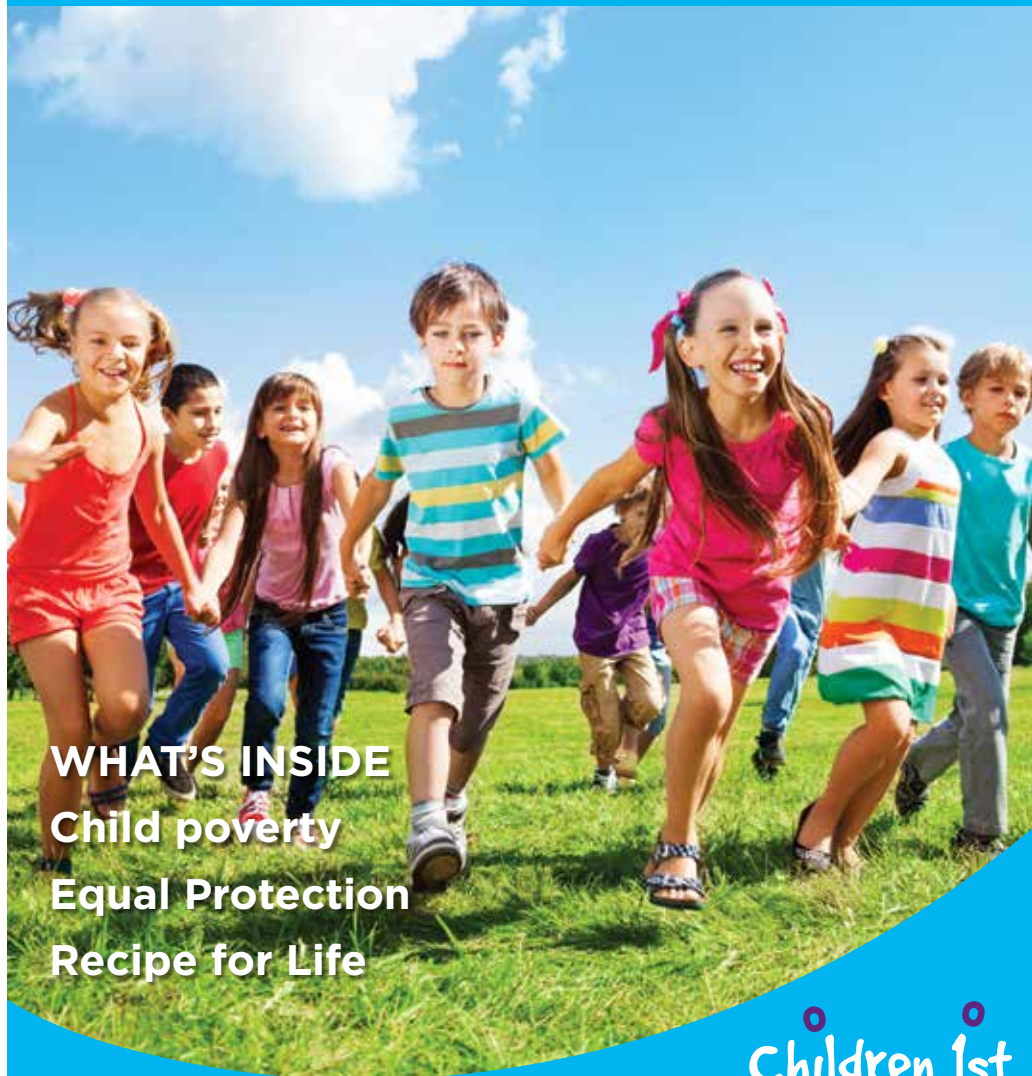


Supporters' News

SUMMER 2017



WHAT'S INSIDE
Child poverty
Equal Protection
Recipe for Life

Children 1st
SCOTLAND'S NATIONAL CHILDREN'S CHARITY

Supporting children to safer, happier childhoods



Young ambassador leading the way

One of the ways we raise money is by pitching to companies in the hope of being chosen as their charity partner for a year. Recently one of our young people, 15 year old Ben, helped Children 1st by leading a pitch to ScotRail.

