

Children 1st is Scotland's National Children's Charity.

We help Scotland's families to put children first, with practical advice and with support in difficult times. And when the worst happens, we support survivors of abuse, neglect, and other traumatic events in childhood, to recover.

We help Scotland's communities to play their part in looking-out for and protecting children.

We listen to Scotland's children and families. And when government or society fails to hear them or respect their rights, we speak out.

We're determined each child has reasons to smile. And we'll work alongside whoever shares that aim.

T: 0131 446 2300

W: www.children1st.org.uk



Children's Champions

We would like to thank the following individuals, companies and trusts who made a major investment in Children 1st.

Aberdeen Asset Management PLC
Ambassador Theatre Group
Big Lottery Fund - Investing in Communities
Big Lottery Fund - Young Start
BBC Children in Need
Castansa Trust
Comic Relief
Crerar Hotels Trust
Cattanach Trust
Dinning Charitable Trust
Entier Ltd
Lifescan Scotland Limited
Lloyds TSB Foundation for Scotland - Partnership Drugs Initiative
Marathon Oil UK Limited
Moffat Charitable Trust
Morgan Stanley Foundation
Northwood Charitable Trust
The Players of People's Postcode Lottery
Richard Burns
Robertson Trust
RS Macdonald Charitable Trust

Scottish and Southern Energy PLC
Skyscanner Ltd
Simmons & Company International
STV Children's Appeal
The Morrisons Foundation
The Schuh Trust
Thorntons Solicitors
Volant Charitable Trust
Wood Group PSN

And other generous individuals who have chosen to remain anonymous.

Thank you to our celebrity ambassadors.

Cathy MacPhail Damian Barr
Colin McCredie Kaye Adams

We acknowledge the support of the Scottish Government through the Third Sector Early Intervention Fund, managed on behalf of the Scottish Government by the Big Lottery Fund in Scotland and Lloyds TSB Foundation for Scotland (since January 2016).



IMPACT REPORT 2015-16



"I now feel safe and happy"

"You kept us together as a family"

"Thank you for all your support"

"A dark cloud has been lifted"

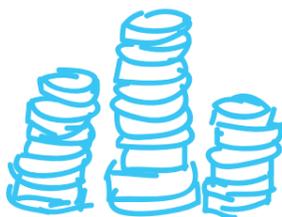
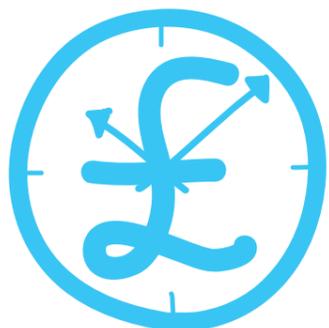
Children 1st

"Better relationship with my children"

"Support when needed most"

"Someone to talk to who understands"

"You always cared about me"



717

HOW WE MADE A DIFFERENCE IN 2015-16

Number of volunteers

Those helping service teams gave 1,400 hours, equivalent to £115,500 at Living Wage rates. Action Group Volunteers raised £316,397.

7,913

Children, young people, parents and carers helped directly and indirectly by Children 1st

Many of the families and children we support are impacted by poverty, neglect, domestic violence, sexual abuse, bereavement, drugs and alcohol. (Excludes national helpline-based support and Communities Putting Children First).



2,847

People better informed of the part they can play in protecting children

By taking part in sessions run by our Communities Putting Children First service.



Our success in improving the emotional health of children affected by abuse or other traumatic childhood experiences

SEVENTY-NINE PERCENT

Children we supported said they were living in a safer environment

1,018 KINSHIP CARERS

Who we support and who are looking after 3,141 children - A kinship carer for example may be a grandparent, aunt or uncle who has become the main carer for a child.



FIVE HUNDRED AND TWENTY-THREE

Children and adults we supported to recover from traumatic childhood experiences

Parents, carers and concerned individuals supported by our national helpline

Using our three national services sharing a helpline (ParentLine, Kinship Care, Family Decision Making) on 5,921 occasions.



Local kinship carers groups supported to grow and develop by our National Kinship Care service



Our success in empowering children and young people in decision-making



EIGHTY-TWO PERCENT

Our success in improving parenting skills in families we support

2,522

