

# A PLACE TO BELONG

Summer Edition 2024

**BARNARD'S**

Changing childhoods. Changing lives.



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HIYA!



**I'm Corrine. I started off with Barnardo's when I became a young mum. This led to volunteering opportunities and now I'm employed by Barnardo's!**

I would love you to take some time to read this newsletter – it contains loads of stories from young people, and you can discover what we have been up to recently!

One of the topics discussed is 'Children At The Table', a really amazing project I have been involved with to make sure children and young people are at the heart of government decisions. It's been an exceptional journey to be on, and hopefully now we will start seeing changes being made.

Before I sign off, I wanted to say that Barnardo's truly put young people first, and don't give up on anyone. I have first-hand experience of this myself – when other services failed, Barnardo's have always been there for me. Thank you for making that possible.

Enjoy reading!

Corrine x



# PUTTING CHILDREN AT THE HEART OF GOVERNMENT



In January, we teamed up with other leading children's charities to form the 'Children At The Table' coalition. Together, we're making sure that children's voices are being heard in this important year, so they can have a say in decisions that shape their future.

23-year-old Helen travelled to Parliament earlier this year as part of the campaign. She shares with us how it felt to have her voice heard.

"Arriving in London for the 'Children At The Table' campaign launch felt exciting. We got to see people in high positions who care about children being involved in decisions that affect our lives. It made us feel listened to when everyone watched the video with us speaking about why we need to be involved, and the importance of children having a voice.

"At the event there was a tablecloth where everyone could draw around their hand. Then they could add what they thought was the most important thing that the government should do for children while they are in power."



Barnardo's staff have always gone beyond what they need to be doing, such as helping me move house. They have reached out when they know I am struggling, and they stay in touch and take an interest in what I am doing.

Helen has been supported by Barnardo's since leaving care.



Scan the QR code or visit [www.childrenatthetable.org.uk](http://www.childrenatthetable.org.uk) to learn more about the campaign.

# YOU'VE GIVEN LIBBY A SPACE TO BELONG



**When 12-year-old Libby started coming to one of our art clubs, she found somewhere she could be herself. Her mum Emma explains more.**

## **Can you tell us about Libby?**

We knew Libby had additional needs from quite early on in her childhood. Her older brother has autism, so I knew the signs to look out for.

Libby is very sociable and wants to be everyone's friend. She is quite unaware of personal space and struggles to maintain friendships. As she's grown older, her autistic traits have become more apparent.

## **How has Barnardo's helped her?**

We first came into contact with Barnardo's three years ago. At that point, life suddenly changed for Libby.

At the art club, she had a space to be herself, whereas at school she was always trying to be 'normal' and not show her autistic traits. Here, none of the staff or

the other kids bat an eyelid at her. The art club allows her to be sociable as well.

She generally comes out of the art club much happier than when she arrived. She counts down the days until she can go!

## **Why are these services so important?**

Neurodiverse children are still children. They might see or do things differently, but they are entitled to enjoy their lives and contribute to society just like everyone else. Libby is still a little girl with feelings. I would love to see more opportunities for neurodiverse children, like the art group that Barnardo's runs.



Scan the QR code or visit [www.barnardos.org.uk/libby-story](http://www.barnardos.org.uk/libby-story) to hear how Libby surprised Emma recently.

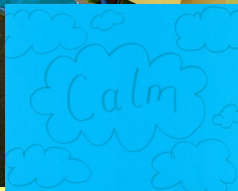
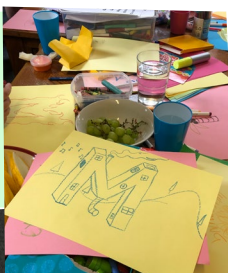
# YOUNG & PEOPLE TAKE THE LEAD ON OUR NEW LOOK

Have you noticed that a few things have changed about the way we look? Here's a behind-the-scenes peek at how the unique experiences of children and young people have created our distinctive new identity.

Here at Barnardo's, children and young people are at the heart of everything we do. So, when we decided we needed a new look, we wanted them at the heart of making it.

1. We met with children and young people from across Barnardo's and gave them paints, pens and coloured paper.

2. We asked them to express the things they've been going through and how it made them feel.



4. Their artworks were transformed into our new logo and look. Look closely – every letter is different!

3. Then we asked them to draw the first letter of their name in the same way.



Scan the QR code or visit [www.barnardos.org.uk/newbrand](http://www.barnardos.org.uk/newbrand) to see a short film showing how children and young people helped make our logo!

We're so proud that the emotions, feelings and perspectives of the children and young people you help us reach are reflected in our new look.

# THE NURTURING & POWER OF THE GREAT OUTDOORS



**The crunch of leaves underfoot. The salty air on your skin. The tranquil sounds of birdsong. When life is hard, getting out into nature can make things feel so much better.**

We know that for many children, dealing with school can be tricky. And making friends isn't easy either. That's why we have lots of different nature-based projects across Scotland, helping kids re-engage with learning, open up about their feelings and build meaningful friendships. Our B-Wild project team tells you more...

B-Wild gets children

**BACK INTO NATURE**

More than  
**800 CHILDREN AND YOUNG PEOPLE**

have been supported through B-Wild.

B-Wild has projects in  
**EIGHT LOCATIONS**  
across Scotland.

**Claire, can you tell us what B-Wild is about?**

"We have a lot of young people on the programme that find it difficult to attend school and struggle with making friends. The project offers them the chance to benefit from outdoor learning, outdoor play and therapeutic practice in nature.