Ben has been attending the charity's Chill Out Zone in Bathgate for over a year.

"I really enjoy the Chill Out Zone, I've gained new skills and made lots of great friends. I also volunteer there every Friday. I never liked doing presentations at school before this but now I'm a lot more confident. Children 1st does so much for young people in the area and that's why I wanted to help with the pitch to ScotRail."

Ben really impressed the panel of 11 ScotRail staff by sharing his story with them which helped Children 1st to be shortlisted as one of the three finalists.

"I was nervous walking into the boardroom with everyone around the big table but as soon as I started, I was fine. I actually



L-R: Ben Drummond and Nadine Milloy, Children 1st Youth Worker

really enjoyed it." said Ben.

Ben's dad William, who works in the rail industry, said, "Ben really enjoys the Chill Out Zone, the support he gets from Children 1st staff is brilliant. This has been a great experience for him."

Chief Executive at Children 1st Alison Todd was with Ben at the pitch and was very impressed at how well he did, "Ben is a fantastic ambassador for Children 1st; his family and friends should be very proud of him."

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Message From Alison Todd



Dear Supporter,

Welcome to our Summer edition, providing you with a window into how you are helping protect and support children bearing the brunt of poverty, abuse and neglect. You are the catalyst making it possible for Children 1st to achieve what we do. A huge thank you for your continued support.

The significant increase in the number of families we're supporting who are living in poverty has become a real and urgent concern. Our teams are working tirelessly on the frontline, across communities to help families directly. We're also focused on lobbying government to improve support for vulnerable children.

Within this issue you'll hear directly from Ben, one of the young people you've supported and learn more about our family-centred approach to help a child to recover from abuse.

As always, I welcome your feedback and suggestions. If there is any aspect of our work you'd like to know more about simply drop me an email using the address below.

Alison Todd

Alison.todd@children1st.org.uk

Dads' project launched

Children 1st recently received funding from The Cattanaich Trust's new dads' fund to employ a worker who will work with dads of young children in Edinburgh. This means we can support the whole family even more and we hope we will be able to replicate this approach elsewhere in the future.

"This is a great chance for us to ensure we are paying a bit of extra attention to the vital role dads play in their children's lives."

Gary Dewar, Children 1st Service Manager





#EqualProtection

- support the Campaign to give children equal protection from assault

If the Scottish Parliament were to pass a law today that allowed us to hit children there would be a national outcry – but such a law already exists.

Section 51 of the Criminal Justice (Scotland) Act together with the common law enables parents charged with assaulting their child to argue that they were using physical punishment as a defence. In law this is known as ‘justifiable assault’.

This law creates a grey area that can prevent a tiny minority who might wilfully do their child harm from being held accountable. But it also does an enormous disservice to all parents in Scotland by continuing to imply that physical punishment can be effective in managing children’s behaviour.

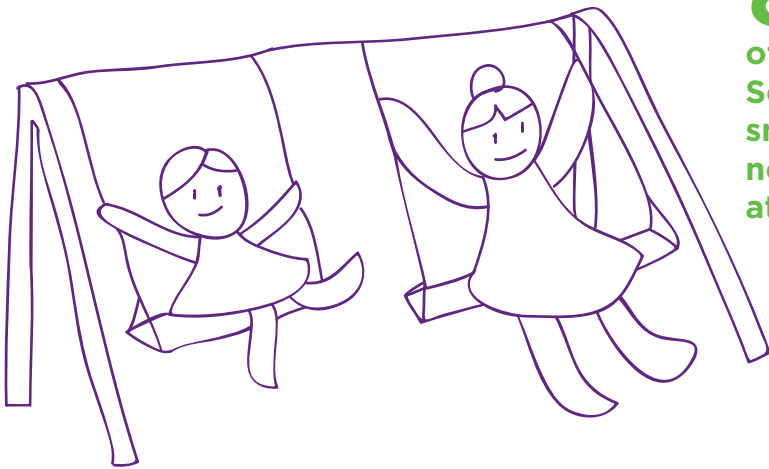
Today, there is comprehensive international evidence that physical punishment not only doesn’t work but that it can harm children’s

long-term health and well-being. As part of the UK we are one of only four countries left in the European Union that give children less protection from assault than anybody else in our society.

