



SUPPORTERS NEWS

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your support is
transforming lives.

AUTUMN 2023

SCOTLAND'S NATIONAL CHILDREN'S CHARITY

BAIRNS HOOSE
★ ISSUE ★

How you're
putting
children first



Welcome to this special issue of our newsletter

In an historic moment, Scotland's first Bairns Hoose is now open.

This is a huge milestone on a very long and complicated road to transform the experiences of children who need and have a right to safety and protection, care, justice and recovery.

It's been a long-held dream and ambition at Children 1st to develop more compassionate, trauma-informed and child-centred ways of protecting and supporting children to recover from the impact of abuse and violence. It began more than 40 years ago, when a child told our colleague Margaret Mills in the Borders Service that the experience of going to court harmed them more than the abuse they had experienced.

Since then, we have steadfastly campaigned for changes to the child protection and justice system.

Bairns Hoose seemed a distant dream, until we made the decision to apply for funding from People's Postcode Lottery, through their

aptly-named Dream Fund. The £1.5 million received from the Postcode Dream Fund raised entirely by players of People's Postcode Lottery, together with the ongoing support of our amazing donors and funders have made this dream a reality.

Now that the Bairns Hoose is open we can offer children in Scotland care and protection and access to justice in a space that is comforting, safe and designed to promote their recovery.

Our work is continuing apace to replicate the Bairns Hoose model across the whole of Scotland; sharing our learning, championing the rights of child victims and witnesses, and seeing real transformation in the way we deliver justice and recovery for children.

This is an incredible achievement; on behalf of Children 1st, thank you for being part of our journey, and thank you for your support.



Mary Glasgow
Chief Executive

Bairns Hoose - Transforming Care, Justice and Recovery for Children



When children experience the trauma of abuse and violence they have a right to get all the care, support and justice they need to recover and thrive.

Currently, once a crime has been reported, the child involved will need to speak to a multitude of different people – the police, social workers, doctors, nurses and others who are trying to help.

This can mean they have to relive what has happened to them up to 14 times to different people in different places. Sometimes they may not be able to have a family member or loved one with them, making the experience even more difficult.

Many young people have told us that what happens after a crime has been reported can be more traumatic for them than the crime itself.

By developing the Bairns Hoose we are changing the system.

Scotland's first Bairns Hoose is based on the internationally-renowned Barnahus model which is being adopted across Europe and is underpinned by the UN Convention on the Rights of the Child.

It is a trauma-informed, multi-disciplinary approach which unites services for children who have experienced abuse and violence and their families, ensuring that the rights of children to justice, care and protection are upheld.

Scotland's first Bairns Hoose will give children the support they need and help them to recover from their experiences.

Scan here to read more or visit

www.children1st.org.uk/bairnshoose





A Safe Place

The Children 1st Bairns Hoose in the west of Scotland will be life-changing for many children and young people. It will bring about significant change to the justice and legal system to best meet the needs of child victims and witnesses. Social work, police, justice, and health professionals from four local authorities in the area will support local children and young people through the Bairns Hoose alongside the Children 1st Bairns Hoose team.

The Bairns Hoose is designed to feel like a family home. For the first time, children and young people who experience abuse and violence will be able to get all the protection, care, justice and recovery support they need under one roof.

At the Bairns Hoose, each young person will:

- **Give evidence**
- **Receive medical care**
- **Take part in decisions about their protection**
- **Get support to recover from the trauma they have experienced**
- **Have a space where their wider family can also get support to understand what has happened to their child and how best to help them through it all.**

Lydia, aged 12, has shared her story (opposite) of her experience with the justice process and how it impacted her life. Read her words to understand why change is needed:

Things Need to Change

This is my story,
Please listen to me when I tell you,
Things need to change.

It was 8am,
I was confused,
I was sad,
My Mum was upset too,
At that moment I knew something was up,
Something was not quite right throughout
the night.

I found out he had been arrested,
I didn't know exactly what was going on,
I was 10 years old,
And what I had just been told was going to
change my life.

Sometime went by then the Police arrived,
They came into my room, whilst I was in bed,
in my pyjamas,
I wanted to have a say, but it was 9pm,
I was 10 years old tucked up in my bed.
This was the wrong time,
You must remember I was a young child
feeling confused and upset.

We are children,
Please don't treat us like adults,
Things need to change.

I was confused,
I was scared,
I got in the car with a Social Worker,
I didn't know what was going to happen,
Nothing had been explained to me.

