

# A PLACE TO BELONG

Winter Edition 2025

**BARNARDO'S**

Changing childhoods. Changing lives.



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## HELLO!

**We are Rebecca, Rachel, Kyson and Hamaam, and we're very excited to be introducing your newsletter.**

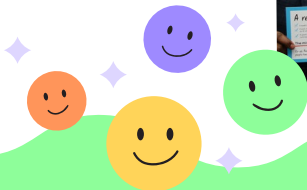
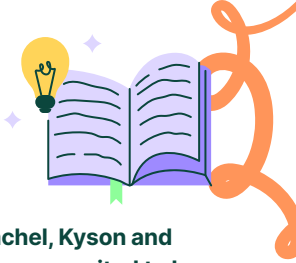
We all came to Barnardo's in different ways, but one thing unites us: we're all totally committed to making life better for other young people!

For the last year and a half, we've been helping the partnership between Barnardo's and Co-op, as members of their Youth Advisory Group. Our job is to make sure children and young people's voices are heard and acted on in everything the partnership does. We're feeding into policy work, helping run UK-wide focus groups and representing children and young people in places where important decisions are made. If you turn to page 3, you can read about one of the reports we've helped produce!

We are all so grateful for these amazing opportunities, and we're determined to use them to help more children and young people have better access to food, support for their mental wellbeing and more chances in life.

Happy reading, and thank you for everything you do for Barnardo's – you are changing childhoods and changing lives every single day.

*Rebecca, Rachel,  
Kyson and Hamaam*



# FUELLING THE FUTURE: YOUNG VOICES ON HEALTHY FOOD

Every child needs good, nutritious food to thrive. Yet too many young people struggle to find healthy, affordable options in their communities. Our report, *'A Recipe For Success'*, puts their voices front and centre, giving decision makers a real look at the obstacles they face.

**COST:** "They need to make food cheaper. Obviously because prices are going up as well as rent, house bills and electric. Those other costs are making it difficult. So food has to be cheaper because of the rising cost of living."

Emily, young person from Ely

**ACCESS:** "I'd really like a fruit shop, a bigger shop, something that's a bit more accessible for people to get to. A shop that's open before and after school so you can get food after school." Jessica, young person from Hurlford

**NUTRITIOUS FOOD:** "Growing up now we're getting used to not having as much fresh food as we used to. Since the Ukraine war, we're not having fruit and veg in the house because of the cost and it goes off quicker."

Holly, young person from Rochdale

**HOLIDAY HUNGER:** "They made us stop going [to the local holiday activity and food programme] when we turned 16 as most of the programme is aimed at kids from 5-15. I'm 16, what can I do? There needs to be one that goes up to 18."

Owen, young person from Plymouth

**COOKING:** "Education around nutrition or teaching young people skills about healthy food needs to be much more of a focus. Because so many young people I know just don't know how to cook, let alone make anything at home." Nicole, young person from Hurlford

To read the report in full, and our recommendations to local authorities, just scan the QR code or visit [barnardos.org.uk/success](https://barnardos.org.uk/success)



# MAKING CHRISTMAS SPECIAL FOR SONIA AND HER BOYS



**Throughout winter months, supporters like you are bringing joy, comfort and warmth to so many families living in poverty. Mum of two, Sonia, shares how supporters like you helped transform a recent Christmas for her boys, giving them a day to remember during very tough times.**

"I've gone for three days without food so the kids can eat. They go to their dad's house on the weekends towards the end of the month because I'm just not able to afford to feed them. That can feel embarrassing for me, but it's the truth.

Nina (my son's Barnardo's support worker) asked me what we were doing over Christmas and how I was feeling about it. I told her I was trying not to think about it because I was worried about the cost of it all. That's when she told me Barnardo's could help.



Nina provided literally everything to give me and my boys a Christmas. We were given gifts and games for the boys which was brilliant and made a big difference. Nina also helped me get ALDI vouchers which meant I could buy food for our Christmas dinner.

I think it's really important to speak about poverty, and I hope that by sharing my own experiences I can help to create some change to help other families who are also struggling."

**In one month alone last year, we supported 2,125 children and families living in poverty which has included providing food vouchers and paying for fuel.**



My message to supporters:

“

***It's not just a small thing. It might feel like you're not really making a difference, but you are, so thank you to anyone who donates.”***



To hear more from Sonia and the difference your support makes, just scan the QR code or visit [barnardos.org.uk/Sonia](https://barnardos.org.uk/Sonia)

# HANDING DOWN WINNING RECIPES

Do you have a treasured recipe? Maybe one that's been passed down through your family and loved by generations?



