



SUPPORTERS NEWS

Find out how
your support is
transforming lives.

SPRING APRIL 2023

SCOTLAND'S NATIONAL CHILDREN'S CHARITY



How you're
putting
Children first

Dear friends and supporters

The Spring always comes with a sigh of relief as the weather warms and the nights get brighter, but for many of the children and families we work with there's still a real chill in the air.

The impact of the pandemic is still evident in the health and wellbeing of our children at school and at home and the cost-of-living crisis is adding intolerable pressure and worry. At a time when children and their families need more support than ever, public spending cuts are making the situation even worse.

These challenges are daunting and at times seem insurmountable but when I look to the work we are doing in communities across Scotland I do feel reassured that at Children 1st we are doing everything in our power to support children to stay safe and well with their families. To give every child in Scotland the best chance of growing up safe, loved and well, more families need access to the protective emotional, practical and financial help and support that we can offer.

With your support, Children 1st's teams are working alongside families across Scotland to help them address the immediate challenges they face and provide long term support to recover from trauma and harm.

Our local money advice teams are working with Children 1st Parentline to support families across the whole of Scotland. We are also working closely with partners right across Scotland to effect real change that makes a difference for children and families.

We could not do this without you. Thank you for sharing our vision for Scotland's children. There is still so much to do, and your support is making a difference for children, young people, and families across Scotland.



Mary Glasgow
Chief Executive



Across Scotland, a staggering 1 in 4 children are living in poverty*. At Children 1st, we speak out on issues that affect children and their families in order to change policy and practice for the better. Families are the experts in their own lives, and we work to ensure their views are heard at the most senior levels of government. We also work with other organisations to maximise our impact and bring about change.

Some of the poorest families are trapped in poverty because of debt owed to public bodies. With our partners in the End Child Poverty coalition, we have joined the campaign to put a pause on public debt recovery to help release this pressure, so that families can focus



on what they need to live safe, loved and well, together.

Follow us on our social media channels to find out more about how you can support our campaigns.



*<https://cpag.org.uk/scotland/child-poverty/facts>



Families save Children 1st Carrick Family Wellbeing Service

Congratulations and thank you to the families and local community of South Ayrshire whose actions have saved the Children 1st Carrick Family Wellbeing Service.

Earlier this year, Children 1st was concerned and disappointed to be told that the South Ayrshire Health and Social Care Partnership (HSCP) would stop funding the Children 1st Carrick Family Wellbeing Service.

The Service is at the heart of the local rural community, offering support with the most pressing issues that families face including fuel and food poverty, isolation, mental health and trauma. In the last year, Children 1st has provided intensive support to 59 families including nearly 100 children.

Without core funding from the Council for the Family Wellbeing

Service, Children 1st would find it extremely difficult to sustain the infrastructure to offer additional support to the community. Services like specialist money advice, the food pantry and trauma recovery support have been life-changing for local families.

When the devastating news that funding was being withdrawn was shared with the children and families we work alongside, they shared their shock and disbelief. In response they rallied support in the local community with an online petition to protest about this cut to vital services. The petition quickly gained over 335 signatures. This exceptional support was inspiring and very much appreciated by our team and the wider community.

Children 1st is thankful that this hard work has resulted in the Council changing their decision for the upcoming year.

Fiona McBride, Assistant Director Children and Families Services, Children 1st said: "After listening to the views of families in Carrick the South Ayrshire Health and Social Care Partnership will extend the contract with Children 1st to offer family support in Girvan for another year. We look forward to continuing this work with families and the HSCP to make sure that the community continue to get support designed around what they want and need to keep children and their families safe, well and together."



♥ **Thank you to everyone that signed the petition, wrote an email to the Council and added their voice to support the Children 1st Carrick Family Wellbeing Service. We are committed to doing all we can to make sure that children and families in Carrick continue to get high quality support, which they really need and deeply value.**

“ My grandson was like a jigsaw puzzle and Children 1st put him back together again. If we didn't have Children 1st support I really don't know what would have happened to us as a family or to our grandson, he certainly wouldn't be the young person he is today. ”



Children 1st Parentline

Our Children 1st Parentline team offer families more than a phone call. They offer practical advice, emotional support and someone to listen when things get tough. Anyone in Scotland can reach out for help and some families are referred by services they are working with just like Tina and her family.

