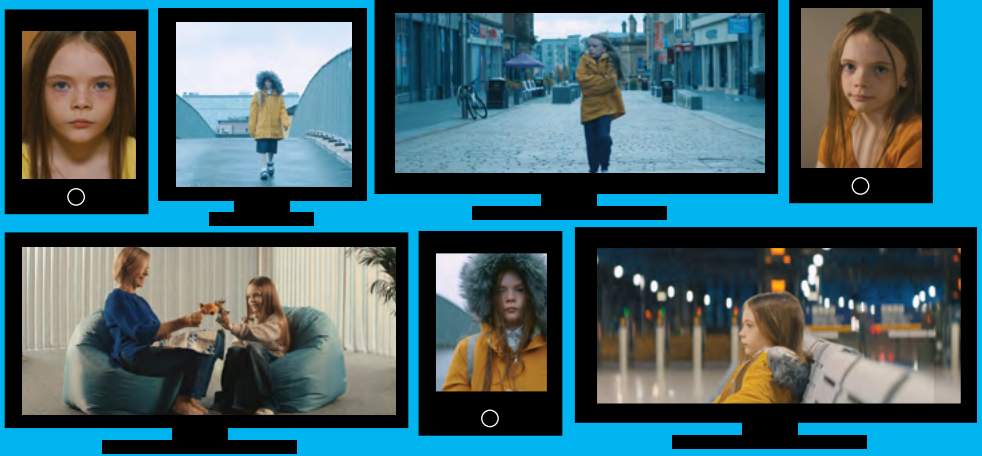




# How you're putting Children first

Find out how your support is transforming lives

## How you're helping to give a child their smile back



**Thanks to you, children across Scotland are feeling safer, happier and hopeful for the future.**

When a child goes through a traumatic experience they can feel completely alone. They can shut themselves off from the rest of the world.

You are helping to ensure that one day no child in Scotland will ever have to feel alone.

Our Give a Smile Back campaign aims to increase awareness, and encourage support from more people like you. So that together, we can ensure every child gets support when they need it most.

Read more inside about how you are making such a difference to children's lives. Thank you.

**Did you know?**  
**88p in every £1 you donate**  
goes directly to supporting  
children and families



# The reasons behind the smiles

You help children and families move forward from challenges so they can enjoy life again.

Thanks to your incredible support children and families have someone to turn to when times are tough. Someone who can help them recover from abuse, neglect and other traumatic experiences.

You are giving children their smiles back.

Smiles that show just how worthwhile and important your support really is.

Smiles that tell stories of hope and happiness.

Here's a few of the big (or wee) things that families said help make their children smile.



# The Magic of Mentors Revealed

Thanks to your support, mentors are helping children like Becky experience new things and build confidence.

Every Wednesday, around half past four, Becky keeps a close eye on the clock. She jumps to her feet as soon as the doorbell rings and rushes to greet Tom with a huge big smile. Tom is Becky's mentor. Tom has been visiting Becky for almost two years now, and helps her cope with challenges at home.

Becky, age 9, said, "The best thing about having a mentor is they're really really kind and they listen to you, and you get to go on adventures and they buy you ice cream!"

## Why are mentors important?

Maggie Farrell, mentor co-ordinator for Argyll and Bute explained, "Children's mental health, education and ability to express their feelings are compromised by the challenges they face. Volunteer mentors help children to build confidence and resilience."

## The special moments make all the difference

Tom and Becky have gone out for tea to do some planning and chatting. They've gone fishing, grown vegetables, got crafty with glitter, got knitting, been swimming, taken part in community events, gone to piano lessons, visited various artists studios...and the list goes on.

As you'll know, special moments like these can make all the difference. By experiencing these happy times it helps children begin to value their own strengths, and start believing they are equal to their peers. Mentoring is giving children the confidence to move forward and hope for the future.

With your help and the help of volunteer mentors, Children 1st provides support through intandem, Scotland's national mentoring programme for young people aged 8-14, who are looked after by their local authority and live at home.

