



How you're putting Children 1st

Find out how your support is transforming lives

Dear Friends and Supporters

I do hope you and your families are keeping well. The last 12 months have presented unimaginable challenges for us all.

Many of the families we work with who were already finding things tough, are being pushed to their limits. We are also starting new work with families who have been badly affected by the strain of lockdown. The intense pressure on families can result in a breakdown in relationships and communication. Children can experience anxiety and distress, often intensified by bereavement and loss.

We have responded to the need of families with urgency, compassion and care. Video calls, socially distant meetings and even just phone chats ensure we maintain support whatever lockdown rules are in place. Sometimes a phone call from Children 1st makes the difference between a family feeling isolated and alone and feeling connected to someone who cares about them.

In February, we had an incredible response to our online national survey about the support children may need when they return to school. Over 1,700 parents and carers completed the survey, telling us that focusing on children's emotional wellbeing is just as important as catching up on missing schooling. We are sharing the findings with the Scottish Government to ensure families' voices are at the heart of their Covid-19 recovery strategy and calling for additional support to be put in place for families that need it.

Thank you so much to all our supporters and partners for being there for the families we work alongside during this difficult time. With your support we can make a difference to those who are struggling to cope. Together we can call for the lasting change that is needed to ensure all children feel safe and happy at home with their families.



Mary Glasgow
Chief Executive



Front cover: Thanks to Rosemary who ran the 2020 Virtual London Marathon for Children 1st.

Keeping in touch

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W: children1st.org.uk
@children1st
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Information correct at the time of going to print



Recovery

starts now

The coronavirus pandemic has left many families across Scotland on their knees. Children are experiencing high levels of anxiety and distress.

It is crucial that as restrictions ease, we put in place the right support to ensure every child can repair and recover.

The return to school is a particular worry for many parents and carers. We asked what their first choice for the way schools should return would be, 58% said they wanted school to return as normal with a focus on children's wellbeing with only 22% wanting to focus on catching up on missed learning.

When asked what (if any) additional support would your family like to be able to access to help recover from the impact of Covid and the restrictions, the top three answers were:

Help with my child's learning

Listening / emotional support for my children

Advice and support about how I can help my child recover

The message from parents and carers was clear - children can't learn effectively if they don't feel emotionally safe and secure. They will need time to play, rebuild relationships and get used to routines again.

Every family needs to be able to get the support they want, in the way they want, for as long as they want. Your support is more important than ever before to make sure every family can repair and recover from this crisis.

The first time somebody had asked me how I felt



“Things between me and my daughter Sienna (11) had been difficult for a long time, but when lockdown came everything got worse.

Sienna can get really upset and angry and we were having a lot of arguments. My husband works full time, so he didn't see what was happening. There were some awful times but I just tried to deal with it myself.

When lockdown started in March 2020 both me and my husband were put on furlough. Sienna couldn't go to school or do any of her usual hobbies and she didn't want to talk to anyone. We weren't used to the three of us being cooped up together and the arguments got worse. Sienna would get so angry she would lash out at me and smash up the house.

The lockdown had a huge negative impact on all of us. It was just awful. There were times I just stayed upstairs in my bedroom and cried. It was like being imprisoned.

Sienna started to get help which was a relief but there was no one for me to speak to. I felt like I was all alone. I didn't want to worry my friends or parents by telling them and I knew they wouldn't be able to give us advice. Then I heard about Children 1st Parentline.

“You don't need to feel alone”

When I spoke to Ann from Children 1st Parentline it was the first time somebody had asked me how I felt. Before that, it seemed like everyone was there for Sienna but there was no help for me to learn how to cope too.

I know I can trust Ann and that she'll listen to me and give me advice without judging. Ann's helped me to look at things from Sienna's point of view. She helped me think about how all three of us were feeling so me and my husband could be more considerate and cope with the arguments better. Ann gave me a different way of dealing with things.

My husband also started speaking to someone at Children 1st Parentline to give him some support. Now he doesn't get as angry with Sienna, so they don't wind each other up as much.

If it wasn't for Children 1st Parentline I don't think we would be where we are now. Things have calmed down a lot. We still have bad days but not as often and Sienna doesn't get as angry. Now she talks to some of her friends and isn't as isolated.

Having somebody there to support us was a lifeline for me. Without it, I don't know what would have happened. It's had a huge impact on our life.

There must be loads of people out there in the same situation or worse and they don't know where to go. I'd tell any parent or carer who's struggling to get in touch with Children 1st Parentline. You don't need to feel alone.”

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



children1st.org.uk/parentline

If you, or a family you know are at the end of your tether, call 08000 28 22 33 free, browse

our website for advice and support, or start a webchat.

Child's House for Healing



When something bad happens the last thing any of us want to do is relive it over and over and over again.