Tina, a single mum, was worried about her teenage girls, Sophie and Joanna. Sophie has significant mental health issues and much of Tina's time was dedicated to keeping her daughter safe. Thanks to support from the local Health and Social Care Partnership team

(HSCP), Sophie was getting more independent and while Tina knew this was the right thing for Sophie, she found it difficult to let go. Tina's other daughter Joanna would shout at her whenever she tried to speak to her. Previously, whenever Tina asked Joanna "How was school today?", there was always a negative reply, "the same as it always is, why do you ask such silly questions all the time?". Then Joanna would barge out the room leaving Tina feeling like it was better not talking to her.

With no family nearby Tina felt increasingly isolated.

At Children 1st we know that early support is vital for children and families. When the family was referred to Children 1st Parentline by the HSCP team, Val from Parentline contacted Tina the next day and they started to have one-to-one weekly support calls.

Through the first few sessions with Val, Tina realised that Joanna was angry because she felt overlooked. With Val's support, Tina put small changes in place to improve her relationship with Joanna and show that she was interested in how Joanna felt and that she was special too. Joanna started to open up more and her relationship with her Mum became a more positive one.

With help from Val, Tina explored how she could let go and trust Sophie, knowing that she is now able to learn from her own experiences in a safe way.

Tina shared that she can now think things through before responding emotionally. She feels she better understands her daughters' needs and how best to support them, and feels a calmer atmosphere in the house. Tina recognises there are and will continue to be significant issues to overcome in the future, but now feels well-equipped to meet these challenges.

With support from Tina, Sophie grew in confidence. She started to manage her own spending and finances and began a new course at college, meeting new friends. Tina was delighted with how happy Sophie was.



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 and start a webchat or email.

To protect the confidentiality of the people involved, identifying information has been changed.





Bairns Hoose

Scotland's first Bairns Hoose will be a child-friendly, safe and welcoming place for children to go to once a crime has been reported. Based on an internationally renowned model first developed in Iceland, called Barnahus, Bairns Hoose brings together justice, health, social work and recovery support to best meet the needs of child victims and witnesses.

To build a Bairns Hoose that will really help child victims and witness to recover and thrive, it is extremely important to involve children, young people and families in its design and development. We do this by working closely with

children and young people from across Scotland, including those we are working alongside to support them to recover from trauma.

The Changemakers are eight girls under the age of 16, who have been victims and witnesses of crime. This has led them to being interviewed by police and social work, and to give evidence in court. The Changemakers have received trauma recovery support and are helping us to develop our Bairns Hoose.

They have written the following letter, the first in a series, to help highlight what it feels like to be a child or young person who is a

victim or witness to crime. They are keen that everyone understands what it feels like to move through the world once you have experienced a significant traumatic experience.

In this first, powerful letter, they explain how important their relationship with their recovery worker is:

To My Recovery Worker,

We need your support from the moment we have told someone what has happened. We need it before we go to be interviewed by the police and social work and before everything becomes out of our hands.

All we want is to be supported by a worker who we know has our best interests at heart because it does not always feel everyone else does. We know that you hear our voice. You are honest with us, and we know what we tell you is private.

You have been there for us on our bad days, our good days, or the days we're just getting through. You see us for who we are and meet us wherever we are. I never feel like I need to impress you or put on a front. There's no pressure and I just feel comfortable with you.

I know you want to help my whole family; I am happy when I see you supporting the people I love. I know you want to help keep us together when things are tearing us apart. You show us you are real people; we make each other laugh and you feel like my best pal. Some days all I can manage is a McDonalds in my jammies and you make that OK. Other days you're with me for my most difficult moments.

If I didn't have you there would be no one. I would be alone. I worry about other people who have experienced what I have but don't have you because then who is there? You have helped me process so much and I don't know how I would have done it without you.

At the end of the day with you I don't need to be happy or sad, I can just be me.

From The Changemakers

Our project to develop a Bairns Hoose is supported by the Postcode Dream Fund thanks to funds raised by players of People's Postcode Lottery.

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



Read more about the Changemakers on the next page.



We are the Changemakers

We are a group of young, inspired people, who are passionate about making change.

We have experienced different things in our lives that make us young experts.

