Helping David recover from domestic violence

Because you cared...
Tanya’s going to college

Home, not alone
Our support for homeless teenagers

Cut them free
Join the campaign
It’s amazing what you can do when you donate to Barnardo’s. Take Tanya, whose story features in this issue. Before she knew about our Willow Young Carers’ service, she was regularly missing school to look after her mum and little sister and she was struggling to control her anger about her home situation. Fast forward two years and armed with our advice, support and encouragement, she’s studying at college to fulfil her dream of working with animals and becoming a veterinary nurse.

We believe that all children and young people should have the chance to achieve and be all they can be. But we depend on your donations to make this happen. Please keep giving to Barnardo’s so that we can help all the other young people like Tanya to follow their dreams.

Anne Marie Carrie, Chief Executive

Watch out for Barnardo’s on TV

The new Barnardo’s TV advert, *Life Story*, will be launched in early November.

The advert illustrates the story of a vulnerable child called Michael, who is helped by Barnardo’s to transform his life. It aims to highlight our belief that the way your life starts shouldn’t dictate how it turns out.

*Life Story* aims to raise public awareness of how Barnardo’s helps vulnerable children. Look out for it on a screen near you and please mention it to your friends and family.

Barnardo’s has opened a play park in Wiltshire which can be used by children visiting a parent in prison. The park will enable families to spend time together and maintain family links, which has been shown to reduce the likelihood of reoffending. It was opened by Barnardo’s Chief Executive Anne Marie Carrie and HMP Erlestoke Prison Governor Andy Rogers (pictured).
Classroom discipline concern

Barnardo’s has voiced concerns that the Government’s hard-line approach to classroom discipline risks failing to address bad behaviour effectively in the long term. New report ‘Tough love, not get tough’ reviews international research and shows that schools which combine high expectations for discipline with good support systems have the best outcomes.

Anne Marie Carrie, Barnardo’s Chief Executive, said: ‘Our research shows that intervening with families to tackle bad behaviour is more effective than authoritarian punishments alone. By effectively supporting parents in partnership with schools, Barnardo’s services have demonstrated improvements in children’s behaviour.’


Drive in and donate

Donating items to Barnardo’s stores just got easier with the launch of four ‘donation stations’ in Birmingham, Liverpool, Hull and Rhyl.

The out-of-town sites offer easy drive-in access and plenty of parking, so customers can drop off their unwanted clothes, books and DVDs for distribution to Barnardo’s local stores.

All profits from Barnardo’s stores are ploughed into helping the UK’s most vulnerable children. Last year, your unwanted items raised an incredible £7 million for our work.

Visit www.barnardos.org.uk/shop/donating_goods for addresses of the donation stations.

Parents and children in Dorset held a final fun day to celebrate the achievements of the Dorset Parent Support Adviser Service which closed in August.

The service, which was managed by Barnardo’s on behalf of Dorset County Council, helped 3,000 families over two years. Working with schools, staff helped children to overcome problems caused by domestic abuse, bereavement and marital or financial difficulties in families, which threatened their education and future prospects.

Service Manager, Jeremy Coombe said: ‘Three-quarters of families reported better relationships and increased parental confidence.’

Powerful work

Two years ago, Barnardo’s helped Barry Henderson to secure an apprenticeship with Scottish and Southern Electric through our Barnett’s Works Dundee service. Now Barry has been named UK Power Apprentice of the Year at the People in Power Awards.

‘This award is a huge honour,’ Barry said.

Money matters

In 2010-11, Barnardo’s helped more than 190,000 vulnerable children, young people and their families at over 800 local services across the UK. Out of every £1 we spent, 95p was spent on charitable expenditure to help children. If the costs of trading and property development (both of which are self-financing) are included, this figure is 82p. For more information on our work last year, read the Barnardo’s Annual Review at www.barnardos.org.uk

Thanks to you, we have opened: Wirral Services Young Carers to support children and young people who have caring responsibilities... South West London Sexual Exploitation Service, offering one-to-one outreach work to young people at risk of sexual exploitation... Barnardo’s Education, Employment and Training Lincolnshire to support 14 to 18-year-olds into education, training and apprenticeships.
From caring to college

Your support has enabled young carer Tanya to get back into education and follow her dream of becoming a veterinary nurse.

