



Community Groups Newsletter

May 2019

Believe in
children
 Barnardo's

Welcome to our Spring Newsletter!

Dear all,

We hope your Spring plans are going well and you are looking forward to the Summer, which I'm sure will come around in no time at all!

You may remember from the January edition of the newsletter, that Meadows Junior School, a special school run in Kent by Barnardo's, received a cheque from Weald BHG for a massive **£18,230** to go towards the school's development.

Camilla Gould, Meadows School Junior Manager, has kindly put together some words about the school and the difference your vital support makes:

“Meadows Junior School provides care and education for young people who have social, emotional and mental health difficulties as well as support for the families. The junior site has only been open since June 2018, with staff working effortlessly to make it feel welcoming for disaffected pupils. The Junior School follows the National Curriculum as well as offering bespoke learning around social communication and interaction to meet Education, Health and Care Plan (EHCP)

needs. The staff team are passionate, dedicated, caring and work hard to engage pupils, and to help them realise that learning is fun. The money raised by Barnardo's Helper Groups has made a huge difference to the happiness and wellbeing of pupils. Funding has been determined by the pupil council and has been spent on outside play equipment which has enabled all pupils to interact socially. The latest money raised by the group will be used to turn a store cupboard into a sensory room.

This sensory room will allow pupils to self-regulate their emotions, and to calm quickly when feeling anxious. The Barnardo's Helper Groups are invaluable to the development of Meadows Junior School and we are so grateful for all their efforts.”



Her Royal Highness, The Duchess of Cornwall visits Wellbeing Hub

Our Royal Patron, The Duchess of Cornwall, visited our Barnardo's innovative Wellbeing Hub in Ilford and saw first-hand how the lives of vulnerable children and young people are being transformed.

During her visit, The Duchess of Cornwall cut a celebratory ribbon marking the opening of a new therapeutic sensory space at the Hub, funded by businessman and Barnardo's supporter Asif Ansari and his wife Sarah.

The Duchess was given a guided tour of the Wellbeing Hub by the charity's Chief Executive, Javed Khan and met Barnardo's London Director Lynn Gradwell, the Mayor of Redbridge, Councillor Debbie Kaur-Thiara and Asif and Sarah Ansari who donated funds for the new sensory room. She also met a group of care leavers who described how they are being supported by the charity.

Javed Khan said, “It is a real honour to show our Royal Patron, The Duchess of Cornwall, how our expert workers support some of the most vulnerable children and young people in Ilford and around the UK.

Some of these children have huge responsibilities, spending up to 30 hours a week caring for a parent

or sibling. Others are adjusting to adult life after being in local authority care, and don't have a family of their own to support them.

Services like Barnardo's Wellbeing Hub and our new sensory room help young people overcome past trauma and cope with challenging circumstances, so they can go on to lead successful adult lives.”



By Eric Stark, Barnardo's Volunteer

(with Surrey Moving Forward Project)

"About six years ago, I was looking to find some satisfying voluntary work, to make a useful contribution to a worthwhile cause, and also meet new people. I was drawn to an advert with Barnardo's Moving Forward Project in Surrey. The aim of this service is to promote life skills and independence for young people aged between 12 to 18 years old, who have a diagnosis of Autism or Asperger's Syndrome.

Very soon, I was inducted and began helping at an evening club for these young people and also accompanying them on visits designed to raise their confidence, skills, knowledge and socialising abilities. From the start, the Barnardo's staff I met were fantastic; empathetic and dedicated.

Over time, I saw the significant progress the young people made whilst on the project. Several who were withdrawn and unable

to communicate on joining, came out of their shells in the safe environment of the club and started to blossom. Parents were consistently delighted, and I felt privileged to have had a small role in helping to develop more outgoing, capable young people, better equipped to cope with adult life and happier too.

So, when it came to attending to my Will, I was motivated to leave a gift to Barnardo's, knowing very well that nearly half of their income comes from legacies. The process of making the charity a named beneficiary, alongside loved ones, was very straightforward and easy to follow. Now, I have added optimism that Barnardo's invaluable services to protect, develop and champion the interests of vulnerable and disadvantaged young people will continue in future, plus the knowledge that I've helped."



Celebrating Success!



Weald BHG

On Thursday 14 March, Weald BHG led by their Chairperson, Mary Monkton, completed a Charity Golf Day in aid of Barnardo's. Despite the awful forecast and winds of the previous week, the day went ahead and people even seemed to have enjoyed their golf! They had a great turnout with heaps of support from Weald BHG, who made brownies and flapjacks to revive the wind swept golfers half way round.

The group auctioned a painting which sold for **£120**, and overall, the day raised **£3,030**, which is absolutely amazing! The funds will be used by Meadows Primary school to equip their new sensory room.

