



How you're putting Children 1st

Find out how your support is transforming lives



Dear Friends and Supporters

Since the start of lockdown, children and families have talked to us about having to cope with overwhelming feelings of fear, distress and bereavement. We were concerned about the safety of the most vulnerable children in our communities before this crisis and it has only made things worse. The need for support is now even greater.

We have had to find new ways to reach out to families; more frequent phone calls, online video calls, and socially distant visits in gardens and on walks. Visits to our website and calls to Children 1st Parentline have dramatically increased from parents and carers looking for practical help and emotional support to cope.

During lockdown, your support helped more than 2,000 children and families. £25,000 worth of supermarket vouchers were delivered to families, helping to put food on their table. 181 families received help to access a combined £303,000 in financial support to alleviate the impact of job losses, mounting debt and assist access to benefits.

We also worked with the Scottish Government to secure tablets and internet data packages, ensuring children had access to online education from schools and access to support networks.

Today more than ever, relationships are vital to bring us together, helping families to repair and recover. A shared purpose, passion and willingness to deliver whatever it takes to keep our children and their families safe has kept Children 1st learning and adapting.

I extend my heartfelt thanks to our supporters, partners and local communities for their generosity during this difficult time. They have made a difference to so many families across Scotland. As the most vulnerable children look for hope in the days ahead, together, we will be there for them.

Take care and stay safe

Mary Glasgow

Mary Glasgow
Chief Executive



Families

have been pushed

to crisis point

When coronavirus pushed Scotland into lockdown in late March, the lives of families and children were turned upside down.

Many families already face challenges such as trauma, domestic abuse, poverty and alcohol and drug use.

Lockdown has caused many more families to seek support with worries about family relationships, mental health and emotional wellbeing and money worries.



Families have been pushed to absolute crisis point:

- Demand for **domestic abuse** services has increased.
- Families are **dealing with loss** and are not being able to grieve for their loved ones as they would wish.
- Hundreds of thousands of families have been thrust into **poverty**.
- While schools were closed, the **attainment gap** widened further.
- Relationships are strained because of **stress and worry**.
- The most vulnerable in our communities are **anxious** as we enter the 'new normal'.

Your support will help to prevent and protect families from reaching a point of crisis and to make sure that they stay together wherever possible.

You can help more families get the support they need.

Keeping in touch

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



@children1st
facebook.com/children1st

T: 0131 446 2300
E: fundraising@children1st.org.uk
W: children1st.org.uk

Correct at the time
of going to print

We Can see hope



Trauma is overwhelming. Children and families need help and support to repair and recover from stressful, frightening or distressing events. During lockdown - thanks to your support - Children 1st was there for families. One Mum has kindly agreed to share their story with you.

"I was terrified when my kids told me they had been abused.

I felt so overwhelmed with guilt, because I thought they were safe.

The four of us lived in a one bedroom flat for seven months, while I tried to make sense of things. We were offered no help from anyone. I was trying to put a brave face on for the kids, but inside I was just crumbling.

We never really dealt with what had happened, we just survived and took each day as it came. My sons went from primary school to secondary school still broken.

It's like we were invisible.

They were struggling at school and at home and I didn't know where to turn, I felt useless.

Then I met Sidra from Children 1st. She was a breath of fresh air. She wasn't judgemental and she didn't make me feel uneasy.

Me and the boys now get one to one support with Sidra, at least once a week. Even through these difficult times where we can't get actual visits, she organises online video chats so we can still see her face to face, feel reassured and continue working together.

My sons have amazing respect and trust for Sidra which isn't easy for them. She is gradually helping

unravel their emotions and helping them understand themselves.

Sidra and Children 1st are literally the glue holding us all together as a family right now. She is pointing me in the right direction of parenthood whereas before I was just spinning.

Our family is healing and we can see hope, when before we had none."

There were fears for vulnerable children before lockdown and there are cases where this crisis has amplified the issues.

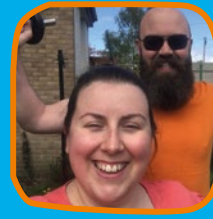
Without donations we won't be able to provide vital support - especially children who are unsure of how to cope in the days ahead.