But that's what happens to children in Scotland who experience crime. They will have to retell their story many times to many different adults from the police and prosecutor to social services and child protection to physical and mental health services. They will wait for weeks and months for the next stage of lengthy, complex and confusing procedures causing greater trauma, harm and distress.

The impact can last a lifetime.

Children 1st, along with the University of Edinburgh, Victim Support Scotland and Children England are developing Britain's first ever 'Child's House for Healing'. It will be a child-friendly, safe and welcoming place for children to go to, as an alternative to courts, social work offices and police stations. It will bring health, justice, social work and recovery services all under one roof. We can make the House for Healing a reality thanks to £1.5m funding from the People's Postcode

Lottery Dream Trust.

The first House is due to open in East Renfrewshire later this year, supporting up to 200 children from the West of Scotland. Working with East Renfrewshire Council and the Health and Social Care Partnership, the House will also become a learning hub where professionals and researchers can develop and share best approaches to helping children get justice and recover from frightening experiences.

This is an opportunity to transform our systems of justice, care, support and recovery so that they wrap their arms around some of the most vulnerable children in Scotland, ensuring they can recover from experiences that most of us would find unimaginable.

Instead of children's lives being blighted and their futures destroyed by trauma and abuse, children will recover from their experiences and feel safe and happy again.



Each year **12,600** children in Scotland need special support to give evidence



They can relive their experiences up to

14 times

Many children are harmed not healed by their experience



Let the Kids Win



Take on a new challenge

Virtual Kiltwalk, 23-25 April 2021

The Virtual Kiltwalk is promising surprises for participants, and also encouraging you to take part in any socially distanced challenge you wish. Walk, cycle or jump on a trampoline – anything goes! The incredible thing about the Kiltwalk is that they top up any donation by 50% - so for every £100 you raise, this means £150 goes straight to Children 1st.



scan to find out more

Interested? Sign up for your next challenge by contacting fundraising@children1st.org.uk today for a free charity place*. You will get your own welcome pack, a Children 1st t-shirt to wear proudly on the day and training hints or tips. We will be there to help you every step of the way.

Not your type of event? Visit children1st.org.uk/get-involved/events to see lots of other exciting opportunities or email us for more information.

*terms and conditions apply



Virtual London Marathon, Sunday 3 October 2021

Your race. Your way. You can be part of this iconic event by running 26.2 miles in your local community. As long as you start and finish between 00:00:00 and 23:59 on Sunday 3 October, you can break your virtual marathon down into as many sessions as you like.

The Official Virgin Money London Marathon App will enable participants to log their 26.2 miles and earn their coveted medal and New Balance finisher T-shirt. It will also bring the virtual experience to life, with an exclusive audio commentary featuring famous voices providing a memorable soundtrack to the day.



New Hubs for the North East

Our new service in Aberdeen is working in partnership with Aberdeen City Council, NHS Grampian and others to offer families early support to prevent children experiencing poor mental health, anxiety and distress.

The three Fit Like Family Wellbeing Hubs provide a safe and welcoming space for practical and emotional support to families. They are based at the heart of the local communities in Northfield, Tillydrone and Torry.



Families will be part of the ongoing design and development of this service to ensure that they can easily get the support they need; at the time they need it.

Linda Jardine, Director of Children and Families, Children 1st said: “The approach puts children at the centre of services and recognises that when families get early support children do better. It is rooted in children’s rights and delivers on the recommendations of the national Care Review - The Promise.”

Working together through the Hubs, we will improve the emotional wellbeing of children across Aberdeen at a time when this has never been more needed.



You can follow the Fit Like Aberdeen team at

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

A new start in lockdown



“We’d just moved into our new home in a new community, after being declared homeless. Lockdown started days later. Our initial feelings of joy were quickly followed by feelings of despair and isolation.

We didn’t know anyone. We felt so alone. Our children had just started their new school - I knew they were nervous by their shaky legs and playing with their hands. They didn’t have the chance to make any new friends before the school closed.

Moving boxes were everywhere, and now all five children were stuck in the house together all day, every day. They never had a chance to settle, I felt so sorry for them.

The children were stressed. Rosie had been bullied in those first few days at school. She wouldn’t open up to us. Josh has autism and

he needed extra support. It was torture trying to get them all to do their schoolwork. I was told “I’m not doing that” so many times. We had to use my mobile phone for schoolwork which was really difficult.

Everything started to get on top of me.

Grace from Children 1st was brilliant. My friend said Children 1st could help and they connected me with Grace.

It was good to talk to someone. Grace encouraged me to find my voice and the confidence to reach out for the support my family needed. I called my daughter’s school about the bullying and found the strength to challenge Josh’s school to get the additional support he needs to cope with his autism.

The children loved seeing Grace. Her visits to the back garden and phone calls helped us all cope emotionally. She was great with practical things too like applying for us to receive a Chromebook device and headphones which my children could use to block out all the household noise and listen to what their teacher was saying online.

