



**WE LISTEN, WE SUPPORT,
WE TAKE ACTION**
for Scotland's vulnerable
children and families

SUPPORTERS news

SPRING/SUMMER 2015



Image posed by model

DRAW A LINE - UNDER VIOLENCE AGAINST CHILDREN

In the first few months of 2015 we continued to hear shocking news stories about child abuse, and official figures show an increase in sexual offences against children in Scotland.

It is unclear if this is because more people are coming forward or if more children are experiencing abuse. There is no doubt that high profile cases such as Savile and Rotherham have given people the confidence to come forward to report abuse, because they know they'll be listened to.

One of the most horrific of the recent stories was of nursery manager Mark MacLennan, who was jailed for sexually abusing two children in his care. This case came to light because the parents of a three-year-old boy listened to their son and had the courage to report it. I would like to think this highlights great developments and improvements in how we listen and protect children that a conviction was made on the evidence of a three year old.

CHILDREN 1ST has been campaigning for years for 'Justice for Children,' and through this has seen and advised on many improvements for children's treatment in the legal system as well as 'special measures' for vulnerable witnesses. We will continue to do this in our fight against the abuse of children.

At CHILDREN 1ST we believe that Scotland's children will only be safe if everybody takes responsibility for their protection. I know that as ▶

Contact us

t: 0131 446 2300

e: fundraising@children1st.org.uk



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[facebook.com/children1st](https://www.facebook.com/children1st)

a supporter of CHILDREN 1ST you already give generously of your time or money, which is much appreciated. But I would ask that you go one step further, and make sure you know what you can do if you see a child in trouble or danger. To request our free pocket-sized booklet of Twelve Top Tips to help you protect children call **0131 446 2331** or email communications@children1st.org.uk. A CHILDREN 1ST survey found that 44 percent of adults wouldn't intervene to help a child because they believed it was 'none of their business.' This needs to change to make Scotland the best place for children and you can help us do this.

All of the work of CHILDREN 1ST is about making children safer. Our local services give practical support to families so that their children can live in a safer and more secure environment, and in more than four in every five situations where this help was needed families said we'd succeeded.

Our ParentLine helpline gives advice on positive parenting, family relationships, and boundary setting, as well as advising on the matters of child protection if people are concerned about a child. Safeguarding in Sport is our service which helps to ensure that children can stay safe and have fun in sport. And we're continuing at every opportunity to influence law and public policy so that Scotland becomes a safer place for children to grow up in. You'll find stories about our work to protect children in this edition, which I hope inspire your continued support.

Alison Todd, Chief Executive

A NATIONAL INQUIRY INTO HISTORIC CHILD ABUSE

CHILDREN 1ST has welcomed the announcement of Scotland's first statutory national inquiry into the historical abuse of children in care. The inquiry, which is

CHELSEA'S STORY

Chelsea and her sister were sexually abused by their uncle for five years from the age of three. She tried to tell her mum, but wasn't believed. Her uncle threatened to kill her if she told anyone.

The children didn't go to school. They were hit and neglected. Chelsea says: "We moved around that much that no one every really noticed." Chelsea's Dad, who had split up from her mum and worked abroad, was unable to find them.

One night, when Chelsea was eight, her uncle left the children home alone. She told a friend's mum, and the whole story of abuse came out. The police got involved and her uncle was convicted. "We moved to live with our dad and his fiancée Lucy, who I now regard as my mum," says Chelsea.

Chelsea's family were referred to CHILDREN 1ST. "Once a week I was given the chance to talk to my worker about how I felt and about what had happened," she says. "There were fun activities provided to make talking about it easier."

CHILDREN 1ST boosted her confidence and, by age 11, Chelsea was able to understand and cope with what had happened to her. She is now 18 and in full time education. "I am so much happier now," she says. "I hope that people read my story and get a better idea of how important CHILDREN 1ST was for me, and that they donate, or volunteer, or just even understand a bit better how sexual abuse affects people and how everyone can do something to help."

*names and identifying details have been changed to protect identity.



expected to start later this year, follows scandals involving child abuse in institutions that provided care to children. The Scottish Government will publish a full remit for the inquiry in April, following discussions with survivors of abuse. CHILDREN 1ST has encouraged survivors the charity supports to make sure they have their say.