When we arrived, I felt wary as it was scary,
What was about to happen to me?
I went in the lights were bright,
I felt sick.

They started to ask questions,
I felt interrogated,
I felt unregulated,
My emotions were everywhere,
I needed a break to breathe and self-regulate.

The room was very bright,
It was supposed to help me relax,
But, in fact it made me feel uncomfortable,
I wanted it to be over,
It was too much pressure.

Please remember not to rush us,
We need time to process what's going on,
Too many questions were asked all at once.

We are children,
Please don't treat us like adults,
Things need to change.

I was annoyed,
I was angry,
I was confused,
Why was it taking so long?
Was the court case going to happen?

It felt like he was winning,
Because the trial kept getting delayed,
I could feel stress building inside me,
I had other stresses alongside me,
It was getting too much for me.

Waiting, waiting, and more waiting,
Delay after delay,
I was getting impatient,
I wanted to move on,
I wanted to be happy again.

Please remember I was a child,
The court system is not right for children,
It is very scary,
So please make it more child-friendly,
Make the process easier, brighter, and less
scary.

We are children,
Don't treat us like adults.

This was my story,
Please listen to me when I tell you,
Things need to change.

By Lydia, 12 years old



Mia's Story

While the Bairns Hoose was being developed and built, about 100 children in the area of the Hoose who have experienced abuse or violence have had a support worker during the first phase of the project. Having someone by their side, on their side to help explain what is going on and give emotional, practical and therapeutic support is a fundamental foundation for their recovery journey.

Mia, now 17, was one of these young people after being sexually assaulted for the second time.

The first rape was when she was 14 and it took her a long time to build up the courage to tell the police.

She says that even then the process was worse than she expected.

Mia, whose name we have changed to protect her identity, said she had to explain what had happened to her to lots of different people.

“I had random police just coming to the door,” she said. “It was interrupting my mental health, my education, I was having to take weeks off school to get back to normal. I would lash out at people. I was drinking, trying to get away from it all.”

Mia says she was struggling to cope and began to self-harm.

When she went to the Sheriff Court to give evidence she says she was terrified.

She had asked for special measures as a child but the first person she saw at court was the man who had attacked her. He was standing outside the building smoking.

“Then I went through all these rooms thinking I could bump into him in any room,” she said. “We sat there for two-and-a-half hours and then they said the case is not going ahead today you will have to come back.”

A year later, in a separate incident, she was sexually assaulted for a second time.

Mia says having someone she can talk to and who was by her side through the process has really helped.

“If I had had to go to the second case all by myself I would have gone on a worse road than what I was already on,” she said.

“Because the first time I went off the rails. I was literally fighting with people.” She said:

“My Children 1st support worker saved my life quite a few times. Without her I would be lost.”

Katie Sutherland, Mia's support worker, explained that going to court re-traumatizes children and is too intimidating for them to give quality evidence. “Often, they lose their words, they lose their memories because the trauma has overtaken them,” she said.

Children 1st will continue to make sure children's rights and needs are at the centre of everything we do, as we work for every child in Scotland to have access to a Bairns Hoose.



Thank you to all the children and young people who have so bravely shared their stories, about how harmful our current systems of protection, care and justice can be. Their voices and views have shaped every part of the development of the Children 1st Bairns Hoose.

Visit [bbc.co.uk/news/uk-scotland-66595477](https://www.bbc.co.uk/news/uk-scotland-66595477) to read their interviews with Mia and Katie.

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



Inside the Bairns Hoose

The interior of the Bairns Hoose has been specially designed with children and young people, for children and young people. Rooms are decorated in a calming colour palette with soft, comfortable furnishings. The safe and secure landscaped garden has mature trees, accents of colour and calming scents such as lavender, thyme and rosemary; providing breathing space for those who need it. This will transform the experiences of children and young people from the moment they disclose they've been harmed.

We've already had some feedback from children and families who

have visited the space, and have told us things like "It looks safe, not just physically; it has a safe *feel*."

The Hoose is warm and welcoming, with high-quality technical facilities including interview space to record evidence and deliver live links to court. One of the major aims of the Bairns Hoose is to support the gathering of high-quality, pre-recorded evidence that can be used in court, so that the number of times children have to tell their story can be reduced as far as possible.

With that, Children 1st can focus on helping children and their families



Children visiting Bairns Hoose with Chief Executive Mary Glasgow

to recover – the part that so often gets lost in our justice and child protection system.