Going back to school a year later is like starting all over again but the children are beginning to get back into a routine. They are making friends and we’ve gradually got to know some of our neighbours. Life has been really difficult in lockdown but we are still here and we still have our health and for that I am grateful.”

At Children 1st we know that often the best way to help children is by supporting families. We want to help families at an early stage when they need it, rather than waiting until things have reached crisis point.

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





Can you leave a brighter future?

Traumatic childhood experiences shouldn't be allowed to ruin a promising future.

You can make a difference to tomorrow's children today by leaving a gift to Children 1st in your Will.

After you have taken care of loved ones, your planned gift will play a vital part to ensure that children across Scotland who have suffered abuse, neglect, and other traumatic events can recover. Any legacy that you leave us - even

1% of your estate - will make a difference. Your solicitor can help you make or amend your Will.

If your estate is subject to inheritance tax, a gift to a charity is tax free and will reduce the amount of tax payable to the Government. Please ask your solicitor for details.

If you would like more information, please contact Mairi Foster, Senior Fundraiser in the strictest confidence. **T: 07767 648 515**
mairi.foster@children1st.org.uk

Children 1st in partnership with McClure Solicitors - Your chance to change the future

McClure Solicitors will prepare or review your Will free of charge - a service which usually costs £150 for a single Will or £240 for mirror Wills. All you need to do is consider leaving a donation for Children 1st.

The average cost of a Power of Attorney in Scotland is £360, but McClure Solicitors will charge you £249 (inc. VAT) of which they automatically donate £30 to Children 1st.

You can book an appointment by calling 0800 852 1999 or email contactus@mcclure-solicitors.com



Scotland's entrepreneurial challenge. By young people. For young people.

The Challenge: Children 1st will give £50 to develop a business idea, create a product or establish a fundraising initiative.

The Goal: In just two months the idea will grow the money, to help support children across Scotland.

Children 1st are investing and supporting young people to develop an exciting idea that they can make a reality. We will help with any questions or additional support as well as providing access to webinars and top tips from our 'Dragons' who help with budgeting, marketing and social media tips.

If you're interested, get in touch at fundraising@children1st.org.uk to request your Dragons Glen Junior pack. Visit children1st.org.uk/dragonglenjunior for more information.

Sponsored by TIGERS Ltd



Well done to young entrepreneur Sophie and her friends Aliah and Eva. They are brightening up people's days with their colourful creations.

The talented trio have set up their own business Rainbow Cheer - making colourful keyrings, bookmarks, bracelets and decorative heart signs to help cheer people up.

Supporting Children Across Scotland

Children 1st Parentline

Every family needs a helping hand sometimes. If your family needs us - we're here. You can also arrange to speak with a money advisor by contacting Children 1st Parentline. Call for free on **08000 28 22 33**, browse our website children1st.org.uk 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
W: children1st.org.uk/parentline

Supported by



in Sport

We help children and young people be safe and have fun in sport.

We support volunteers and staff in sports organisations across Scotland to keep children safe by providing advice, consultancy and training on the development and implementation of child protection policies, procedures and good practice.

If you have concerns about a child, or need further information, contact us:

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

Children 1st in partnership with



Safeguarders Panel

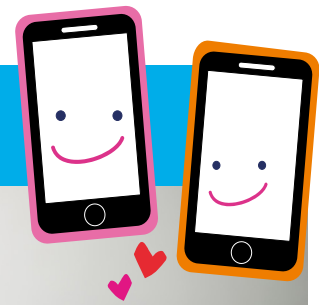
Children 1st is contracted by the Scottish Government to manage the national Safeguarders Panel. Our role includes recruitment and selection, training, managing appointments, complaints and monitoring performance of Safeguarders across Scotland.

We work with the Scottish Government, Safeguarders and all

those involved in the Children's Hearings System to ensure that a child's best interests are at the heart of any Children's Hearing or related court proceeding. Contact the Safeguarders Panel Team

T: 0345 604 4296
E: safeguarderspanel@children1st.org.uk
W: children1st.org.uk/safeguarders

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.

It is vital to keep in touch with our supporters.

We want to tell you 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 you

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/terms-and-conditions/privacy-policy.



scan to
donate online



Yes, I want to help protect children



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**

1 Your details:

Title: _____

First Name: _____ Surname: _____

Address: _____

_____ Postcode: _____

I am happy for you to contact me by:

Email: Email Address: _____

SMS: Mobile Number: _____

Phone: Phone Number: _____

For information on how we use your data look at page 15.

2 Please accept my gift of:

£10 £25 £50 Other £ _____

Thank you

3 Donation Payment:

I enclose my cheque made payable to Children 1st OR please debit my Visa/Mastercard/ Maestros/ CAF Charity Card (please delete as applicable)

Card number _____

Start date _____ Expiry date _____ Security number _____

Signature _____

Today's date _____

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

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 _____

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