



SUPPORTER NEWS

Find out how
your support is
transforming lives.

AUTUMN 2024

SCOTLAND'S NATIONAL CHILDREN'S CHARITY



140 years
of protecting
Scotland's
children



Guest editorial

Sarah Axford, Scottish Borders service manager

I am delighted to open this edition of Children 1st Supporter News by taking the opportunity to thank all of our supporters for making our work to protect children across Scotland possible.

As a charity, we marked our 140th anniversary this summer, and here in the Scottish Borders we have been supporting children, young people, and their families for 115 years.

We've supported thousands of children and young people with some of the most harrowing experiences of their lives including domestic violence, sexual abuse and trauma. There are some areas of real deprivation in the Scottish Borders and many of our families are impacted by transport issues, which can be really isolating in a rural area like ours.

We are seeing more families impacted by substance use, young people in conflict with the law and children who are struggling to attend school. Families are also struggling to make their money stretch for the whole month and sadly, they are being pushed into crisis.

But we have reasons to be optimistic. There is a big commitment locally to partnership working and preventing children going into care, ensuring they grow up safe, loved and that their rights are respected. Our approach to working with children and families puts their voices at the heart of any plans made for their future and we're seeing this make a real difference.

We would not be able to keep children, young people and their families safe, happy and well without our supporters.

The work of Action Groups up and down the country is a vital part of that.

Read on to learn about the work of our Selkirk Action Group and the celebration event we recently held to mark Children 1st's 140th anniversary with them.

Thank you for your decades of support and dedication to Children 1st.

Sarah Axford

Spotlight on Selkirk Action Group



of volunteering. Bill Dunbar's commitment to Children 1st has been more than just a career. He called it a "life-long pursuit".

His involvement with Children 1st goes back almost six decades. He started his career with the organisation as an inspector, who would check on children's wellbeing, when it was known as the Royal Scottish Society for Prevention of Cruelty to Children in 1968.

Children 1st Action Groups across Scotland help to raise vital funds to keep children safe and well.

The Selkirk Action Group has been raising money for Children 1st since the 1950s and together they have raised more than £70,000 to keep children and young people safe.

At a celebration event to mark the contribution of the action group and Children 1st's 140th anniversary in July, former and current members got together in Selkirk to share their memories of their involvement.

Not only has the group raised vital funds in the Borders, but members have gone above and beyond the call of duty over their decades

One heartbreaking story Bill and members shared involved taking a young baby to a place of safety after it was dropped off at Bill's house.

"It's been a very eventful life working for the society. It was a way of life." - Bill

The Selkirk Action Group is now a small group of lifelong friends who are united in their support for Children 1st and proud of all they have achieved together.

Thank you to all seven Children 1st Action Groups across Scotland: Deeside, Dumfries, East Neuk, Elgin and Moray, Lockerbie and Selkirk. Together they have raised more than £1.5 million for Children 1st.



Supporting siblings to stay together

When Louise from Children 1st was first introduced to Scott and his sisters, their mum was terminally ill and sadly she did not have long to live.

There were historic abuse allegations in the family resulting in their dad no longer being part of their lives, although still having parental rights. The three children were alone and felt they had nowhere to turn.

Louise and a social worker made contact with the children, including Scott's older sister, Lisa, who had moved back into the family home to look after her younger siblings who are both under 16.

They were in immediate danger of becoming homeless because their mum's name was on the tenancy, but Louise worked with their housing officer to make sure they could stay in their home. She also recommended seeking family legal advice to address their fears around their dad being involved in their care.

The family were struggling to manage the new set of responsibilities, with money and budgeting becoming an additional layer of stress for them whilst grieving. Children 1st's financial wellbeing team helped make sure they were claiming all the benefits and support they were entitled to.

Louise was also able to support the family in a practical way, with supermarket shopping vouchers for essentials and cinema vouchers to allow them to have precious family time together.

She quickly built a bond with the family and made herself available to listen to what was most important to them individually and as a family, both in the immediate term and moving forward.

Thanks to the support of Children 1st, Scott and his little sister were able to stay safely in their family home with their big sister, Lisa who decided to move back in permanently.

“I'm so proud of Scott and thank you very much for helping him smile again.” - Lisa

Scott hadn't been to school for over a year, and this really concerned Lisa as he was feeling anxious about attending school but was also keen to learn. Scott had also become increasingly isolated from friends during this time.

Louise supported the family in meetings with school to help make a plan that Scott was comfortable with to help him to

gradually get back to learning at his own pace so he could feel he belonged there again.

Recognising that Scott's confidence in himself and his ability to mix with others had been significantly impacted, Louise introduced him to a Children 1st volunteer befriender, Joanie. Initially she met Scott to go for a hot chocolate or a seat by the river to get to know each other.

Over time this has transformed things for Scott. He is now excited and happy to go out with Joanie and they meet once a week while he engages with his schoolwork. This has also had a positive effect on his big sister Lisa, who has now been able to do some planning for her own future, and is looking forward to starting college later in the year.