£7500
£7000
£6500
£6000
£5500



Lockdown Fundraising

Homemade Olympic Challenge



the 2.6 challenge

Robyn

Thank you to eight-year-old Robyn Taggart from Renfrew (on the cover of this issue). She has been fundraising for Children 1st by making and selling colourful tie dye T-shirts and face masks.

Ward 4A Road Runners

Well done to Rachel, Allana, Sharon and Jay, who are all nurses at Crosshouse Hospital in Ayrshire. They began running throughout lockdown and decided to run a 10km at the end of May for Children 1st. They raised over £2,605!

Challenge Events

The 2.6 Challenge was created to help charities across the UK raise

the vital funds they would have received if the London Marathon had gone ahead as planned.

Thank you - you raised over £26,000! Whether you took on a challenge or supported someone's fundraising, you have made a huge difference.

Olympian Keri-ane Payne got involved too. She supported Children 1st by bringing together 26 of her Olympian friends for the #26OlympiansChallenge. Keri-ane was also guest host for our first online quiz to launch the Homemade Olympic Challenge.

From cycling and running to crafting and quizzing thank you to all of our Children 1st champions who went the extra mile to support children and families in Scotland.

♥ Thank you ♥

The Ryvoan Trust's generous grant of £10,000 provided children and families with urgent practical support at a time of national crisis.

Tiny Changes' valuable support of £9,000 is providing vital mental health and wellbeing support to children and young people in North Ayrshire.

Corporate partner Morton Fraser donated £10,000 to support children and families across Scotland. In addition, staff also made personal gifts to our Urgent Appeal.

Petroleum Experts and Edinburgh restaurant Maison Bleue funded and prepared 5,400 hot, nutritious meals for families in Edinburgh during lockdown. Children especially loved the sweet treats on a Friday!

Ben's Story

“Domestic abuse has been identified as a factor in more child protection cases in 2020 compared with 2019” according to a recent Scottish Government* report. Children like Ben** have witnessed abuse during lockdown.

Ben witnessed his mum being assaulted by his dad. There had been no history of domestic abuse previously – it wasn't a concern before this crisis.

The coronavirus lockdown changed everything.

Ben and so many children like him will need care and comfort to repair and recover.

Families experiencing issues such as domestic abuse, substance misuse and children at risk of being taken into care can be supported by Children 1st Family Wellbeing services across Scotland.

Thanks to your support, we work alongside families to help build healthy and nurturing relationships, as well as repair relationships that may have become strained or broken down. Our response changed during the pandemic with domestic abuse training being introduced to all family support staff to support children and families through this crisis.

Children 1st will continue to listen to families and adapt to their needs.

*Children, Young People and Families COVID-19 Evidence and Intelligence Report, July 2020

**This is a true story, the names and details have been changed and models have been used to protect the identities of the people involved.



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

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 to Children 1st.

The average cost of a Power of Attorney in Scotland is £360, but McClure Solicitors will charge you £199 (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

Delivering Trust and Love



Maggie



Maggie from Children 1st's Family Wellbeing Service has been delivering love and emotional support, as well as practical help, to children and families during lockdown.

"Dropping off shopping is the purely practical side of what our Family Wellbeing Service offers across East Renfrewshire. At Children 1st we've always believed that offering practical help is what begins to build trust. It's this trust that supports families to explore their challenges and find the strength to move past their difficulties, so that their children are happier and safer.

What I've found, in this time of coronavirus, is that delivering shopping helps us to build trust, and love. What happens on the doorstep during a shopping delivery can be crucial for the families we work with.

In April, Sammy warned me that she was already wound up, stressed about celebrating her

daughter Ellie's birthday under lockdown. Ellie was also anxious about it, worrying her Mum might get unwell again and her birthday would be cancelled. Life for Sammy is a battlefield of old scars and new conflicts. Her whole being is a warzone of threat and toxic stress. She told me: "I feel primed to batter someone all the time. I don't know why anyone would bother with me, I'm a waste of space."

Working alongside Sammy we've unravelled a knot of financial difficulties, fuel poverty, family feuds, trauma and loss in her life. Ellie wasn't sleeping worrying about what might go wrong and if her Mum could cope.