CHILDREN 1ST believes the inquiry could be a landmark moment for Scotland; an opportunity for the country to show that it is listening to people who were failed as children. But while it will add to our knowledge, we already know a huge amount about the issues that need to be

INSPIRATION AND NEW SERVICES FOR KINSHIP CARERS

When children can no longer live with their parents, one of the best things that can happen is for them to be given a home within their extended family. This gives them a sense of belonging and love, but can prove a challenge for their kinship carers, who may not have anticipated this role, and who may be older or already have childcare responsibilities.

The National Kinship Care Service at CHILDREN 1ST offers practical and emotional support, information and opportunities to meet with other kinship carers. One such opportunity was the National Kinship Care event in Glasgow in February. Early years' expert Dr Suzanne Zeedyk and kinship carers from across Scotland discussed the insights science offers into the children's behaviour, particularly where they have



experienced trauma or instability. Kinship carer Tina Hendry said: "It was an excellent day. Suzanne Zeedyk empowered us to be proud of our identity as kinship carers."

In January CHILDREN 1ST launched local kinship care support services in Ayrshire, East Lothian and Moray. These offer kinship carers flexible support to help them to feel confident in their caring role, and to have a say in decisions. The services, which are funded by the Big Lottery Fund, also work directly with children in kinship care; enabling them to feel happier, safer and more secure.

Outwith these areas CHILDREN 1ST is enabling kinship carers to support each others locally, through regional forums and peer-support groups. In March members of one of these, Grandparents Parents Again in Midlothian, became the stars of a new video; 'You, me, a kettle and a packet of biscuits.' This shows the benefits and practicalities of setting up a local kinship carers group, including for Jackie who, with the support of the group, was able to challenge an unsuitable housing allocation and move into a bigger home.

KINSHIP CARE
HELPLINE 08000 28 22 33



Suzanne Zeedyk

The National Kinship Care service also helps kinship carers and children in kinship care to influence public policy. We helped hundreds of families have their say on the Bill that became the 2014 Children and Young People Act. More recently, we asked more than 400 kinship carers and children about the proposed support for families with a Kinship Care Order in Part 13 the 2014 Act. We've shared their views with the Scottish Government which, as it writes statutory guidance for how that part of the Act will work in practice, will know what these carers need and expect.

See videos at:

www.youtube.com/children1stcharity

addressed; if we are to identify abuse when it is happening, bring perpetrators to justice, and support victims into recovery. The inquiry may take years and we need not wait until it concludes to improve our services and responses; to both those at risk of abuse, and to those who have experienced it. We must also remember that abuse can happen in any situation, not only in institutions.

Survivors of historic child abuse have a right to be heard, and CHILDREN 1ST supports the Scottish Government's Confidential Forum initiative which provides a safe space for survivors to talk about their experiences. But child and

adult survivors of abuse must also have access to local recovery services - too many of them wait too long. We also need the public and professionals to be more alert to signs of abuse, and continue to improve our court services so they are supportive of victims and are able to bring perpetrators to justice.

For updates on the inquiry and the CHILDREN 1ST response subscribe to www.children1st.org.uk/sign-up
Visit www.children1st.org.uk/listen for information and resources.

VOLUNTEERS - THE BEDROCK OF OUR HELPLINE SERVICES



Did you know that through the CHILDREN 1ST helpline number - **08000 28 22 33** - parents and carers can benefit from three national services?

ParentLine Scotland is our advice and support service for anyone caring for or concerned about a child. The helpline is also a gateway to specialist support; for separating or separated families (the Family Decision Making service) and kinship carers (the National Kinship Care service).

Callers come through to a skilled call-taker who will listen and give information and support as required. For those who prefer online communication the services can also be reached by email and through a real-time web chat facility during opening hours; 9am to 10pm Monday to Friday, 12 noon to 8pm at weekends and public holidays, 365 days a year.*

Last year ParentLine Scotland took around 3500 calls. This wouldn't have been possible without the help of our volunteers. Helpline Manager Jill Cook says: "Our volunteers make an enormous difference to the lives of mums, dads, carers, and professionals just by being there

Margaret's story (not her real name)

"I was looking for a job and came across the ad for volunteer training; I remembered clearly calling ParentLine myself years earlier.

"My daughter and I were going through a terrible period and it was a huge thing for me to tell someone out loud just how frightened I was for us both. But as the conversation developed I was hearing that actually, I did know, and I could give her what she needed from me. For the first time in ages I felt like a proper responsible adult instead of an emotional punch-bag.