We want to help children and young people, by helping make a difference in the justice system. We want to make it better, so it is less difficult, traumatic, and exhausting for other children and young people.

We are working to build consistency for children and young people, so they know what to expect and how they will be treated in the Bairns Hoose. We are sharing our experiences to

help make positive changes that we wanted to be in place for us. We can be trusted because we have been through it, so we want to look out for other children and young people and advocate on their behalf to see big changes happen.

We feel impressed and proud of all the work we are doing so far, like making a video to share our ideas and views for the Scottish Bairns Hoose Standards.

You can watch our video on the website: www.children1st.org.uk/changemakers



I WILL LEARN TO TRUST PEOPLE AGAIN



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



Dolly Parton's Imagination Library

"She got her second book in the post on Wednesday, and we read it before bed last night and she loved it!! She can't wait for her next surprise to come through the door next month!"

♥ **8358 books have been sent out to 818 children through our partnership**

Through our partnership with Dolly Parton's Imagination Library, every child from birth to the age of five who is signed up to the programme receives a high quality, age-appropriate book in the post each month.

Each book is more than a bedtime story. They are building blocks for the future bringing children together with parents, carers and siblings to spend precious time reading, increasing a child's communication and language skills, building strong relationships and helping them feel safe.

That's why Children 1st wants to make sure that the families we work alongside don't have to worry about how to provide books for

their children – especially during this cost-of-living crisis.

You can give children across Scotland the gift of reading and the emotional and practical support they need. Make a gift today at children1st.org.uk/imaginationlibrary. £25 will gift a child in Scotland their very own book from the Dolly Parton Imagination Library every month for the whole year.

"He loves getting his very own post every month, he enjoys opening the envelope addressed to him and seeing what book he gets to enjoy. We love the variety of books. It is an amazing programme we love it ♥ His favourite book so far has been Hairy Maclary from Donaldson's Dairy"

Scan here to learn more or visit: www.children1st.org.uk/imaginationlibrary



LOOKING FOR A CHALLENGE IN 2023?

Whether you have something in mind, or just know you want to raise money for Children 1st, there's a fundraising challenge for everyone! Dust off your trainers for a monster challenge at the Baxters Loch Ness Marathon Festival or look out your kilt to join walkers from across Scotland at the Kiltwalk! If you're looking for something a bit more daring, you could even challenge yourself with an abseil, zipline or skydive.

Whatever you're up for, our team would love to hear from you. We can help secure places in big events, offer advice on fundraising and provide the materials you need to make your next fundraising challenge a huge success. For more information visit children1st.org.uk/events or get in touch with our fundraising team by calling **0345 10 80 111** or emailing fundraising@children1st.org.uk

DATES FOR YOUR DIARY

KILTWALK

4 JUNE 2023 - Aberdeen
20 AUGUST 2023 - Dundee
17 SEPTEMBER 2023 - Edinburgh

10 JUNE 2023

Aberdeen Tower Abseil
 A thrilling 131ft drop at the iconic Northern Lights Tower (formerly the AECC) at the Kings Church, Aberdeen.

8 SEPTEMBER 2023

Zipline the Clyde
 100ft high and 1000ft long! Launching off from a crane next to the stunning Glasgow Riverside Museum, you will experience the thrill of zipping down the Clyde towards the Tall Ship.

21 OR 22 OCTOBER 2023

Tandem Skydive
 Leap from a plane up to 10,000ft above ground at Skydive St Andrews (Glenrothes).

SCAN TO FIND OUT MORE OR VISIT:
www.children1st.org.uk/fundraise



Supporting children across Scotland



Children 1st is here for children and families across Scotland. Anyone can access support through our national or local 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

Supported by



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 organisation working with children.

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

In partnership with **sportscotland**
the national agency for sport



Keeping in touch

You are an important part of the Children 1st family.

Your passion, generosity and determination help to change children's lives for the better.

We want to let you know about how you are improving the lives of children and families. We may also call you from time to time, to let you know the difference you make, to tell you about other fundraising activities and to ask for your feedback.

We will contact you by post, unless you tell us otherwise. We will send you news, campaigns and fundraising appeals.

No thank you, I would rather not receive post from Children 1st

For more information on how we collect, use and store your personal information in line with data protection laws, please see our Privacy Policy at **children1st.org.uk/privacy**.

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