



Our services

CHILDREN 1ST is one of Scotland's leading child welfare charities. For 125 years we have been working to give every child in Scotland a safe and secure childhood. We support families under stress, protect children from harm and neglect, help them recover from abuse and promote children's rights and interests.

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- supports families under stress
- protects children from harm and neglect
- helps children recover from abuse
- promotes children's rights and interests

Throughout Scotland our staff and volunteers use their skills to help children overcome the difficulties in their lives and rebuild trust and confidence.

Listed overleaf are summaries and contact details for our services across Scotland.

These are our regional services:

- **Advocacy Project Irvine** provides an advocacy service to children and young people in the Child Protection system in North Ayrshire. Staff work in partnership with North Ayrshire Council to facilitate a balance between the needs, welfare and rights of children and young people as individuals.

Contact telephone: 01294 317191

- **bfriends** is Scotland's largest befriending service for children, with over 100 volunteers supporting children and young people. bfriends volunteers provide friendship and support for children and young people who are experiencing difficulties at home, at school or in the community.

Edinburgh: 0131 319 8073

North Ayrshire: 01294 317191

East Lothian: 01875 824000

- The **Children and Families Service** Glasgow offers structured help and support to children and young people affected by all forms of abuse and neglect in the West of Scotland. We work to help children, young people and their families recover from the effects of abuse.

Contact telephone: 0141 418 5690

- The **Children and Young People's Rights Service** in Moray works to promote and uphold the rights of children and young people in need, particularly those who are living away from home in foster or residential care.

We support children and young people to express their views about the issues that affect their lives.

Contact telephone: 01343 564 170

- The **Chill Out Zone** (or COZ for short) is our Healthy Living Centre based in Bathgate. The centre provides a holistic early prevention service for young people in West Lothian aged 12 – 20. Dealing with a range of issues including physical, sexual and mental health.

Contact telephone: 01506 652 436

- The **Cooper Park Service** based in Elgin provides help to children, young people and their families throughout the Moray Council area who have been affected by abuse. Staff provide direct therapeutic work such as individual counselling, group or family work.

Contact telephone: 01343 564 170

- The **Corrieneuchin Services** in Aberdeen and Aberdeenshire provide a therapeutic service for children and young people who have experienced physical, emotional or sexual abuse. We work to help children build on their strengths and develop trusting relationships. Our staff help families protect their children from further abuse.

Contact telephone:

Aberdeen: 01224 251 150

Aberdeenshire 01346 512 733

- The **Cuiken House Service** has been developed in partnership with Midlothian Council to offer intensive support to primary aged children who are having difficulties in school and need extra support for their education and in their home life. Staff from different disciplines support children and their families and where possible help these children get back into mainstream education.

Contact telephone: 01968 675 025

- The **East Lothian Young Families Outreach Project** provides support services to vulnerable families with children aged 0 – 5 years. Staff visit families in their own homes and communities, provide individual support for parents, family work supporting children and parents together, and groups for parents of pre-school children.

Contact telephone: 01875 824 000

- The **Ettrick Abuse Recovery Service** based in the Ettrick Family Resource Centre, works to aid the recovery process for children and young people who have experienced sexual, physical or emotional abuse. The service aims to improve the self-esteem and well being of children and young people who have been the victims of abuse and to help them to protect themselves.

Contact telephone: 01750 22892

- CHILDREN 1ST has pioneered the use of **Family Group Conferences** (FGCs) in Scotland. Family Group Conferences are a way of bringing together families where there are concerns about a child, to help them find their own solutions to difficulties. The process builds on the strengths of the wider family and is based on the belief that given resources, information and power, families will make safe decisions for their children.

We have FGC services in the following areas:

Aberdeen City: 01224 251 150

Aberdeenshire & AADAT: 01346 512 733

Dumfries & Galloway: 01461 202 624

East Lothian: 01875 824 000

Ettrick: 01750 22892

Falkirk: 01324 621 811

Fife, Cowdenbeath: 01383 602201

Fife, Cupar: 01334 659322

Fife, Glenrothes: 01592 583321

Fife, Kirkcaldy: 01592 583322

Fife, Leven: 01333 659323

Fife, Rosyth: 01383 602203

Midlothian: 0131 654 9540

Renfrewshire: 07739257553

Ross & Cromarty: 01381 620757

South Ayrshire: 01292 288 373

South Lanarkshire: 01698 826 574

- The **Family Support Service Dundee** provides services to vulnerable children and their families in the Dundee area. We work with children and young people up to the age of 18 affected by a range of social or emotional difficulties, with very young parents and with mothers with a history of drug use.

Contact telephone: 01382 349 910

- The **Family Support Team**, based in south east Edinburgh, works with vulnerable children aged 0 – 12 and their families. With the City of Edinburgh Council, the team works with primary school aged children who are in danger of exclusion from their schools, homes or communities. The team also provides a service to the parents of very young children, aged 0 – 3, both through intensive family work or groupwork support.

Contact telephone: 0131 468 2580

- The **Family Support Team**, based in south east Edinburgh, works with vulnerable children aged 0 – 12 and their families. With the City of Edinburgh Council, the team works with primary school aged children who are in danger of exclusion from their schools, homes or communities. The team also provides a service to the parents of very young children, aged 0 – 3, both through intensive family work or groupwork support.

Contact telephone: 0131 468 2580

The **Fraserburgh Families Service** helps children whose families are affected by drug and alcohol misuse. Our staff build relationships with adult family members and give them practical help in caring for their child in the most safe and nurturing way they can.

Contact telephone: 01346 512 733

- The **Highland Kinship Care Service** supports the needs of kinship carers living in Inverness who are looking after children and young people who have been placed with them on a permanent basis through a local authority supervision requirement.

Contact telephone: 01381 620757

- The **Killen Family Resource Centre** in the Black Isle, Ross-shire, provides a therapeutic service for children and young people to help them recover from the effects of childhood abuse and neglect. We also work with adults who have been abused as children, where this is affecting their ability as parents.

Contact telephone: 01381 620 757

- **Mediation in Education**, provides independent mediation service for families in dispute with their local authority about the additional learning support to be provided for the

education of a child/young person.

Contact telephone:

Aberdeenshire: 01346 512 733

Highland: 01381 620 757

Moray: 01343 596188

- **Midlothian Young Carers** provides support and advice tailored to meet the individual needs of young people across Midlothian who find themselves caring for a dependent relative at home. We provide individual and group activities aimed at helping the young people enjoy their lives to the full.

Contact telephone: 0131 654 9540

- The **15 Forward Service** aims to help vulnerable young people to feel empowered in the transitional time so that they can assess what they need and who they need to support them in order to make good and healthy life choices. This will increase their life skills and self esteem and also aim to prevent them from becoming homeless or not in education, employment or training.

Contact telephone: 01343 564170

For further information about CHILDREN 1ST and to order any of our publications, please contact:

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Tel: 0131 446 2300 Fax: 0131 446 2339

E-mail: info@children1st.org.uk

Web: www.children1st.org.uk