If you are interested in volunteering find out more at [www.children1st.org.uk/get-involved/volunteer](http://www.children1st.org.uk/get-involved/volunteer)

What is a mentor? : Becky created this poem to share with you what a mentor means to her

Mentor is a helpful person

Each week helps with things in life

Not grumpy (hopefully)

Time together, time for you

Oh my there for you and no one else

Ready for action

Becky, age 9



Becky's drawing of a day out with her mentor

# “Am I a victim or a criminal?”

## How the current justice system can make children feel terrified and upset.

When something bad happens the last thing any of us want to do is relive it over and over again. Sadly, through the current justice system, children have to relive their traumatic experiences multiple times. They have to tell lots of different people, before eventually going to court to give evidence.

With your help, Children 1st are campaigning to change the justice system for child victims and witnesses. The ambition is for Scotland to have a barnahus approach. The model originated in Scandinavia – it’s a single place where children can go to get all the support they need, and where the justice system can get the best evidence from a child.

### **What happens just now.**

It can often take a long time before a trial goes to court. James, 10 years old, had to wait 14 months to give evidence. James explained, “When they said it was going to take longer, I felt like I couldn’t do it. If it had gone to court quicker, I would’ve felt stronger.”

When a child goes to court they often don’t know what to expect. Sometimes they don’t have any

support throughout the process. The court building can be an intimidating place and the child often worries about seeing their abuser.

After hours of waiting in a room, sometimes for a full day, the child can feel unable to answer questions or give clear responses when they are finally called to give evidence.

### **Your support means change is possible.**

As you can guess, experiences like these can cause lifelong damage. Without the right support children can develop harmful behaviours and strategies to cope, which can lead to difficulties in school, in relationships at home and in the community.

With your help, we can be there to support children to recover from physical or sexual violence, emotional abuse or neglect.

Together, we will continue to campaign to change the current justice system so the experience can be improved for child victims and witnesses, and be the first step on their journey of repair and recovery.

At the time of print (March 2019): Holyrood voted to support the general principles of the Vulnerable Witnesses bill.

Various MSPs gave comments of support for Children 1st's campaign recognising the current system is designed for adults; it is rooted in the Victorian era, and often causes children greater trauma and harm.

MSPs agreed a barnahus approach could be a better way for the child and their family to get the support they need to recover.

If you would like to find out more about campaigning for barnahus please email:  
[colette.glynn@children1st.org.uk](mailto:colette.glynn@children1st.org.uk)





135 years ago, one person changed the life of a little girl called Mary Ellen.

Your support today is just as important and is changing the lives of thousands of children across Scotland.

With your help, Children 1st will be here for as long as children need us.

Here's a look back over the past 135 years of supporting children in Scotland.

### Did you know?

**Gifts in Wills make up nearly a third of fundraised income Children 1st receive. People have left gifts in their Wills which have changed children's lives over the past 135 years.**

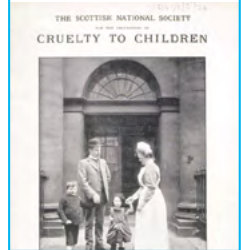
**By leaving a gift in your Will, you can continue to support children long into the future.**

**To find out more email [colette.glynn@children1st.org.uk](mailto:colette.glynn@children1st.org.uk)**

Mary Ellen McCormack was an American girl whose case of child abuse led to the creation of the New York Society for the Prevention of Cruelty to Children, the first society of its kind in the world.

Scotland's first society devoted to the prevention of cruelty to children was established by James Grahame in Glasgow in 1884.

Glasgow and Edinburgh societies merge to form the Scottish National Society for the Prevention of Cruelty to Children (SNSPCC).



1884

1889

1978

1995



To reflect the changes in the work undertaken over the previous 111 years, the RSSPCC changed its name to become CHILDREN 1ST.



# Supporting children in Scotland for 135 years

Queen Mother donates gifts to children at Christmas.



1906

The SNSPCC was awarded a Royal Charter, and became the RSPCC.



1921

Fundraising at the Edinburgh Charity Bazaar.



1936

RSSPCC moves its Edinburgh branch from the city centre to Polwarth Terrace.



1952

2002



Sammy Sunshine becomes the new mascot.

2011



Royal Visit to Aberdeen

2015




New look for Children 1st.

2018



Give a Smile Back campaign is launched to raise awareness and support from the public.

# How talking about the unknown can help children



“I feel better because we talked”

When something awful is happening it's hard to know what to share with children. Thanks to you, Parentline is here to offer families like John's emotional support when they need it most.