Tanya lives in Leeds with her mum and two sisters. She has helped to care for her mum and younger sister Aleesha since she was seven, doing the washing, cooking, hoovering, food and clothes shopping. Her mum suffers from depression and has severe eczema.

As well as all the household tasks, Tanya has always provided her mum with a high level of emotional support. She says: ‘When she’s really low mum can’t get out of bed for days. We do our best to try to cheer her up and pull her through.’

‘We just didn’t go to school’
Before Barnardo’s got involved, Tanya and Aleesha would often miss school. They were too worried to leave their mum at home by herself – they desperately wanted to help her get better.

Even when she was in school, Tanya could not take her mind off her mum. When other pupils made comments, she got really angry. ‘I would get so mad and feel like my blood was boiling,’ she says. ‘I didn’t want to tell anyone why I was so angry because I wanted to protect us.’ Tanya started going out on her own to try and deal with her anger, wandering around the woods near her home for hours on end.

Then, when Tanya was 14, social services became involved because the girls had missed so much school. ‘I felt really upset but was worrying more about what Aleesha felt, she was crying,’ Tanya continues. ‘We were worried they were going to take us away from our mum.’

Fortunately, the family was able to stay together. Tanya’s mum was given a care worker to help with the household jobs and Tanya and Aleesha were referred to Barnardo’s Willow Young Carers.

Encouraged to go to college
Tanya’s initial nervousness about Barnardo’s disappeared as soon as she met her project worker. ‘Ben from Willow came to the house to meet us and he was lovely. He talked about all the activities we’d be able to do. When we started going to the groups we got to know other young carers whose parents were in similar situations. It was great to find there were other young people out there who understood how things were for us.’

Barnardo’s helped Tanya go back to school. ‘The project workers at Willow taught me about anger management and just made me feel better about everything,’ she recalls. ‘They gave me the motivation to go to school and to get things done. Barnardo’s was so encouraging, helpful and positive about everything – they told me I could get into college and helped me apply.’

Tanya has just started an Animal Care NVQ course and is working part-time in a pet shop. She aims to become a veterinary nurse, fulfilling her long-held ambition to work with animals.

Tanya added: ‘Barnardo’s has really helped me. I don’t know what I would have done without them. You can trust them like you would a true friend, they give good advice. I’m enjoying college and feel really positive about the future.’

Your gifts make life easier for young carers:
£5 pays for a mobile phone top-up to enable a young carer to keep in touch with their parent from school. This reduces their worry and allows the child to focus on their education.

£45 pays for a young carer to have three one-to-one homework support sessions.
Real stories

Room service

By supporting Barnardo’s, you are helping homeless teenagers who stay at Barnardo’s Bay6 service in Leyland, Lancashire. Having a safe and secure place to stay meant everything to Stephen and Kirsten...

told me about local hostels but I knew they had people there who drank and smoked weed. If I’d gone there, I think I would have started drinking and gone down that path.

‘Instead I was referred to Barnardo’s Bay6, where I had my own room. They taught me how to cook, manage my money, how to be a bit more responsible. After a month, I moved to Barnardo’s Haddon Lodge, where I stayed for eight months.

‘They just gave me loads of time and help at Barnardo’s. My support worker helped me sort out a CV and find a job, working in a warehouse. I didn’t have any clothes so they gave me a clothes grant of £100.

‘In time, they helped me move into my own flat and they gave me a grant to buy a fridge and cooker.

‘Barnardo’s did everything for me. I wouldn’t be where I am today if it wasn’t for them.’

Kirsten

‘I felt safe at Bay6 – they were like the family I never had. My mum started bullying me when I was 13; one time she kicked me out of the house at 3am. My stepdad used to hit me. I regret living with them now but every time they kicked me out, they asked to have me back and then it would start over again.

‘When I was 16, my social worker referred me to Bay6 and staying there changed my life. The staff were amazing and I loved them to pieces. If I needed advice, they would help me look for it. If I needed to cry on someone’s shoulder, they were always there for me. They weren’t just there because they were getting paid, they were there because they could see the difference they were making.