Children 1st have been leading the campaign to reform the law to give children equal protection from assault alongside Green MSP John Finnie, other children's charities, human rights organisations, the Church of Scotland, public health professionals, the police and others from across civic society. And we're calling on supporters, like you, to join the #EqualProtection campaign.

You can show your support by responding to John Finnie's proposal to introduce a Bill to the Scottish Parliament to reform the law. Anyone in Scotland can respond to the consultation that John launched in May, which is the first step in bringing about the common sense, legal reform to protect all children in Scotland, which is long overdue.

To register your support for the #EqualProtection campaign visit www.children1st.org.uk/equalprotection follow @[EquallyProtect](https://twitter.com/EquallyProtect) on Twitter or visit our Facebook page for updates.



84%
of parents in
Scotland say
smacking is
not very/not
at all useful.

82% of young people in Scotland say all forms of physical assault against children should be unlawful.

Scotland must use new powers to lift children out of poverty

Our service teams see at first hand how poverty is depriving children of their most basic fundamental needs and rights across Scotland. We are one of the richest countries in the world but children throughout the country live in damp, cramped conditions, or go without meals because their parents can't afford to pay for both heating and eating.

The percentage of children living in poverty has increased from 20 to 25 percent in the last 12 months.

A quarter of Scotland's children are now caught in a poverty trap, from which there is a danger they may never escape. Most of those children - 73% - have at least one parent in work. However, increasingly insecure employment, rising costs and economic uncertainty mean that their families simply cannot make ends meet. When the bills start to mount the complexities of the benefit system, which is also beset with error and delay, can result in families ending

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Child poverty is a national scandal, which needs to end now. That's why as well as supporting individual children and families in, or at risk of poverty, through our family support and money advice teams, Children 1st continue to press for urgent policy change. We are working with the Government and Parliament to ensure the Child Poverty Bill (Scotland) introduces the strongest possible framework for action, including measures to hold national and local government to account. But we also want the Scottish Government to go further using its new social security powers to lift children out of poverty through a child benefit top up.

Maximising family incomes is the best way to help children escape

poverty. Unlike other benefits which can be difficult to claim and easily clawed back, child benefit has a near universal take up. So while a £5 child benefit top up would help every child in Scotland, the children it would help most are those in poverty or whose families are experiencing financial hardship. A £5 top up would potentially reduce the number of children living in poverty in Scotland by over 30,000.

At Children 1st we won't rest until all children in Scotland enjoy a life free from poverty. With your support we will continue to support more individual children and families to escape from poverty while also campaigning for the changes in national policy that are so urgently needed.

Charity hero honoured at Lord Provost Awards

We are delighted that the incredible John McGurk, who ran between Germany and Glasgow to raise money for Children 1st last year, was honoured at his home city's Lord Provost Awards in Glasgow.

John continues to do his utmost for vulnerable children on a voluntary basis; for instance he will be speaking at our upcoming Thistle Ball in Edinburgh. Through his lifelong voluntary service and dedication John has touched the hearts of many people and made a positive difference in the lives of vulnerable children.



John McGurk and his young time-keepers

Local Heroes

8 year old Cody McManus won this year's Child of Achievement Award at the Edinburgh Local Hero Awards held on 12 May for his incredible work last Christmas collecting toys. In a few short weeks Cody remarkably collected £10,000 worth of toys for some of the children and families we work with in Edinburgh, which made



a huge difference to their festive season. Thank you again to Cody for his inspiring efforts!