For some young people, the chance to enjoy Sunday lunch with grandparents or spend time in the kitchen are rare. In partnership with 'Linking Generations Northern Ireland', our SEEN project is helping to bridge this gap, bringing generations together to share recipes for a new competition.

Finalists joined celebrity chef Suzie Lee in the kitchen, and their show-stopping dishes are set to shine in the upcoming *Grandmother's Hands* cookbook!

Project manager Dean Walker-McKenzie, explains more:

**"As children grow up, a healthy diet can make a huge difference to both their physical and mental health. We want to promote the fact that food is the single most important lever for improved wellbeing not only for ourselves, but for the entire community."**

**"Through the competition and the cookbook, we are trying to rebuild the connection and personal relationship that children and young people have with food. All of the winning recipes are special to children and their families – they represent their heritage and identity, and it has been a privilege to share that."**

Elijah: **"My recipe is an omelette. I chose an omelette because it is very, very tasty. Me and my Dad make it. I remember when it was my first time cooking it and it was extra, extra tasty and I also put in my secret ingredient. My secret ingredient is love."**





Ben: **"My recipe is Bunny Chow. I chose this recipe because it is one of my favourite foods. It's a family recipe from South Africa passed down from my Granny to my Mum and now to me."**

Mayor, aunt to Maya: **"We chose halloumi curry to have a little bit of a Kenyan twist in it. I use a lot of Kenyan spices and Kenyan herbs so I bring my own from home and make it a local recipe with an international twist."**



**Boerenkool**

*Traditioneel bekend in zwart met zandervos (crashed sausage) but sometimes in a green alternative*

**Stompst (Crash Pot): boerenkool (Crawmer's Kale)**

**Ingredients:**

- 1.5 kg potatoes
- 300g kale
- 3 tsp oil
- 3 tsp butter
- Salt

**Preparation:**

- cut potatoes into small blocks
- add to a big pan of boiling water
- add the kale on top
- once cooked (30 min) drain the water
- cut salmon into pieces and stir through the pan
- Add mustard, butter and salt if in taste

*Boeren kool is altijd belangrijk in zwart met zandervos (crashed sausage) but sometimes in the occasional egg kale is it*

*My preferred (pot-garlic) salad: add some green kale and salt it in that step in the preparation make it all together*

Oscar: **"My recipe is Irish Soda Bread and it's been passed down through generations from my great, great Granny."**

Bridgeen, Oscar's mum: **"The competition has been great in bringing our family recipes back and talking about the stories behind those recipes. After the competition was launched, we started to make soda bread and now Oscar can make it himself."**

Scan this QR code or visit [barnardos.org.uk/recipes](https://www.barnardos.org.uk/recipes) to find out more about this project, and see the winners cooking alongside chef Suzie Lee.



# THE DIFFERENCE YOU'VE MADE



Want to know what your support achieves? We've pulled together some of the incredible things your generosity has made possible for children, young people and families over the last year, and we hope you feel as proud as we do of the difference you've made.

Put simply, every donation you gave, every fundraising event you took part in and every campaign you joined, helped us support children and young people when it mattered most. In fact, last year, you helped us reach **56,200 children, young people, parents and carers through our projects and partnerships**. We couldn't be more grateful to have you by our side.

**THANK YOU!**

## Last year, we supported



**95,800**

children and young people with one-to-one support



**222,300**

children's centres and family hubs



**38,100**

school-based programmes

**THAT'S AMAZING!**

In 2023-24, Barnardo's reached **356,200** children, young people, parents and carers through our services and partnerships.

In the first year of our special partnership, **Co-op has raised an incredible £2 million** to support positive futures for young people.

**178** young people volunteered **1,427 hours** of their time to help shape Barnardo's projects and strategy.

Scan the QR code to read our full Impact Report.





# LET'S TALK FOSTERING TODAY



Right now, there are thousands of children in the UK waiting for a place to call home. We aim to help as many of them as possible through our fostering programme. Hear from Barnardo's amazing foster carers Tim and Sharon, who have been giving children a sense of belonging in their loving, supportive home for six years.

## What motivates you as a foster carer?

**Sharon:** Working in social care, people have said to me, 'I don't think I've ever felt loved'. That was heart-breaking and really influenced our decision to foster.