‘I did my GCSEs while at Bay6 and passed every single one. If it wasn’t for the staff helping me to revise, I don’t think I would have done it.

‘Every week they ran support sessions covering things like how to pay bills, assertiveness and how to live on your own. They helped me complete a pre-tenancy qualification which covers all your rights and responsibilities when you get your own tenancy.

‘Now I’m in my second year at college studying to be a chef. I’m in a flat at Barnardo’s Haddon Lodge and I’m nearly ready to live on my own. I’m going to miss it here but I know I’ll be alright from everything Barnardo’s has taught me.’
Breaking free from the past

David and his mum, Emma, escaped from an abusive relationship but were too traumatised to move on with their lives, until they got in touch with Barnardo’s.

In the first 18 months of his life, David repeatedly saw his father violently abuse his mother, Emma. Although he was so young, Emma is convinced David took in what was happening and that it affected him deeply.

‘I believe he knew what he was seeing,’ Emma says. ‘When he was 15 months old he used to come over and sit on my lap sometimes to stop his dad hitting me. He would scream “Mum, Mum!” because I was screaming.’

The attacks grew more and more violent – Emma suffered a broken nose and broken ribs – until she called the police after a particularly brutal assault. The police prosecuted her partner and she moved to a refuge.

Emma’s former partner had cut her off from her family and friends, so she and David were isolated. After 10 months, the refuge found them accommodation in a different area of their home city, but Emma was frightened to go out because her former partner had threatened to kill her and snatch David if she continued with the court case.

David was clingy and fearful. He wouldn’t stay with anyone but Emma and was particularly frightened of men. He wouldn’t sleep in his own bed and cried a lot. He would not even stay with Emma’s mother, who she had managed to get back in touch with. Emma’s mother contacted Barnardo’s Albert Bradbeer Children’s Centre to see if they could help.

Staff from the centre visited Emma and encouraged her and David to come to some ‘Stay ‘n’ Play’ sessions, which they both enjoyed.

‘It was the first time I felt like someone cared,’ Emma says.

David began to go to the crèche at the centre so that Emma could attend courses and counselling. Family support worker Marissa Hancock supported Emma through the legal process and helped her deal with accommodation problems. She also secured nursery funding for David, so that he could learn to interact with other children.

It was hard for David at first. ‘The first week they had to pull him off me – he was clinging on for dear life,’ Emma says. ‘But now he realises that I’m allowed to go away and I am going to come back for him. He’s made little friends at nursery and he loves all the ladies at the children’s centre.’

‘The change in David was dramatic,’ Marissa says. ‘Within a few weeks he began bouncing into to nursery and walking into the children’s centre with his head up high – his mum was absolutely gleaming with pleasure.’

David is now three-and-a-half and is due to start daily nursery. He sleeps all night in his own bed and enjoys regular visits to his grandma and aunt. ‘He is 100 per cent better,’ Emma says. ‘I’ve got my little boy back.’

Meanwhile Emma has completed courses at the centre and hopes to start volunteering there, helping other parents. She plans to learn some IT skills with a view to getting employment. ‘I want to be like Marissa and help other young women and girls in my position,’ Emma says. ‘I want to tell them there is hope for them. I didn’t think there was a future for me. I am proof you can turn your life around.’

Emma

David loved painting and drawing at Barnardo’s crèche and this is his artwork.

David is 100 per cent better. I’ve got my little boy back.

Emma
Take action against sexual exploitation

A year ago, there was no named minister in charge of tackling sexual exploitation and no national action plan on the issue. Your support for our Cut them free campaign changed all that. Now you have the chance to do even more...

We achieved great success in the first stage of the Cut them free campaign, where we encouraged our supporters to urge the Westminster government for action. However, thousands of children were exploited for sex in the UK last year and more can still be done in our communities to protect children at risk. You are instrumental in the next stage of the campaign as we ask individuals to see how they can help protect children and young people in their communities.