Keeping in touch

T: 0131 446 2300

E: fundraising@children1st.org.uk

W: www.children1st.org.uk

We would like to hear how you would like us to contact you. Please feel free to get in touch.



@children1st



facebook.com/children1st



Join Team Children 1st
A step in the right direction
for child protection





Challenge events are a great way to test your endurance while helping to raise essential funds for Children 1st. The money you raise ensures that we can continue to be there for the children, young people and families across Scotland that come to us in desperate need of help.

12 August 2017

Great Wilderness Challenge
– West Coast Highlands
(25, 13 and 7 mile walk/run)

25 August 2017

She Runs the Night – Edinburgh
(5k and 10k women’s night run)

20 August 2017

Dundee Kiltwalk
(6 miles, 11 miles and 25 miles)

27 August 2017

The Great Aberdeen Run
(Half-marathon, 10km, family mile)

10 September 2017

Pedal Scotland – Glasgow to Edinburgh
(45 miles and 110 miles or family 5 miles and 10 miles)

17 September 2017

Edinburgh Kiltwalk
(5 miles, 12 miles and 26 miles)

23 September 2017

The Banchory Beast
(10k obstacle race over tough terrain)

24 September 2017

Scottish Half Marathon and 10k
(Musselburgh)

24 September 2017

Loch Ness Marathon
(Marathon, 10k, 5k and the ‘Wee Nessie’)

30 September – 1 October 2017

Great Scottish Run
(Glasgow)

15 October 2017

Abseil the Forth Rail Bridge

10, 11 and 12 November

Supernova Run – The Kelpies, Falkirk
(5k night run)

22 April 2018

Virgin Money London Marathon
Ballot closes on 11 September

22 September – 2 October 2018

Mount Kilimanjaro Challenge
(More info on the next page)



Mount Kilimanjaro challenge

We NEED YOU to take on a once in a lifetime experience by joining us on our FIRST trek to the top of Mount Kilimanjaro. This is your opportunity to conquer the highest free-standing mountain in the world, whilst making memories that will remain with you for the rest of your life.

This is perfect for anyone looking for the ultimate challenge and is your opportunity to do something amazing while making a real difference to the lives of the children, young people and families that we support across Scotland. Join Team Children 1st for this unforgettable challenge by registering your interest.

To register your interest for any of our events listed please fill in the form below and return it to us and your local fundraiser will be in touch.

Title First name

Last name

House name/number Street

..... City/Town

County Postcode

Email address

Telephone

Event(s) you are interested in:

Keeping in touch

We'd like to use the details you've provided to tell you about our work. Tick here if you would like to hear from us by:

Post Email Phone

TEAR HERE

FOLD HERE

SEAL THIS SIDE



Freepost CHILDREN 1ST

What's it like to be an Ambassador for Children 1st



James Smith

What made you want to get involved with Children 1st?

I was looking for a charity that supports children and families.

Children 1st stood out more to me because of the level of support and variety of services that they have on offer. Most of my time is taken up with being a parent, doing charity work and taking part in a host of events so I thought I could use my skills to help Children 1st.

I am a foster carer too, having looked after almost 50 children throughout my foster career to date, which has and is just so rewarding. My husband and I were the first same sex couple approved in Scotland for adoption in 2009, and first to be placed with a child. We have since adopted our son Samuel, which was the best thing I've ever done.

What's been your favourite moment with Children 1st so far?

It has to be hearing all about the work that the staff at Children 1st do in their support with children and families, and the positive difference they make to so many. I also love getting involved in

fundraising and being a member of the Children 1st 'Glasgow Events Committee'. I like to encourage others as well as my own family and friends to get involved.

The team of staff and volunteers are so committed to supporting our communities and it's so rewarding to see the very happy and successful children at the end of their journey.

