Dundee for 5.5 or 21.5 miles.

18 August 2024 Scottish Half Marathon

Missed out on a place at the Edinburgh Marathon Festival? Why not join us in East Lothian for the Scottish Half Marathon instead?

15 September 2024 Kiltwalk Edinburgh

The final Kiltwalk of the year is in the capital city and has three distances available. Get the family together for the Wee Wander (5 miles), go for a 'Big Stroll' (11 miles) or really stretch your legs at the 'Mighty Stride' (21 miles)

Ready to sign up!? 

Scan to find out more or visit www.children1st.org.uk/fundraise

Supporting children across Scotland

Children and families across Scotland can access support through our national services. Every penny raised, every campaign championed, every service supported helps to keep every child and young person in Scotland safe, loved and well.



Call for free on **08000 28 22 33**, browse our website for advice and support, or start a webchat. You can talk to us seven days a week: Mon-Fri 9am to 9pm, Sat-Sun 9am to noon.

T: 08000 28 22 33
children1st.org.uk/parentline



If you have concerns about a child in a sport setting you can contact us. We also provide advice, consultancy, resources and training for any sports organisations working with children.

T: 0141 419 1156
E: cwps@children1st.org.uk
children1st.org.uk/cwps



Let's keep in touch

We would like to provide you with updates on our vital work. We will contact you by post unless you tell us otherwise. We promise to respect your privacy and keep your details safe. You can update your preferences by phoning **0345 10 80 111** or emailing **fundraising@children1st.org.uk**. For further details on how your data is used and stored visit; **www.children1st.org.uk/terms-and-conditions/privacy-policy**

83 Whitehouse Loan, Edinburgh, EH9 1AT
T: 0345 10 80 111 **E:** fundraising@children1st.org.uk **W:** children1st.org.uk



Please donate today and help protect children across Scotland



0345 10 80 111
Mon-Fri 9am-5pm



children1st.org.uk/donate



FREEPOST RSGE-ZGBB-EKCJ,
Children 1st, 83 Whitehouse Loan,
Edinburgh, EH9 1AT



1 Your details

Make a donation at **children1st.org.uk/donate**. Alternatively please fill in the form and send to: Freepost Plus RSGE-ZGBB-EKCJ, Children 1st, Whitehouse Loan, Edinburgh, EH9 1AT

Title:	First name:
Surname:	
Address:	
Postcode:	
Let's keep in touch By providing us with your telephone number and email address you are consenting to us contacting you via phone, text and email.	
Email	
Mobile number	
Telephone number	
<i>For information on how we use your data see page 14.</i>	

2 I want to make a one-off donation of

(Tick as appropriate. If you would like to make a monthly donation please go to step 4 overleaf instead.)

£5 £15 £25 Other £ _____

3 Donation payment

Complete the form below or choose to make a monthly Direct Debit by completing the form overleaf. I enclose my cheque made payable to Children 1st OR please debit my Visa/ Mastercard/ Maestro/CAF Charity Card (please delete as applicable)

Card number	
Expiry date	M M Y Y
Signature:	Date:

Turn every £1 you donate into £1.25 on the next page

Please donate today and help protect children across Scotland



0345 10 80 111
Mon-Fri 9am-5pm



children1st.org.
uk/donate



FREEPOST RSGE-ZGBB-EKCJ,
Children 1st, 83 Whitehouse Loan,
Edinburgh, EH9 1AT



4 I want to make a monthly donation of (Tick as appropriate.)



Instruction to your Bank or Building Society to pay by Direct Debit.

Please pay Children 1st a monthly donation of

£12 £8 £5 Other £ _____

Payment to be made on

3rd 15th of the month

Name(s) of Account Holder(s) _____

Account Number

--	--	--	--	--	--	--	--	--	--

Branch Sort Code

--	--	--	--	--	--

For Children 1st
use only Originator's
Identification Number

6	0	1	2	4	0
---	---	---	---	---	---

Name and address of your bank/building society _____

Postcode _____

Instruction to your Bank or Building Society: please pay Children 1st Direct Debits from the account detailed in this Instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with Children 1st and, if so, details will be passed electronically to my Bank/Building Society.

Signature: _____

Date:

--	--

--	--

--	--	--	--

5 *giftaid it* today and turn every £1 you donate into £1.25

- I want to Gift Aid my donation and any donations I make in the future or have made in the past 4 years to Children 1st. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.
- I am not currently able to Gift Aid my donations.

IGSN24A

Your Donations Change Lives

*"Through the darkest and hardest times,
Children 1st were the light that kept us going."*

Mum supported by Children 1st