



# How you're putting Children first

Find out how your support is transforming lives

# Dear Friends and Supporters

**For over 135 years, Children 1st (formerly the RSSPCC) have been working tirelessly to put Children 1st. Today, it is your support that is making sure that children are growing up safer from harm and in stronger families and communities.**

One of the main ways we keep children safe is by supporting parents and carers to talk through their worries about their children and family stresses. Our highly trained, compassionate Parentline volunteers offer thousands of families a 'lifeline' of support and care. By expanding the digital support Parentline offers we will reach even more families. You can now explore our new website, which includes Meet the Brains - a family-friendly guide to child development.

Alongside the phone and digital support Parentline offers, our family support workers get alongside families in local communities and schools across the country to make sure they get the practical help and emotional support they need to improve relationships and tackle all the challenges they face in life. We work with the whole family so

that life becomes less stressful for parents and safer for children.

Speaking up for Scotland's children by championing their rights in legislation and policy has been core to our mission. It has been wonderful to have our supporters alongside us, as we encourage members of the public to stand up for children - to end physical punishment, give child victims and witnesses of crime better rights to trauma-free justice and to incorporate the UNCRC (United Nations Convention on the Rights of the Child).

My most grateful thanks on behalf of all the children and families across Scotland you are helping and supporting. Together, we are keeping children safe, standing up for them and supporting families to put their Children 1st.

Thank you



**Mary Glasgow**  
**Chief Executive**

## Keeping in touch

Children 1st, 83 Whitehouse Loan  
Edinburgh, EH9 1AT  
Registered Scottish Charity No: **SC016092**

T: 0131 446 2300  
E: [fundraising@children1st.org.uk](mailto:fundraising@children1st.org.uk)  
W: [children1st.org.uk](http://children1st.org.uk)

 [@children1st](https://twitter.com/children1st)  
 [facebook.com/children1st](https://facebook.com/children1st)

Correct at the time  
of going to print



A bad  
thing  
happened  
to me

By raising awareness of our work, we can continue to grow the support that children and their families desperately need, which is why our new Give a Child a Smile Back poster and radio advertising campaign is so important.



**For anyone caring for or concerned about a child - if you need us, we're here.**

Whatever it is that affects your family, you can talk it over with us. We are here for you at the end of the phone or you can webchat, send an email or text.

Call **08000 28 22 33** free and our trained call volunteers will listen and give you the time and space to talk things through.

We're open **7 days a week**

**Monday to Friday, from 9am-9pm**

**Saturday and Sunday,  
from 9am-12noon**

All parents and carers need a little help at times – in moments of crisis, to the everyday challenges. Explore our website for information and advice which parents have told us helps.

**[children1st.org.uk/parentline](http://children1st.org.uk/parentline)**





# You brought us all back to the family

**Families need help and support to get them through difficult times. With your support of Children 1st, we can be there for them.**

Mum Kirsty\* has kindly shared her family's story.


Jacob\* started self-harming. My heart fell out of my mouth. I couldn't understand why he'd do that. Jacob knew he was doing it, but he didn't fully understand it.

My house was constant mayhem and chaos. There was lots of shouting, and bawling, people were breaking and throwing things. It was a constant battle every single day. That's when I knew, I had to put my hand out and get help. That's when I went to Children 1st.

Ava\*, from Children 1st, was the support worker at his primary school. She encouraged Jacob and me to be patient together, to talk together and to share together. We created safety plans and used [therapeutic] tools to help us.

The visits from Ava gave me the breathing space to outpour my feelings and be there for Jacob to talk, it was amazing. It brought





us all back to the family unit. We were able to start noticing what each other needed and help us be there for each other. Jacob started noticing his value and he stopped hurting himself. I am so, so proud of him.

**Through Children 1st, the transformation is massive. It is like chalk and cheese!**

Jacob is in a much better place, he's much more content. He still struggles sometimes but he can make better choices and I am able to support him. He is able to make more choices that benefit him. Now he knows he IS good enough, he CAN do well and IS intelligent. I think working with Jacob and telling him that is now making a difference.