Being an Ambassador for Children 1st is such an honour. I am so proud to be in a position to help make a difference to the lives of children, young people and families across Scotland.

So, what's next?

I am planning on visiting schools, businesses and organisations to talk about the amazing work that Children 1st do in our communities. I'm also looking for more volunteers to have fundraising events for us. As part of my role within the Glasgow Events Committee, I am helping to plan a Fabulous Halloween Gala on 27 October with fantastic live singers, this will be an event to remember!

For more information on being a volunteer or the Halloween Gala on 27 October at The Village Hotel, Glasgow please contact: fundraising@children1st.org.uk

Team Deloitte conquers EMF

A team of over 60 from Deloitte Edinburgh – affectionately calling themselves ‘A Few Assets and Lots of Liabilities’ – took on the Edinburgh Marathon Festival in May, raising nearly £20k!

Team captain Jim Boyle said of his colleagues: “I am immensely proud of them all. They’re doing something very special.”



Mairi Low's son congratulates her after the 10K

Dragons' Glen raises £350k over 5 years!

This year 12 teams competed in Dragons' Glen, raising over £75,000. Since the challenge began in 2012, teams have raised an amazing £358,378!

A team of employees from SSE won the competition by raising £11,775 having created a children's book, Keeping the Lights On. Other award winners included: RSM, EY and University of Edinburgh Business School.

We are busy recruiting teams for the next challenge, which kicks off in September. Please get in touch on corporate@children1st.org.uk if you are interested in more information.



Winning team from SSE – pictured from left: Johnathon Beveridge, Caitlin McGill, Angelos Alexandropoulos, Nicol Miller and Duncan Skinner (Dragon mentor)

No man is an island

We men like to feel that we are strong, that we are independent and that we don't need other people. We don't like feeling vulnerable. It's especially difficult when we're having problems with something that is part of who we are, like being a dad.

If you're like me, you'll feel a deep bond with your child. You feel responsible for your son or daughter and you want to provide – not just the material things, but love and safety and fun.

That's a tall order.

Even when things are going well, fatherhood is a pretty heavy load. All dads find it tough sometimes and when things get more difficult, it's hard to ask for support. You might be trying to protect your son from bullies or keep your daughter safe online. You might be struggling to communicate with your child and wondering how to get back the relationship you had before. You might be watching your teenager going off the rails and feeling powerless to help.

That's when it can help to talk. I know.

I'm a dad and I also volunteer as a call-taker at Parentline Scotland. I used to have no time for all this touchy-feely stuff. I felt I had to take everything on my shoulders. Now I know just how much it can help to talk things through with someone who won't judge me,



who will point me in the direction of other practical advice and who will challenge me to try some different approaches.

Try us the next time you're worried about staying strong, whatever the problem. We're open Monday to Friday 9:00am to 9:00pm.

Call us on **08000 28 22 33** or email: parentlinescotland@children1st.org.uk

You can also webchat with us at: www.parentlinescotland.org.uk

We're looking for more male call-takers. If you think you've got what it takes to help people when the going gets tough, call the office on **0131 446 2333** to find out about our free training courses.

Richard Andrews
Parentline Scotland Call-Taker

Touch of Tartan Ball at the Beach Ballroom, Aberdeen

Fri 17 Nov 2017

Join us for the Ball's 30th anniversary for what promises to be a very special evening. To book a table or for more information, please contact the Children 1st Fundraising Team, email:

northfundraising@children1st.org.uk



The Highland Field Sports Fair

The Inverness Friends Group will be running their Tombola stall at The Highland Field Sports Fair at Moy on Friday 4 and Saturday 5 August. All donations to the Tombola will be welcome and these can be left at the Inverness Office or call Jane on **01463 220057** or email:

jane.clunas@children1st.org.uk

Sale at the Coo, Aboyne, Aberdeenshire Wed 4 & Thu 5 Oct 2017



Our annual Christmas Fair returns for another year. Enjoy browsing with a glass of wine on the Wednesday evening, 5pm-8pm, or during the day on Thursday between 10am-4pm and don't forget to come and enjoy lunch at The Coo Café. For further information, please contact the Children 1st Fundraising Team, email: northfundraising@children1st.org.uk

Halloween Party

The Children 1st Glasgow Events Committee would like to invite you to their Halloween Party on 27 October in the Village Hotel Glasgow.