Louise said: “It's so heart-warming to see the positive progress Scott is making now and the whole family are finding their feet together. They have been through an awful lot, and I feel incredibly humbled that they have trusted me to support them.”

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



Protecting children from online harm

Technology has developed more rapidly in the last decade than ever before. We all understand it's an essential part of daily life, but online harm is one of the greatest threats to children's wellbeing.

At Children 1st we have been calling for governments across the UK and world-wide to work together to protect children from online harm as a top priority.

As Scotland's national children's charity, we want to help keep all children safe online. No child should experience online harm

such as cyber-bullying, grooming or be exposed to violent and pornographic content and other online dangers. We want to equip parents and carers with the tools to help protect their children from these risks.

To help us understand children and families' key concerns about staying safe online, we've been running workshops with children, parents and carers across the country.

One young person said:

“Cyberbullying is horrid. It's massive.”

Families told us they are especially anxious about:

- *The rapid pace of change of technology and AI and the lack of regulation.*
- *Staying safe on social media, including Snapchat, and cyber bullying.*
- *The cost of devices, data and wi-fi adding further pressure on their finances.*

One grandmother shared:

“My grandson keeps saying our internet is rubbish but the one we have is all I can afford.”

Parents and carers also shared their belief that further support and guidance from charities like Children 1st would be crucial to help protect their children online.

The insights from children and families at the workshops will now inform how we build on the existing support we provide around online safety and campaign for governments to prioritise protecting children from online harm.

We believe listening and learning from children's experiences

is vital and that's why we are working with partners from Europe and the USA to bridge the gaps in protection and justice for children and young people who experience online sexual harm.

The project, funded by the European Union, involves promoting and sharing best practice internationally in supporting child victims of sexual abuse where being online has been a factor. This work is crucial at a time when online sexual harm to children is on the rise globally.

We want children and young people to feel seen and heard and will do all we can to support their families to protect them from online harm.



One young person told us:

“You just don't know if your online friends are real or not.”

Let's work together to change that.

Share your hopes for children in Scotland



Life as we know it has changed significantly in Scotland over the past 140 years, and the challenges that children and families face have dramatically changed too. Here are some of the hopes for the future we have received so far.

"That all children are kept safe, that their cuddles are genuine and filled with love."

(Liz Thomson)

"Having grown up in the care system and experienced first-hand the damage that can be done by the systems that are supposed to protect children, my hope is that children in Scotland will grow up in a society that is trauma-informed, that respects their rights and that listens to their voices."

(Children 1st colleague)

"I hope that children in the future have a safe place to go, good food to eat, nice people to look after them, and that online bullying doesn't happen anymore."

(Chloe, age 9)

"I hope that children have opportunities in learning, sport and music."

(Molly, age 9)

"For every child in Scotland to feel safe, loved, happy and confident in their future."

(Nicola Douglas)

"I hope that children in the future have a very good life."

(Rebeka, age 9)

"I wish that every child in Scotland has someone who looks after them, a home to live in and a healthy and happy life."

(Olivia, age 7)

"I hope that children in Scotland grow up loved, healthy and resilient enough to deal with life's ups and downs."

(Scott Fraser)

"I hope that children always have a chance to play."

(Louis-James, age 4)

"I hope children are loved, happy and have a good home."

(Erin, age 8)

"My hope would be that with the increased pressure on children nowadays, mainly coming from social media, that children are given the space and time to still be children."

(Martyn Maclean)

What type of future would you like to see for children in Scotland?



Share your hopes here:
children1st.org.uk/140anniversary





The Children 1st Banchory Bangle 2024

The Children 1st Banchory Bangle is designed by world-renowned Perthshire artist and engraver, Dr Malcolm Appleby MBE FRSE and raffled annually by the Children 1st Deeside Action Group.

2024 marks the 47th year of the Children 1st Banchory Bangle. To date the beautiful bangles have raised over £193,000 for Children 1st, with last year's draw raising close to £10,000.

A one-off piece of Scottish treasure, there is only one Banchory Bangle, cast in silver gilt with an additional two copies made in silver and bronze up for grabs in the draw.

The bangle is a highly prized piece of jewellery valued at over £1,000, which over the years has been won by several lucky people throughout Scotland, the UK and well beyond.

This year's stunning design is a celebration of the variety of plant and animal life that inhabits our hedgerows.



To find out more and be in with a chance of winning one of the coveted Children 1st Banchory Bangles, visit www.children1st.org.uk/banchorybangle.

To enter for free please post your entry including your name, contact details and date of birth to Children 1st, 83 Whitehouse Loan, Edinburgh, EH9 1AT.

Entries must be received by Sunday 24 November 2024.