"There was no instant miracle, but I was also given information on a service which could back me up and support my daughter. The two things together started the gradual change.

"I'm in my second year as a volunteer. Each shift I try to remember how simple but effective it was: someone gave up their time to cover that shift; that person probably wasn't an expert; that person really listened; the call was about me – yes – but the focus was on my daughter, and the call helped bring out how I could keep her safe in my own way and help her work things out. That's what keeps me coming back each week, hoping I can do the same for someone else."

to listen and reassure. We ensure they're ready for the role with 40 hours of high quality training. They also have back-up from a supervisor."

"This year we are looking to add to our volunteer team, based in our Edinburgh office, so please get in touch if you think it might be for you."

For information and support, or to share a concern

Call **08000 28 22 33**: Free from landlines and, from July 2015, all mobiles

Web chat: www.children1st.org.uk/parentlinescotland or at www.facebook.com/children1st

Email: parentlinescotland@children1st.org.uk

To find out more about helpline volunteering opportunities call or email us, or visit www.children1st.org.uk/get-involved/volunteer.

*Opening hours may vary during public holidays – please check the website for updates.

Alison Todd and Hazel Johnstone, People's Postcode Lottery Trusts Manager



POSTCODE LOTTERY PLAYERS PUTTING CHILDREN 1ST

In January the People's Postcode Lottery held its annual gala in Edinburgh; a showcase of the incredible work done by the charities supported by players of People's Postcode Lottery that featured speeches from Dame Kelly Holmes and Lord Boateng. In total, players have now raised over £61 million for good causes.

Not only was our Chief Executive Alison Todd presented with a cheque for the £550,000 CHILDREN 1ST was awarded in 2014, but a surprise award of an additional £25,000 for every partner charity was announced. The total raised for CHILDREN 1ST by players of People's Postcode Lottery in 2014 is now a staggering £575,000!

JUMP FOR SCOTLAND'S CHILDREN

Do you have what it takes to abseil, SAS-style, down two of Scotland's greatest landmarks? 'Course you do! We are looking for intrepid adrenaline seekers to abseil down the Forth Rail Bridge on 21 June and 18 October, and the Finnieston Crane in Glasgow on 31 May.

Feel the wind in your hair as you glide to the ground, very much the hero of the day after raising much needed money for Scotland's vulnerable children... that's right, it'll feel amazing!

For information on how to get your free charity place with CHILDREN 1ST, call the events team on **0131 319 8067** or email events@children1st.org.uk



WISHES FOR SCOTLAND'S CHILDREN

Children wish for a future which is happy, healthy and safe, in which violence and poverty no longer play a part in their lives. That was the message of a report launched by CHILDREN 1ST on 19 November to mark World Day for Prevention of Abuse and Violence Against Children. We presented MSPs and decision-makers with nearly 600 'wishes' from the children and families we work with. These ranged from 'stopping abuse' to having 'a flying pony' and highlighted the difficulties and threats facing children, as well as their hopes and dreams.

We invited celebrities, public figures and everyone in Scotland to make a New Year's Resolution inspired by children's wishes. Resolutions ranged from the personal - actor Clare Grogan promising to listen better to her daughter, to the political - First Minister Nicola Sturgeon resolving to "Do everything I can to ensure Scotland is the best place in the world to grow up in."

You can read the report, which is published with the support of players of People's Postcode Lottery, at www.children1st.org.uk.



TACKLING ONLINE DANGERS TO CHILDREN IN SPORT

safeguarding in sport

In March our Safeguarding in Sport service hosted a free Social Media Masterclass for sports organisations in Scotland. Led by experts from the UK Safer Internet team, the event looked at what clubs can do to reduce online risks to children participating in sport.

Among the 38 participants was Eilidh McCall-Lawrie, Child Protection Lead for Scottish Swimming. She said: "We're increasingly dealing with incidents arising from social media use – anything from bullying to inappropriate use of modern technology in changing rooms.

"Modern technology gives us great opportunities – it can help with education and to inform, as well as helping with coaching or organising events – but it must be used responsibly in order to



protect children.

"Events like this are invaluable. It's a good forum to mix with a range of people involved in young people's lives to keep updated and share good practice. They also help us ensure our guidelines for clubs are relevant and effective. If children are safe in sport they can concentrate on having fun and that's what it's all about."