My support worker has been a lifeline to us. The support we've had has been amazing and I'm just so grateful for it. We went through some really traumatic times, but Ava was always there for me and my son. It was an emotional rollercoaster.

**If Children 1st weren't here, I don't know where we'd be, I don't think we'd have a family unit anymore.**

\*Names have been changed to protect the anonymity of the family.

**Families can access help and support in many different ways. Children 1st support workers are based in schools across Scotland and offer a drop-in service. They provide a direct link for children and their families to reach out to.**

# BROAR



The MacLean brothers are Team BROAR (BROther OAR). This December they will be rowing 3000 miles in the Talisker Whisky Atlantic Challenge, known as the world's toughest row, and have chosen to raise funds for Children 1st.

Ewan, Jamie and Lachlan are aiming to become the first three brothers and the youngest trio to row across the Atlantic Ocean. They will be rowing unsupported from La Gomera in the Canary Islands to Antigua in the Caribbean on a journey that will take between 40 and 60 days.

After a rigorous six month training schedule, they will face a hazardous journey. Dangers on their voyage will include 40 feet waves, shark infested waters and busy shipping lanes. The brothers will row day and night, repeating shifts of two hours of rowing and one hour of sleep until they reach the finish line.

Hailing from Edinburgh and sharing a passion for adventure, sport and music; BROAR are taking time out from work and studies to complete this challenge. They have the full support of their family including their dad - whisky expert and author Charles MacLean.

By choosing to support Children 1st, they will raise funds to expand and develop the reach of our Parentline service. Knowing how much of a difference this will make to families will help Ewan, Jamie and Lachlan "get through the toughest days of the row".

**Each mile BROAR rows will fund Parentline to be a lifeline for families for an hour.**



# You can help the brothers achieve their goal by taking part in **Beat BROAR**



Gather a team together and sign up to the Beat BROAR challenge and pledge to match the distance they will row in one day. Your team could take turns to row either 50 miles to match the brothers or 75 miles to Beat BROAR. Ask your friends, family and colleagues to sponsor you to raise money for Children 1st.

**Contact us to request your Beat BROAR fundraising pack. The pack will have all the information and materials you will need to take part in the challenge.**

**T: 0141 419 1159**

**E: [fundraising@children1st.org.uk](mailto:fundraising@children1st.org.uk)**

## Did you know?

More people have been into space or climbed Mount Everest than rowed across the Atlantic.

The Atlantic Ocean is nearly 5.3 miles deep.

## About BROAR

You can help the brothers achieve their goal by taking part in Beat BROAR.

**W:** [broar.co.uk](http://broar.co.uk)

 [facebook.com/broaratlantic](https://facebook.com/broaratlantic)

 [Broaratlantic](https://www.instagram.com/Broaratlantic)

# From RSSPCC to Children 1st 100 Years of Fundraising



**All across Scotland, Children 1st has a wonderful network of volunteers who come together as Action Groups to raise as much money as possible, ensuring support is available for children who need it.**

2019 marks 100 years of support from the Lockerbie Action Group. Working passionately and with lots of determination, they share the stories of Children 1st to secure support for their increasing portfolio of fundraising events.

Over the last 25 years alone, they have raised an incredible £135,600.

The number of children their fundraising has supported is

immeasurable. Today, thanks to their support, there are children, parents, grandparents, great grandparents and even great, great grandparents who have been able to recover from abuse and trauma.

In 1919 the Lockerbie Action Group were harvesting heather to sell but now they host events such as an annual Burns Supper, a quiz night, and a 'Book and Soup' where they collect second hands books while people sit, talk and have soup together. One of their most popular events over the last 14 years has been a challenging 20, 50 and 70 mile cycle through the Annan Valley, known as the Lockerbie Loop.



