

Changing lives damaged by domestic violence

Louisa and Polly's story



Louisa and Polly are just two of the 3,000 children Barnardo's help each year to move on from domestic violence.

Young sisters Louisa and Polly spent their early childhood in constant fear of provoking their violent father. The final straw for their mother Lorraine came after the girls saw their father using a hot iron to scald her. She decided it was time to leave – and quickly.

Barnardo's Phoenix project helped Lorraine and her daughters find a refuge, where they began the process of overcoming the difficult time they'd been through. Louisa and Polly spent time with a Barnardo's project worker using drawing, role playing and special worksheets to help them work through their experiences. Lorraine received one-to-one emotional support sessions to help her regain her confidence and self-esteem.

How the money you raise will help Barnardo's?

For every **£1** you raise for Barnardo's, **94p** goes directly to helping the vulnerable children, young people and their families who we work with*.

£1,500 would provide places for 30 children, who have been affected by domestic violence, to attend a Barnardo's after school club. The clubs run after school for an hour and a half for ten weeks during the school term and offer children the chance to have fun and develop friendships.

*If property development and retail shop costs are excluded – which are self financing.