Safeguarding in Sport manager Campbell Bell said: "By keeping in the loop on trends and risks online, coaches are in a better position to support the children and young people they work with in sport. The UK Safer Internet team gave us a good insight into where online risks lie, and helped us think about the issues that might crop up. It was really helpful to find about trends in the social media children are using, and how they are communicating through it."

The Safeguarding in Sport service helps ensure children and young people can be safe and have fun in sport by providing advice, resources, training and consultancy to sporting organisations working with children. It's delivered by CHILDREN 1ST in partnership with sportscotland.



YOUR WILL. THEIR FUTURE.

We will always be putting Scotland's CHILDREN 1ST. By leaving a gift in your will you can put children first for generations to come.

Please call **0131 446 2300**, email fundraising@children1st.org.uk or visit www.children1st.org.uk for further information.

The future of Scotland's children is in your hands

Registered Charity No. SC 016092

YOUR SUPPORT IS VALUED!

Your generous donations are vital for CHILDREN 1ST to continue its work of ensuring a happy, healthy, safe and secure childhood for all in Scotland. Thank you. We hope this edition has inspired you to keep giving. For further information please contact:

By post: **83 Whitehouse Loan,
Edinburgh EH9 1AT**

By phone: **0131 446 2311**

Email: fundraising@children1st.org.uk

**THANK
YOU!**



BUSINESSES PUTTING CHILDREN 1ST

In February CHILDREN 1ST held its annual Corporate Social Responsibility Forum in Edinburgh. Twenty companies shared successes and learning from their initiatives to benefit the communities in which they operate. Presenting their experiences were Standard Life, which also supported the event, The Royal Bank of Scotland and Tesco Bank. Kate Smith, CHILDREN 1ST Director of Fundraising, said: "Forums are a great way for us to build partnerships with companies that can ultimately benefit the children and families we support." Gavin Deeprise from DLA Piper said: "It was great to hear what other companies are doing and their different approaches to

Corporate Social Responsibility."

Companies don't need to be big to make a difference. In January Kilmarnock law firm of Mackintosh & Wylie LLP launched a Charity of the Year partnership with CHILDREN 1ST through which 10 percent of fees from will writing in 2015 will be donated to the charity. Following the launch both the firm and partnership have received great local press coverage, and support from clients and the local MP.

If your company is interested in supporting local children by donating a percentage of professional fees please contact Ashley Sharp on **0131 3198065** or ashley.sharp@children1st.org.uk

EVENTS

APRIL

10 April 2015

Pop up shop from Selkirkshire Action Group, Galashiels

25 April 2015

The Heather Ball 2015, Glasgow

26 April 2015

Virgin London Marathon, London

MAY

9 May 2015

Coffee morning, Forres

17 May 2015

Great Women's 10K, Glasgow

17 May 2015

Baker Hughes 10k, Aberdeen



**To find out more
contact our community fundraisers**

Highlands, Islands and Moray:

Joan. Call: **0131 319 8075** Email: inverness@children1st.org.uk

Aberdeen and North East Scotland:

Joan. Call: **0131 319 8075** Email: aberdeen@children1st.org.uk

West:

Jodie. Call: **0141 418 5683** Email: jodie.campbell@children1st.org.uk

East:

Sine. Call: **0131 319 8076** Email: sine.ward@children1st.org.uk



23 May 2015

Déjà Vu Quality Second Hand Clothes Sale, Elgin

30 May 2015

Coffee morning and plant sale, Errol

30-31 May 2015

Edinburgh Marathon Festival, Edinburgh

JUNE

June 2015

Lockerbie Loop cycle

5 June 2015

Quiz, Galashiels

20-21 June 2015

Edinburgh Night Ride, Edinburgh

20-21 June 2015

Tough Mudder, Dumfries and Galloway

21 June 2015

Forth Rail Bridge Abseil, South Queensferry

AUGUST

8 August 2015

Perth Kilt Run, Perth

14 August 2015

Buchan Barn Dance, Ellon

SEPTEMBER

6 September 2015

Pedal for Scotland, Glasgow to Edinburgh

5-13 September 2015

Pyrenees Cycling Challenge, France

13 September 2015

Great North Run, Newcastle

27 September 2015

Men's Health Survival of the Fittest, Edinburgh

27 September 2015

Baxter's Loch Ness Marathon, Loch Ness