"B-Wild looks different in every service – from helping parents to connect with their kids while rock pooling on the beach, to



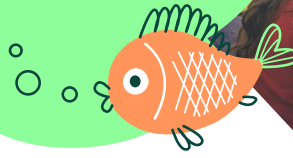
Claire Reid runs the B-Wild Project for Barnardo's

supporting teenagers to develop bushcraft skills while also building an emotional vocabulary for their experiences."



**I can talk about things when I'm out on one of these trips. I can talk more here than I do with my counsellor.**

Young person taking part in B-Wild



Kenny Fulton is one of B-Wild's amazing Champions

**Kenny, can you share one of the activities you've run?**

"Absolutely! We recently helped young people use natural materials and outlines of people to show how different emotions are felt in the body.

"Two young people dug a hole in the area of the heart to show how empty grief feels. Others used prickly leaves around the body to show fear. It was very brave and trusting to share their feelings and experiences in a group setting."

**10-year-old Josh has been joining B-Wild woodland sessions through his school. His mum shares the impact they are having.**

"When Josh started B-Wild he rarely managed school, didn't have friends and spent most of his time lost in gaming.

"Through B-Wild he has blossomed. For the first time, he has friends. He looks forward to B-Wild sessions. It's the first time in a long time I've heard him talk about something other than gaming. He has even bought himself a microscope.

"I'm so grateful he has had the opportunity to be part of B-Wild with Barnardo's."



This project has been made possible thanks to funding from The National Lottery Heritage Fund.



\*Josh's story is true, however models have been used and names changed to protect the identities of the children we help.

# MAKING EVERY DAY EASIER THANK YOU

Times are tough for many families right now, but thanks to wonderful people like you, we have reached thousands of children over the last year with food, comfort and hope.

Together we have given emergency support...

You've filled trolleys and put food on children's plates by helping pay for

**£868,465**

of food shopping

You've warmed homes and powered washing machines by helping top up electricity and gas meters with

**£237,256**

You've helped give children the sleep they need with

**442**

new beds



## ...ongoing support

- You're helping children cope when things at home are stressful
- You're making sure parents can get the financial advice they need

## ...and magical memories in the hardest of times

You've helped give children the chance to be carefree and joyful, even if it's just for a few hours. You've helped pay for trips to the seaside, the bowling alley, the cinema and so much more. What's more, you've helped sort transport and food, giving families a worry-free and truly fun day.





In the last year, you've helped our crisis support team reach more than **13,000 children and 7,200 families.**



“

When the cost-of-living crisis hit, that's when it really started getting tough. Barnardo's provided us with supermarket vouchers and helped to top up the gas and electricity. If it hadn't been for Barnardo's, we literally wouldn't have survived.

Natalie, mum of three, supported by Barnardo's



\*Natalie's story is true, however models have been used and names changed to protect the identities of the children we help.

“

My children won't remember when we received help to buy shopping, but they will never forget the day we all went to the zoo together, as a family, without a care in the world.

Parent supported by Barnardo's



Scan this QR code or visit [www.barnardos.org.uk/getsupport](https://www.barnardos.org.uk/getsupport) to find out how we help families struggling to afford the essentials.

# CELEBRATING YOU, OUR SUPPORTERS!

You really are such an amazing bunch of people! Every single day, people like you are choosing to give donations, raise money, remember us in your Will, play our lottery, give through your workplace, volunteer for us, or shop or donate at our stores. And with every one of those actions, you are making sure another child gets the help they need.

**THANK YOU  
FOR EVERYTHING  
YOU DO!**



The superstars of our stores: Elaine (left) has volunteered for Barnardo's for 32 years, and Lynne (right) for 38 years!

Want to know more about volunteering in a shop near you? Scan this QR code or visit [www.barnardos.org.uk/volunteering](http://www.barnardos.org.uk/volunteering)



## A LIFETIME OF CHANGING CHILDHOODS

This year, two volunteers have reached an incredible 70 years of volunteering in their local Barnardo's charity shop! Lynne Cieka has been volunteering in the Winsford shop in Cheshire for 38 years, and Elaine Salisbury, for 32 years.

"Barnardo's is like a second home to me, it just feels like family," Lynne told us. "I love working for children in whatever way I can."

Over the decades, this amazing pair has seen it all. From the store temporarily closing due to a bomb scare, to all sorts of unusual donations. They've helped countless volunteers grow their skills and confidence. Plus, they've befriended many local customers – many who now pop in especially to see them!

Thank you to Elaine, Lynne and all our volunteers across the UK for being such an important part of the Barnardo's family!

**BARNARD'S**  
**THE**  
**BIG**  
**TODDLE**

A humungous **THANK YOU** to all our Big Toddlers who joined us on our safari adventure this year. Your little steps have helped create happier childhoods across the UK. Thank you for being so roar-some!

So many of you joined in, and your costumes were toad-ally amazing! From little explorers to roaring tigers and roaming elephants, you turned this jungle adventure into a safari day to remember.

Make sure you keep an eye out for the launch of **The Big Toddle 2025!**



## SPRINGING INTO ACTION

Meet Caleb – an inspirational 12-year-old who recently completed a 24-hour trampoline challenge and raised £500 for Barnardo's. We think you're utterly brilliant Caleb!



Barnardo's have always been around to support me and my family. I would like to raise money to help them continue their amazing work in the local area.

Caleb

**GIVE IT**

**NEW MEMORIES**

**I celebrated  
my cousin's  
wedding in  
this dress**



**I hope  
someone  
else parties  
it up in it too**

**DONATE CLOTHING TODAY**



Donate your pre-loved items today.  
[shop.barnardos.org.uk/donations](https://shop.barnardos.org.uk/donations)

**BARNARDOS**

Barnardo's, Tanners Lane, Barkingside, IG6 1QG  
Barnardo's Registered Charity Nos. 216250 and SC037605

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