Every day John lived with the fear that his mum wouldn't be there when he got home from school. John was only nine years old, but instead of just playing with his friends, his days were full of confusion, anger and pain.

John's mum, Tanya, has terminal cancer. Tanya was trying to keep things 'normal' but was worried about how John was coping. Thanks to your support, Grace at Parentline was able to help straight away.

## Your support helps families to prepare for the future.

Through several weekly conversations, Tanya realised that she couldn't protect John by pretending things were alright. Grace helped Tanya think about how to talk about what was happening. With support, Tanya began preparing John for what his life would be like without her.

John told his mum "I feel better because we've talked." Now John knows what's happening, he feels a bit calmer and is learning to cope with his emotions. John and his mum are enjoying the time they can spend together and being more open and honest with each other. They know support is there if they need it at any point.



# 2,185

Parents, carers and concerned individuals  
supported by Parentline in 2017-2018.

Supported by players of



Awarded funds from



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If you have worries about your family or a child you know but don't know where to begin, you can contact Parentline for advice and support.

**Call: 08000 28 22 33 | Visit: [www.children1st.org.uk/parentline](http://www.children1st.org.uk/parentline)**

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# Can you predict a child's future from their experience at school?

Going to school can fill some children with dread. Having the right support is transforming children's experiences and their future.

"I try and get to school for about 8:45am so I can be outside the gate to welcome the kids coming in. You can tell a lot about how a child's morning has gone when you see them coming through the gates", said Rachel, a family support worker based in a primary school.

## **How poverty affects children going to school.**

A number of issues can affect how well children get on at school, and then later in life. Children living in poverty often face the greatest challenge of attending and achieving at school.

Poverty isn't just about the practical, material challenges of struggling to pay bills. The stress of not being able to afford necessities like housing, food, gas and electricity mean parents and carers can find it difficult to be emotionally available to their children.

## **You ensure every child gets the support they need.**

Children 1st are working with families, schools and communities so every child feels like they can attend and achieve at school. Rachel told us a bit about her experience of being a family support worker in a primary school:

"I don't want kids to feel stigma for working with me. When I first started here I gave all the kids a challenge of who could say 'Hi' to me the most by the end of the week. I started to regret it slightly when I walked out to the playground and then in to the dining hall and all I could hear was little voices shouting 'Hi Rachel! Hi Rachel! Hi Rachel!' It worked though as all the kids now see me as a friendly face and someone they can talk to if they're worried."

Family support workers are there to help children and their families. It can be anything from talking about their worries to getting parents involved in school learning. They also offer practical support for parents and carers with things like routines at home or debt and money advice, to build financial security and reduce family stress.



“We couldn’t have done it without you - life was so hard and getting Catherine to school some days was like climbing a mountain... you really listened.”  
Catherine’s Mum



Cole with his winning medal

# Cole takes on the Great Scottish Run

When Cole found out that some children are not always happy, he decided he wanted to help.

Cole, age 10, said, "I wanted to do something so that other children could feel happy again. I like lots of sports but decided to try running the Great Scottish Run."

Cole's family were there to cheer him on as Cole passed through the finish line in record time. They were amazed at how fast he completed the race.

"I think I'll try a marathon next!" said Cole.

## Your communities raising vital funds

Thanks to you, children across Scotland can get the support they need.

Whether you donate when you can, make a monthly donation, give up your time, take on a challenge or hold an event, all of these things make a massive difference to transforming the lives of children in Scotland.



## Could you join Team Children 1st?

There are lots of ways you can raise money to help vulnerable children and families across Scotland.



We're here to help you every step of the way and would love to hear from you.

To find out more visit:  
[www.children1st.org.uk/team](http://www.children1st.org.uk/team)  
Email:  
[fundraising@children1st.org.uk](mailto:fundraising@children1st.org.uk)  
Phone:  
0141 419 1158

The logo for Children 1st, featuring the text "Children 1st" in a white, rounded font with two small circles above the 'i' and 't'. Below it, in a smaller font, is "SCOTLAND'S NATIONAL CHILDREN'S CHARITY".

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



In partnership with



**McClure**  
SOLICITORS

## Your chance to change the future

**McClure Solicitors can 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, and 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)**