Guests will enjoy a Champagne reception, dinner and spooktacular entertainment. Tickets for the event cost £65 or £600 for a table of 10. To purchase a ticket for the event please email events@children1st.org.uk or call **0141 419 1158**.



The Thistle Ball, Friday 1 September 2017



This year Children 1st will return to the capital with our Ball for the first time in 5 years, revived by popular demand. The Thistle Ball takes place in the prestigious

Balmoral Hotel in Edinburgh on Friday 1 September 2017. It's set to be a fantastic evening of entertainment, fun and surprises. The night will start with a Champagne reception followed by a three course meal and entertainment from the fabulous Swing Sensations and

Singer Swingers. Tickets for this impressive event are priced a £95 each or £900 for a table of 10. For more information, or if you wish to attend this exciting event, please email: events@children1st.org.uk



Edinburgh Airport partnership soars to new heights

Staff at Edinburgh Airport have selected Children 1st as their Charity of the Year for 2017! Throughout the year Edinburgh Airport are supporting us through donations from foreign currency collections, staff fundraising from challenge events, volunteering opportunities and a host of other activities as the partnership takes off!



Procurement Team still smiling after a smooth landing abseiling down the Forth Rail Bridge

Funding boost from People's Postcode Lottery

Children 1st has been awarded £700,000 from players of People's Postcode Lottery.

The fantastic news was celebrated at the People's Postcode Lottery Charity Gala held in Edinburgh on 24 January. On the night, it was announced that an amazing £66.3 million was awarded to charities and good causes in 2016, all thanks to players of the charity lottery.

Over 370 guests attended the event which was topped off with an address from HRH The Prince of Wales and tales of the natural world from the ever inspiring Sir David Attenborough.

"This is fantastic news for the charity as it's the largest award we've ever received from players of People's Postcode Lottery", said Alison Todd, Chief Executive. "The players have

definitely given us something to smile about. Their continued support will make a huge difference to the thousands of children and families we work with across Scotland."

Since 2008, players of People's Postcode Lottery have provided over £4.7 Million to support the work of Children 1st, helping improve the lives of over 70,000 children, young people and their families across Scotland.



Soul Food



Connie is one of our support workers, based in Edinburgh. As well as helping families to have the confidence to

prepare healthier, nutritious meals on a budget, she explains how cooking can help open up deeper conversations about where families need support:

“Because you’re not sitting face to face, but just working alongside each other and getting stuck in, it opens up other issues as you chat. It might be relationships with other family members, money worries or other things people are finding difficult where they need some help.”

This is Connie’s recipe for a simple, low-cost lentil soup – nourishing for brain, body and food for the soul!

Lentil soup

This soup is so simple and really cheap. These quantities give you four big bowls. You can chuck in any other bits you fancy, a few chopped potatoes will give you a thicker soup; two rashers of bacon chopped small work well also.

The ingredients for this soup (including bacon) come to around £5 but once you have the

“cupboard stuff” you can make this soup for £1.30 (with bacon) or about 30p without. You can also make it vegetarian by using a veg stock cube instead.

1 ham stock cube
1 onion, finely chopped
2 carrots, peeled and chopped into small chunks
150g red lentils
2 pints of water

Method:

Put all the ingredients into a large pan, bring to the boil and then turn down the heat and simmer for 45mins. You shouldn’t need any salt because of the stock cube but add a generous grinding of black pepper.





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or visit: **www.children1st.org.uk/will**

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