*Top: Mary with the winners
Middle: Mary with the runners up
Bottom: Mary with Susie Christian and
Catriona Prest from Weald BHG*



Barry BHG

On Wednesday 17 April, Barry BHG held an Easter Celebration of coffee and hot cross buns at the home of committee member Iris Williams. Jen Morgan, of Barry BHG said, "Over **£250** was raised at the event and it was an enjoyable and successful morning. Thank you to all who came and supported our fundraising event. All monies raised will be used to support Barnardo's projects in Wales."

Thank you Barry BHG!



Cowbridge BHG

As February is the 'month of the snowdrop', Cowbridge BHG decided to organise a coach trip to two of the UK's most famous snowdrop gardens: The Rococo Gardens and Colesbourne Park Gardens, both in Gloucestershire.

Eraina O'Hagen of Cowbridge BHG said, "Throughout the day, we provided a range of refreshments and drinks for our guests and in addition, of course, we also provided lots of lovely prizes for our well-renowned raffle. The gardens were very beautiful with carpets of snowdrops everywhere and the winter aconites, cyclamen, crocuses and hellebores were stunning. At the end of the day, we really felt that snowdrops herald the end of winter and the beginning of spring."

Everyone had a most enjoyable day, which was a great success as we raised **£1,400** for Barnardo's."

Amazing work Cowbridge BHG!



Stockton Heath BHG

Barnardo's have recently received a cheque from Stockton Heath BHG for an amazing **£8,600!** The money has been raised from a concert given by Chetham's School of Music last December, an Autumn Fayre, a series of regular lunch club meetings throughout the year and an event in May where a ukulele band entertained the guests. In addition to these events, Stockton Heath BHG has sold **£1,488.17** worth of cards and other items on behalf of Barnardo Trading limited.

Sadly, a past committee member, Kate Boardman, passed away last year, however her husband kindly requested that all donations in her memory were given to Barnardo's.

Margaret Leigh, Chair of the Community Volunteers Board said, "Kate Boardman sadly died a few days before her 69th birthday last August. She had been an active fundraiser since 1994. During that time, Kate was treasurer on two separate occasions, only giving up after suffering a stroke a number of years ago."

In spite of being confined to a wheelchair, Kate still attended many of the fundraising events and helped as secretary for the group's newly formed Lunch Club. Kate was a lively, larger than life member of the committee, happy to hold events at her home and good at persuading friends and family to

support the charity. She was loved by all and is sorely missed."

We are incredibly grateful for the dedication and support that the late Kate gave to Barnardo's over the many years.

Cuddington and Sandyway BHG

Dorothy and Helen, members of Cuddington and Sandyway BHG, have been fundraising for approximately 52 years! Margaret Leigh, Chair of the Community Volunteers Board said, "They along with the rest of their committee hold a variety of fundraising events throughout the year ranging from Bridge Lunches, Quiz nights with Hotpot Suppers."

On Monday 25 March, the group held their annual Chinese Lunch which had over 100 people attend. The event raised a fantastic **£860!**"

Well done to all involved!



Grays BHG

Anne French of Grays BHG, accompanied by Paul Beard, Barnardo's Regional Fundraising Manager for London, East and South East, attended the Grays & Thurrock Rotary Club annual presentation lunch on 7 February – with money from Santa street collections and supermarket collections distributed.

The main recipients were Barnardo's (via Grays BHG), Great Ormond Street Hospital, Havens Hospice, and Treetops School all of whom received a cheque of **£2,000**.

In addition to the Rotary collection, Grays BHG added a further **£1,300** of fundraising income.

Thank you Grays BHG!

Winchester BHG

Winchester BHG has raised a massive **£7,500** through recent fundraising events which include a Bridge Tea, Quiz Night and Christmas Fair. Paul Beard, Regional Fundraising Manager for London, East and South East attended their Bridge Competition and accepted the cheque on behalf of Barnardo's thanking the group for their continuing efforts to support vulnerable children. They are continuing to fundraise for Barnardo's and have even recruited two new committee members.

Well Done Winchester BHG!



Bridport BHG

Every year, the United Church in Bridport has a Christmas Tree Festival, with 50 decorated trees on display.

Jean Humphries of Bridport BHG said, "Each one is decorated by a different charity, or club. This year, we were fortunate to be given the premier tree, which not only had pride of place, but also enabled us to give a talk at the opening ceremony to a large number of people.

We decided that our theme would be 'every child deserves a home', and our committee of six ladies set about sewing 80 felt houses, all in different designs, and individually decorated.

Our Barnardo's collection 'house', was made by one of our committee's husband, and as the picture demonstrates, it was a great success.

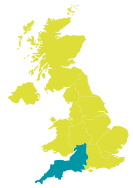
The event raised **£450**, and gave Barnardo's a high profile, and the opportunity to inform a large number of people about the vital work of Barnardo's, the benefit of which will continue to be felt in other ways.