Children 1st appointed a design team of Lee Boyd, Morham and Brotchie, Harley Haddow, David Narro Associates and Thomson Gray, with additional input from Sandy Brown and Ruth Gebbie. Their level of care, attention to detail and understanding of this project ensured that we have delivered all the technical specification required, alongside the most beautiful design.

Contractors Renwood Construction Glasgow Ltd brought an understanding of the expectation of quality and practical delivery. Renwood have embraced this project, provided solutions to challenges and have brought in a team that are fully-engaged and have gone above and beyond expectations in the delivery of the project.

The build team have taken this project to their hearts, going the extra mile to create a truly special place. Every child and family who visit the Bairns Hoose will benefit from their love and care.

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.





Summer family fun

Children are so excited about the school summer holidays. However, for many families this can be a difficult time to manage. Experiencing days at the beach, visits to places of interest or simply playing in the local park can be challenging due to a lack of emotional, practical or financial support.

Over the summer, Children 1st teams from all over Scotland brought families together for fun days out. Children were able to play together, experience new skills and make new friends. Adults had

the opportunity to enjoy a break from being at home and connect with other parents and carers.

Even the unpredictable Scottish summer weather did not prevent the events. For the same beach trip, one team member turned up in a t-shirt and shorts while another turned up in a waterproof coat and trousers! We like to be prepared for any weather.

Thank you to all the local authorities, trusts and partners that supported these activities.

**I WILL
KNOW
THAT I
AM SAFE**



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](https://children1st.org.uk/legacy)**



Over 200 million books have been gifted by Dolly Parton's Imagination Library globally since the programme launched in 1995 in Dolly's home county in East Tennessee, USA.

Through our partnership with the Imagination Library, Children 1st has gifted a total of 11,586 books to over 800 children. Reading increases a child's communication and language skills and helps to bring families together, building stronger relationships.

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 a precious gift addressed to the child and adds another book to their own special library.

The books are carefully selected, and full of variety. They include traditional stories and rhymes, books by beloved authors and

illustrators, non-fiction content, and newly-published titles.

Thanks to our generous supporters, 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.

A donation not only gives the gift of reading, it can also give children and families the emotional and practical support they need.

Research from Swansea University found that "Children in receipt of Imagination Library books for more than a year performed better in end of Reception year assessments (equivalent of Scotland's Primary One) than their peers, when matched for demographic factors."

Zwierzchowska-Dod (2022)

Visit children1st.org.uk/imaginationlibrary or scan here to learn more or donate



BE LIKE JACK!

Jack and his Grandad Andrew cycled 65 miles from Edinburgh to Glasgow, raising over £1,101 for Children 1st.

Jack says he "chose Children 1st because it's helping all the children in Scotland". He enjoyed the cycle but admitted, "I'm glad it was only three days!"

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

LET
THE
KIDS
WIN



DATES FOR YOUR DIARY

15-16 MARCH 2024
Supernova Kelpies 2024
The Kelpies, Falkirk

Take part in this fun, timed 5k at dusk and enjoy seeing the beautiful Kelpies change colour as you run by. Get ready... steady... GLOW!

17 March 2024
Abseil with Children 1st
Falkirk Wheel

Experience a thrilling 100ft drop from the iconic Falkirk Wheel, the world's first and only rotating boat lift!

7 APRIL 2024
Kilomathon Scotland 2024
Edinburgh

With the Mini Kilo 2.6k for 6-14 year olds, 6.5k for 15 years+ and 13.1k for 16 years+ there's a perfect Kilomathon race in picturesque Edinburgh for you.

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 organisations working with children.

T: 0141 419 1156
E: cwps@children1st.org.uk
children1st.org.uk/help-for-families/child-wellbeing-and-protection-in-sport/

In partnership with



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.

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



Registered Scottish Charity No: SC016092



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

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| | |
| I am happy for you to contact me by (tick as appropriate) | |
| <input type="checkbox"/> Email | Email address: |
| <input type="checkbox"/> SMS | Mobile number: |
| <input type="checkbox"/> Telephone | Telephone number: |

For information on how we use your data see page 15.

2 Please accept my gift of (tick as appropriate)

| | | | |
|-----------------------------|------------------------------|------------------------------|---------------------------------------|
| <input type="checkbox"/> £5 | <input type="checkbox"/> £15 | <input type="checkbox"/> £35 | <input type="checkbox"/> Other £_____ |
|-----------------------------|------------------------------|------------------------------|---------------------------------------|

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)

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| Signature: | Date: |
|-------------------|--------------|

4 *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.