Enter now at
[children1st.org.uk/
banchorybangle](http://children1st.org.uk/banchorybangle)



Take part in an event that puts children first

There are lots of great events coming up over the next few months and we would love for you to get involved! Here are some dates for your diary:

→ 23 November 2024

Changing Children's Lives Fundraising Dinner

Join Judy Murray, OBE and Michel Roux Jr. at this exclusive fundraising dinner at Crossbasket Castle, East Kilbride. The aim of this fundraising dinner is to raise £100,000, which will change the lives of children who are living in poverty and young people who have experienced trauma.



More dates to save

→ 31 December 2024

Skydive

Take to the skies for Children 1st.

→ 27 April 2025

TCS London Marathon 2025

Join our team to help transform the lives of thousands of children across Scotland.

→ 24 and 25 May 2025

Edinburgh Marathon Festival 2025

Be part of Scotland's biggest running festival and support young people!

Workplace fundraising

Does your workplace get involved in fundraising? Do you have a charity of the year, host an annual event, or take part in team challenges? If so, we'd love to hear from you. Contact our team at partnerships@children1st.org.uk to find out how we can work together to keep Scotland's children safe, loved, and well.

Ready to sign up!?

Scan to find out more or visit

www.children1st.org.uk/events



This summer we're marking our 140th anniversary!

A message from Mary Glasgow, chief executive, Children 1st.

Thanks to your support and that of partners, volunteers, children and families we have achieved amazing things together for children across Scotland.

But today, one in four children in Scotland live in poverty. Today, children need our support more than ever at a time when families are under huge pressure.

In the fast-paced world we live in, children face challenges we couldn't have dreamed of 140 years ago. Online harm is now one of the greatest threats to their wellbeing. That's why we are working with families, and partners around the world to develop our support and campaign for governments to take action to keep children safe online.

As we look forward, we are determined to continue to fight on behalf of those children who need us, children like Scott and

his sisters who lost their mum and felt they had nowhere to turn but are now making positive progress with our support.

We will fight to make sure that all children in Scotland have the safe and protected childhoods that they deserve.

We can't do that without your help whether that's through a donation, fundraising or volunteering. You make our work possible.

Together we can protect children.

Together we can protect childhoods.

Mary Glasgow
Chief Executive, Children 1st



Parentline

Online | Helpline | Lifeline



Scan here to find out more

If you need us - we're here.

Children 1st Parentline can support families struggling with money worries, family troubles, or feeling low.

Visit www.children1st.org.uk/parentline
or call us for free on 08000 28 22 33

83 Whitehouse Loan, Edinburgh, EH9 1AT. Registered Scottish Charity No: SC016092

Please donate today and help protect children across Scotland



0345 10 80 111
Mon-Fri 9am-5pm



children1st.org.uk/donate



FREEPOST RSGE-ZGBB-EKCJ,
Children 1st, 83 Whitehouse Loan,
Edinburgh, EH9 1AT



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

Full name:

Address:

Postcode:

By providing us with your telephone number and email address you are consenting to us contacting you via phone, text and email.

Email

Mobile number

Telephone number

2 I want to make a donation of (Tick as appropriate. If you would like to make a monthly donation please go to step 5 overleaf instead.)

£10 £25 £50 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)

Card number

Expiry date

M M Y Y

Signature:

Date:

4 *giftaid it* today and turn every £1 you donate into £1.25 at no extra cost to you!

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.

I am not currently able to Gift Aid my donations.

5 I want to make a monthly donation of (Tick as appropriate.)



Instruction to your bank or building society to pay by direct debit.

Please pay Children 1st a monthly donation of

£12 £8 £5 Other £ _____

Payment to be made on

3rd 15th of the month

Name(s) of account holder(s) _____

Account number

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Branch sort code

--	--	--	--	--	--

*For Children 1st
use only Originator's
Identification Number*

6	0	1	2	4	0
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Name and address of your bank/building society _____

Postcode _____

Instruction to your bank or building society: please pay Children 1st direct debits from the account detailed in this instruction subject to the safeguards assured by the direct debit guarantee. I understand that this instruction may remain with Children 1st and, if so, details will be passed electronically to my bank/building society.

Signature: _____

Date:

D	D	M	M	Y	Y	Y	Y
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6 Don't forget to turn every £1 you donate into £1.25 by signing up to Gift Aid in step 4 overleaf! ↻

Let's keep in touch

We would like to provide you with updates on our vital work. We will contact you by post unless you tell us otherwise. We promise to respect your privacy and keep your details safe. You can update your preferences by phoning **0345 10 80 111** or emailing fundraising@children1st.org.uk. For further details on how your data is used and stored visit; www.children1st.org.uk/terms-and-conditions/privacy-policy

*"Through the darkest and hardest times, Children 1st
were the light that kept us going."*

Mum supported by Children 1st

IGSN24B

Please donate today and help protect children across Scotland



0345 10 80 111
Mon-Fri 9am-5pm



children1st.org.uk/donate



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