



### WELCOME TO FAMILIES FIRST!

Families First is a small charity based in St Andrews, Scotland, supporting children with additional support needs and their families across North East Fife.

We run Befriending, Youth Group, Schools Work and Family Support services, all with the help of our wonderful volunteers, supporters and donors!!



### HOLIDAY ACTIVITIES

The summer holidays can sometimes feel as though they stretch on forever (for both children and their parents!) and the change in routine and isolation can be quite a challenge to some of the families we work with.

The whole Families First service team (and some lovely volunteers!) come together every July to run weekly Holiday Activities in each of five local communities across North East Fife (St Andrews, East Neuk, Cupar, Leuchars and Tayport), giving the children and young people we support the opportunity to meet up with friends, try new activities and get out and about, when, due to their care needs or family circumstances, this might otherwise be difficult.

We had a great time with our partners from Youth 1<sup>st</sup> during sports, STEM and climate change activities, visited The Scottish Deer Centre and picked LOTS of strawberries (and escaped from the maze!) at Cairnie Fruit Farm!

**All these activities were made possible by a grant from Tay FM Cash for Kids, so a huge THANK YOU to them!**

Holiday Activities are an opportunity for the whole service team to work together which is always lots of fun. This was also a perfect way to say goodbye to Chris, our transport coordinator, who is off to pastures new. We will miss him very much and send him our best wishes for his new job!

- Alison Falls, Services Manager



This year we particularly enjoyed the local beaches (what a glorious summer!), the playpark and 'S'mores' at Craigtown Country Park, crafts at the Tentsmuir Open Day, crabbing in Pittenweem, meeting the animals (and facing our fear of birds!) at Camperdown Park and (a new one for us!), exploring the Secret Bunker!



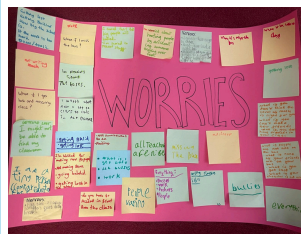
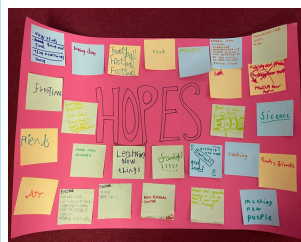
### DATES FOR YOUR DIARY

**AGM** - 30 September, 7-8.30pm, St Mark's Church, Market St. Come and hear what we have achieved this year and enjoy a cup of tea and some home baking! Email [oa@familiesfirststandrews.org.uk](mailto:oa@familiesfirststandrews.org.uk).

**Volunteer Training** - 11 October, 9.30am-4pm, St Andrews Baptist Church, South St, St Andrews. Email [vc@familiesfirststandrews.org.uk](mailto:vc@familiesfirststandrews.org.uk)

## TRANSITION GROUPS

Autumn is coming (sorry!) and the new school year has started. This is a very exciting time for the many children moving to high school, but such a big change can feel rather scary! Every year, primary schools refer those young people who could benefit from a little extra support to our Transition Groups. We meet with them at their future high school every fortnight from April to June, introduce them to their new building, teachers and timetables, talk through their hopes and worries and encourage them to make friends.



We also give them a tour of the school, show them where to go to find help, and answer any questions they have. We will keep in touch with them as they start S1, holding drop-in sessions at the High Schools until the October holiday to help with any settling-in challenges they are facing.

We work closely with staff from Madras College and Bell Baxter High School on this project, encouraging these young people to make as positive a start as possible to their High School careers!

- Kathryn Henderson, Youth Worker, YPS

## FUNDING FAMILIES FIRST!

Our fundraising team work very hard to keep Families First on the road! Our total budget for 2025-26 is set at £387,280, covering our three services, transport, volunteer recruitment, and administrative support. We have a diverse array of funders, from large national bodies to local groups and individuals and we are incredibly grateful to all of them!

### CORE FUNDERS

We are very lucky to hold major awards from the National Lottery Community Fund, the Bank of Scotland Enable Fund, the Alfred Dunhill Links Foundation, The Robertson Trust and Fife Council (where our Service Level Agreement for Befriending reflects our position as a respected service provider). These funds provide the backbone of our funding (42%), with multi-year awards particularly valuable for budget planning and security. We also hold many smaller grants which ensure the continuation of all our services.

## OUR LOCAL FUNDERS

We have a super-generous community! We are very grateful to everyone who supports us, from individual donors to local groups and businesses.

- Gemma Nicolson, CEO



The congregation at St Mark's Church supported us with donations at Christmas and Easter, and also donated funds to cover the costs of drinks and snacks on our recent Summer Family Day.

The St Andrews Baptist Church have supported us from the very beginning and continue to provide our office space and allow us the use of their hall for training and events. We are very grateful to them for all of this, plus for their service on our board of trustees!

Simon Almond completed a very tough 'Ben Lawers 7 Munros in 1 Day' Challenge and raised £2713 for us! Here he is on his 7<sup>th</sup> munro!



The Old Course Hotel helped fund a pottery project for our Youth Groups. The young people really enjoyed the experience of creating pots and monsters in the East Nook studio!

The wonderful staff at Nationwide St Andrews nominated us for a Nationwide grant which helps fund our Family Support Service. They also collect donations for us at Christmas and Easter!



## COME AND JOIN IN THE FUN!

### We would love you to get involved!

We are always very happy to welcome new volunteers, subscribers, donors or fundraisers and look forward to hearing from you!

Please email [oa@familiesfirststandrews.org.uk](mailto:oa@familiesfirststandrews.org.uk), visit [www.familiesfirststandrews.org.uk](http://www.familiesfirststandrews.org.uk), or phone 01334 208086.

Please donate [here](#) or scan the QR code to help local families!

Thank you!