Ask your local politicians to do more
In particular, we need you to actively support our campaign. In England, you can urge your local authorities to take action by signing up at www.barnardos.org.uk/cutthemfree. Via the website you can contact your local councillors and ask them to be more effective in protecting children from sexual exploitation. In Scotland, supporters can use the same webpage to sign up to a petition to the Scottish Parliament and initiate important change.

Spot the signs of sexual exploitation
You can make a vital contribution to our campaign by being aware of the signs of sexual exploitation and what to do about it. Use our leaflets for parents, professionals and young people, which can be downloaded from the Barnardo’s website at www.barnardos.org.uk/cutthemfree

Celebrity support
Several of Barnardo’s celebrity supporters have shown their support for the campaign. In her campaign appeal video Dame Helen Mirren says: ‘We can all help to cut children free from this horrific and hidden form of child abuse, and speak out to protect the children in our lives from being trapped. Please do what you can to protect the children you know. Learn how to spot the signs of sexual exploitation on Barnardo’s website today and join me in supporting the Cut them free campaign.’

Dame Helen Mirren says: ‘We can all help cut children free from this horrific and hidden form of child abuse.’
Alan Dearman tells Barnardo’s Today about being brought up in Barnardo’s care and how he supports us now.

Why is Barnardo’s so close to your heart?
Without Barnardo’s care I would have ended up six feet under or in prison. My mother died in childbirth and I was passed from pillar to post. I also had polio. When I was eight I was truanting from school and my life was going downhill.

My first impressions of the Barnardo’s Garden City in Essex were not good. The first thing the houseparents did was take away my teddy bear! My report from there described me as attention seeking, inclined to tell tales and unlikely to do well in a large group!

I fared better at Barkingside. My houseparents would pick up on anything we were interested in. They knew I liked handicrafts so all the woodwork sets came my way. Later I learnt woodwork and leatherwork at Barnardo’s Goldings technical school.

What did you go on to do?
The skills I learnt at Barnardo’s kept me in work all my working life. For 25 years I worked at a hospital, making artificial legs. I could attribute 85 per cent of my life success to Barnardo’s.

How do you support us now?
Primarily, I speak to the public at local Gifts in Wills events about the importance of legacies to Barnardo’s. A lot of people are very surprised at what Barnardo’s does today. I tell them they used to help 8,000 children through the children’s homes, now they help more than 190,000 children in local community projects.

What do you think of our work?
Barnardo’s did everything for me. They educated, clothed, fed and taught me to stand on my own two feet. I’ve heard a young person from one of their current leaving care services say exactly the same thing. That’s why I give talks and encourage people to leave a gift in their Will to Barnardo’s, so the charity can continue to change lives in the future.

If you would like to support Barnardo’s future work through a gift in your Will, please contact 020 8498 7880 for details about our Free Will Scheme available to Barnardo’s supporters who are aged 55 or over.
Five ways to support us

Look out for our TV advertising
In October, you may have seen our Be Safe TV advert which focused on sexual exploitation and asked for a gift of £3 a month to support our work. This will be followed by Life Story, to raise public awareness of how our support transforms children’s lives. Please tell your friends and family!

‘Adopt’ a Boys’ Brigade group
We need supporters to contact their local Boys’ Brigade group to encourage them to support Barnardo’s through the Get Up and Go Appeal. Find your nearest company at www.boys-brigade.org.uk/companyfinder and then email community.fundraising@barnardos.org.uk to get involved.

Buy a Real Gift
Barnardo’s Real Gifts are the perfect presents for friends and family that will also make a real difference to the lives of vulnerable children. Visit www.barnadosrealgifts.org.uk or call us on 0845 094 3020.

Fundraise this Christmas
You could change lives with mince pies, raffle a Christmas bear or organise a festive quiz. To find out more, call us on 020 8498 7076 or email community.fundraising@barnardos.org.uk

Play our weekly lottery
Enter Barnardo’s new weekly direct debit lottery, where every week for £1 you can be entered into a draw giving you the chance to win one of 50 cash prizes including a first prize of £1,000. For more information visit www.weeklylottery.org.uk/Barnardos

Believe in children
Barnardo’s