On the big day, Sammy was seriously upset. Her violent father, who she no longer sees, turned up at the same time as me with a card for his granddaughter. Then he left, leaving Sammy in bits. In that moment, asking her to share what was happening wasn't going to work. Before we could do anything she needed to take a breath. Surrounded by bags of shopping, door open to the world, I helped Sammy understand she was having a panic attack. Right there on her kitchen doorstep, with birthday banners flapping, we started some breathing and grounding activities.

So there we sat – two metres apart, eyes shut, on a doorstep in Barrhead with the bin men, postie and neighbours doing their own thing – and we took a breath!

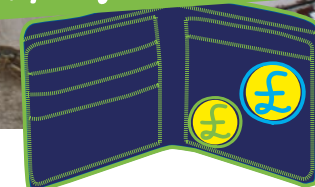
Sammy says: **"I feel like a weight's been lifted off my shoulders, after Maggie's been. So does Ellie. She says she doesn't worry so much now because there's someone else to make sure I'm alright mentally as well as physically. She feels proud of me that we gave her a decent birthday this year."**

Sammy has rarely experienced nurture and care, and that makes it so much harder for her to give that to Ellie.

On that doorstep in Barrhead Sammy and I discovered that, even in a crisis, it is possible to create a sense of emotional safety. And that it's equally as important as practical help. It's what helps parents like Sammy to repair, recover and give their children the nurture and care that they themselves rarely experienced when they were a child."

"I feel like a weight's been lifted off my shoulders, after Maggie's been"

Help with money worries



More families need help



Due to the pandemic, many more families are finding themselves in need of support – for lots of families this is the first time they've had to ask for help.

Calls to Children 1st Parentline about finances and employment have increased by over 158% since the beginning of March. Visits to the webpages have increased by over 200% compared to the same time in 2019.

Children 1st Parentline provides practical and emotional support, over the phone and online. We're here to help every family in Scotland, whatever they're facing.

Over the last few months parents have been talking to us about:

- Money worries
- Struggles with having children at home more
- Child distress
- Mental health and emotional wellbeing concerns
- Issues about parental mental health
- Contact with children for separated parents



children1st.org.uk/parentline

Parents and carers have also been in touch talking about the needs of children with additional support needs and how life has been for them at home without their usual supports.

If you or someone you know needs a helping hand call **08000 28 22 33** free, browse our website for advice and support, or start a webchat.

Banchory Bangle

This year is Deeside Action Group's 43rd Banchory Bangle fundraiser.

The beautiful bangle is designed and created by prominent Perthshire artist and engraver, Dr Malcolm Appleby, MBE. "This year's design is based on the antlers of the majestic red deer and the mystical rowan tree, which is associated with our homes. By entering the raffle you can get a chance to wrap nature around your wrist."

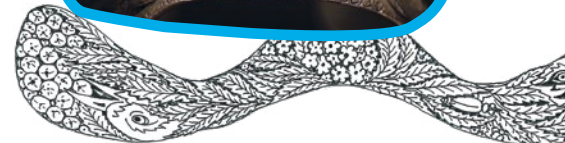
Usually raffle tickets for the Bangle are sold exclusively through local Deeside shops, but this year it's moved online too. For the first time, you can get tickets wherever you are! It costs £1 to enter and tickets can be bought through Givergy - access the link via children1st.org.uk/banchorybangle, alternatively you can purchase tickets by emailing Mhairi Morriss at mhairi@jommevents.com.

First prize in the raffle is the original 2020 Banchory Bangle in 18ct gold and silver made by Malcolm Appleby, second prize is a copy of the bangle in silver and third prize is a copy of the bangle in bronze.

The online raffle will close on **29th November at 2pm**. The raffle will be drawn on Sunday 29th November 2020 at 3.00pm at The Banchory Lodge Hotel, Dee Street, Banchory, AB31 5HS - subject to restrictions.



Dr Malcolm Appleby, MBE



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 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



Safeguarding 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 a vital 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. I am happy for you to contact me by:

Email Email Address:

SMS Mobile Number:

Phone Phone Number:

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.

Leave a legacy to Children 1st

- Please send me information about leaving a legacy to Children 1st.
- I/We have left a legacy to Children 1st in my/our will.

What would you like to read about in the next Newsletter?

- Support available to families
- Stories shared by children and families
- Practical help for children
- Other

Yes, I want to help protect children



Make a donation at children1st.org.uk/donate.

Alternatively please fill in the form and send to: **Freeport 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