In recognition of their special anniversary, we are delighted to share that they have been shortlisted as Volunteer Group of the Year at the Institute of Fundraising Awards 2019. We are thrilled to be given the opportunity to recognise the Lockerbie Action Groups support. They give so much of their own time and resources to supporting children in Scotland, we are in awe of them. No matter what happens on the awards night, they are, and will always be incredible to us.

**We would like to take this opportunity to say a huge thank you to the Lockerbie Action Group and to ALL our incredible Actions Groups and volunteers. You are such amazing ambassadors and make a vital difference to young lives across Scotland. Thank You**



## Could you join Team Children 1st?



There are lots of ways to support Children 1st. You could have a coffee morning, run a marathon or participate in a challenge event. The money you raise will help vulnerable children and families across Scotland.

### Get in touch

**T: 0141 419 1154**

**E: [fundraising@children1st.org.uk](mailto:fundraising@children1st.org.uk)**

**W: [children1st.org.uk/get-involved](http://children1st.org.uk/get-involved)**

# Speaking up for children



Children 1st staff, friends and family members were out on the streets of Dundee, Edinburgh, Galashiels, Glasgow, Musselburgh and Paisley talking to the public and asking shoppers to sign our petition to show their support for moves to end physical punishment of children.

We are supporting John Finnie MSP's Bill, which will give children the same protection from assault as adults. The final vote on the Bill is likely to be in early October. It is crucial that we can show that the Scottish public show they support the Bill. Thank you to everyone for taking the time to sign the petition. If you would like to add your name visit:

[children1st.org.uk/equal-protection](https://children1st.org.uk/equal-protection)

As well as delivering direct support to children and families, we speak out on issues where policy and practice needs to change.

We use the knowledge and expertise that comes from 135 years supporting children and families to influence governments at all levels.

We stand alongside the children and families we work with, amplifying their voices and ensuring that their concerns are

heard by those with the power to secure change.

We are bold and ambitious, campaigning for innovative and transformational solutions to long-standing issues for children and families.

To read more about our priorities visit: [children1st.org.uk/who-we-are/speaking-up-for-scotlands-children](https://children1st.org.uk/who-we-are/speaking-up-for-scotlands-children)

## Keeping in touch

We'd love to tell you about how your gifts are helping children in Scotland and our future campaigns. Your details will always be kept securely and we will never share or sell any of your information.

Simply indicate your preferences below, complete your details overleaf and return the form to us. Alternatively, visit [children1st.org.uk/tick-so-we-can-talk](https://children1st.org.uk/tick-so-we-can-talk)  
I'm happy for you to contact me by:

Email  Phone

We'll keep in touch by post, unless you tell us otherwise.

To stop receiving updates from us please phone **0345 10 80 111**  
or email [fundraising@children1st.org.uk](mailto:fundraising@children1st.org.uk)



## Your chance to change the future

**McClure Solicitors will prepare your Will free of charge  
– a service which usually costs £150 for a single client.**

All you need to do is consider leaving a donation to Children 1st, to help transform the lives of vulnerable children in Scotland.

Book your appointment on **0800 852 1999**  
or email [contactus@mcclure-solicitors.com](mailto:contactus@mcclure-solicitors.com)



# Yes, I want to help protect children



Make a donation at [children1st.org.uk/donate](https://children1st.org.uk/donate).

Alternatively please fill in the form and send to: **Freepost Plus RSGE-ZGGB-EKCJ, Children 1st, Whitehouse Loan, Edinburgh, EH9 1AT**

## 1 Your details:

Title:

First Name:

Surname:

Address:

Postcode:

Email:

Phone number:

## 2 Please accept my gift of:

£5  £8  £15  Other £  Thank you

## 3 Donation Payment:

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

Start date

Expiry date

Security number

Signature

(Last 3 digits on the signature strip on the back of your card)

Today's date

## 4 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.

Please tick  Today's date

*giftaid it*

**Please turn over to tell us how you would like us to keep in touch**