**Tim:** It was shocking to me what my foster child had never had at home. Small things like never having had a bedtime story. That's now part of his routine. Being a foster carer is the most rewarding thing I've done.

## What's your favourite memory as a foster carer?

**Tim:** When our foster child called me dad. It was an amazing feeling that he was accepting me in his life.

## What advice would you give to someone considering fostering?

**Sharon:** Go for it. You might be single, married, gay – it doesn't matter. It's about love and home and a secure base. I get something out of fostering every day.

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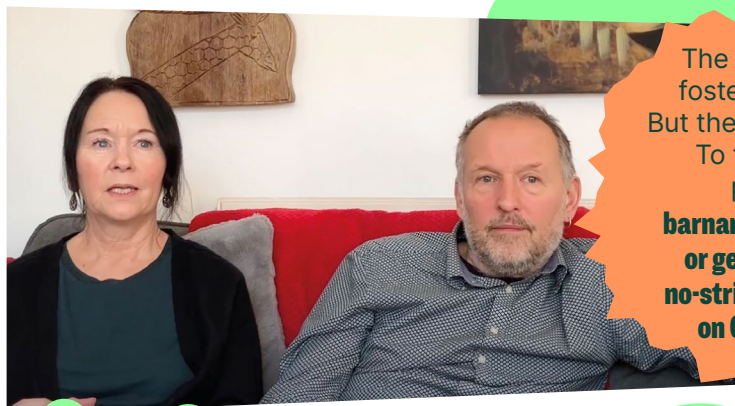
**Some children have never held the hand of a parent. It's wonderful that we can give a child that experience.”**

Tim

The perfect time to foster doesn't exist. But the right time is now.

To find out more, please visit

**[barnardos.org.uk/foster](https://www.barnardos.org.uk/foster)  
or get in touch with a  
no-strings-attached call  
on 0800 0277 280**



# YOU'RE OUR HEROES



You really do go above and beyond to make life better for children and young people. Whether you're training at dawn, creating cake-making chaos in your kitchen or even taking the plunge with a skydiving leap – your dedication inspires us every day. We can't wait to see what you get up to in 2025!



## OUR GREAT NORTH RUN CHAMPIONS

Last September, 90 runners took on the world's largest half marathon race for Barnardo's, raising an astonishing £43,000 for children and young people. A huge thank you to you all – we couldn't be more grateful!



Paul took part to celebrate 1,000 days of fostering a child with Barnardo's:

**"We've been supported by Barnardo's for the past four years, so it was an obvious choice to fundraise for you.**

It's a lovely event and well organised. I raised a fair bit of money – more than £1,000 for the 1,000 days."



To hear from Paul straight after he finished the race, just scan this QR code or visit [barnardos.org.uk/Paul](https://barnardos.org.uk/Paul)

Steve booked his place in the race when his employer, the Co-operative Group, started their partnership with Barnardo's:

**"The past few years have been tough on everyone, but none more so than our children – and they need our support more than ever. Modern life is very challenging and a lot of our children are struggling as a result, but, given the right level of support, the next generation can really make a difference."**

Steve's top tip:  
**"Put an ambitious target on your fundraising pages – it helps encourage people to be more generous if your target is big!"**





Every fundraising event you take part in helps more children and young people across the UK feel safer, happier, healthier and more hopeful.

**THANK YOU!**



### **'I DO' WITH A VIEW**

Standing on top of the iconic Forth Bridge, with its breathtaking coastal views, is a once-in-a-lifetime experience. For Laura, a participant in Barnardo Scotland's 'Your view' fundraiser, the day was even more memorable – she came back engaged!

We're thrilled this event continues to raise vital funds for children and young people in Scotland, while creating memories that last a lifetime.

**"The proposal was a complete surprise! Your View was one of the best things we've done together. I'd recommend it to anyone."**



**CONGRATULATIONS!**



**A huge shout out to everyone who skydived for us in 2024 - you've taken fundraising to new heights!**

# WE'VE GOT THE EVENT FOR YOU!

Our 2025 events programme is bigger and better than ever. By joining in, you can help children get the support they need this year and beyond. We can't wait to support you every step of the way!

## UP FOR A CHALLENGE IN 2025?

### Help change childhoods and change lives.

Run, walk, cycle, skydive, or  
dream up your own challenge!

Scan our QR code to find  
the challenge for you.



# BARNARDO'S

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

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