At all of our events, we not only aim to raise money, but to raise awareness."

Thank you Bridport BHG!



Regional Updates...



South West

New contract to provide 'life-changing' support to disabled children and young people across Wiltshire.

Popular clubs for disabled children and young people across Wiltshire have been secured for another three years.

The Wiltshire Short Breaks & Positive Activities Service is managed by Barnardo's on behalf of Wiltshire Council. The service aims to increase opportunities for eligible children and young people aged between 6 and 18 years old with additional needs, providing thousands of hours of support every year. Wiltshire Council has now agreed to extend the partnership for the next three years, at £190,000 per annum, with a potential extension of a further two years. The new contract began on 1 April.

Barnardo's children's services manager Liz James said, "We've been managing this important service for disabled children and young people since 2010 and are therefore delighted that it's been secured for the next three years, and possibly longer. Our dedicated and experienced teams

provide fun, safe and personalised activities which offer life-changing opportunities for friendship and socialising. We also arrange regular outings to ensure that children and young people can integrate into the community and participate in local events."



Midlands

A pilot project has been launched in Dudley to support women who have had multiple children taken into care.

The Reflect Dudley project, which is being delivered by Barnardo's in conjunction with Dudley Council, will provide intensive support to women who have had one or more children taken permanently into care. It is funded by the council's voluntary sector innovation fund.

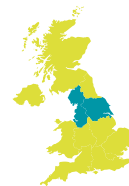
Women using the service will receive one-to-one support including contraceptive advice, assistance with housing, self-esteem and confidence-building, education and employment information, but most importantly the chance to talk about their experiences



and receive advice about how they can change their future.

Barnardo's Regional Assistant Director Emily Phelps, pictured on the right of the Dudley Council partners, said, "We are delighted to be given the opportunity to work with Dudley Council to pilot this scheme. Reflect will offer support at this very difficult time; we are here to help women understand their past and make the changes needed for their future."

The project will support women aged over the age of 18 who have had one or more children permanently removed from their care. Referrals will come from the children's services team, and each case will be assessed individually and robustly to ensure that this is the right journey for the individual woman. Single women and care leavers will be a priority, but the project will also work with women in relationships where the need arises.



North

Scarborough launch for tackling homophobic bullying training programme.

In March, Barnardo's invited primary, secondary and alternative provision schools in and around Scarborough, to find out about a free tailor-made training and support programme for tackling HBT (Homosexual, Bisexual, Transgender) bullying. Our Leeds-based Positive Identities Service

invited schools to come along to Falsgrave Community Resource Centre, Scarborough. It was a drop-in event with open access, so schools could come along at a time convenient to them.

LGBTQ young people continue to experience significantly poorer health outcomes than their peers, as well as additional vulnerability to homelessness, exploitation, social isolation, exclusion from education and worklessness.

Barnardo's free Anti Homophobic, Biphobic and Transphobic Bullying Programme has a proven record of giving schools the confidence and tools they need to challenge and change these outcomes.

As part of the Government's LGBT Action Plan, Barnardo's has been re-funded to offer 105 more primary and secondary, and alternative provision schools in Yorkshire and Humber our tailor-made training and support programme in 2019/2020. Every school that joins this brilliantly-evaluated programme will play a key role in creating local and national change.

The service has so far delivered over 450 training courses to over 9,000 participants in over 195 schools, training nearly 50 staff ambassadors, 88 community ambassadors and over 500 pupil ambassadors.



London

90 teachers from 28 primary schools in Waltham Forest have taken part in a new training project run by Barnardo's and Waltham Forest Council to improve children's emotional health and wellbeing among young people in the borough.

LifeSkills, a highly effective evidence-based prevention and early intervention programme for children aged between 8 and 14 years old, aims to encourage children and young people to make healthy choices and improve resiliency through the development of emotional literacy, critical thinking and ability to cope with stress.

Founded in America by Dr Gilbert J Botvin, the universal scheme has been recognised around the world as reducing risk taking behaviours by up to 75 per cent with effects lasting for 12 years.

Assistant Head Teacher, Alex Bedwell from Longshaw Primary Academy in Chingford, was among 32 teachers to visit Barnardo's Head Office in Barkingside on Tuesday 15 January.



Mr Bedwell said, "LifeSkills is an extremely beneficial programme that will help equip our pupils in their daily lives to become more resilient."

With mental health and wellbeing a very current issue, it's reassuring to have the expertise of a well-established and respected children's charity helping to engineer LifeSkills implementation in the classroom."

Lynn Gradwell, Director of Barnardo's in London, said, "We are delighted to be providing LifeSkills training in partnership with Waltham Forest Council to teachers in the borough. The training can significantly help young people to improve their understanding of risk taking behaviours, resist the effects of peer pressure and raise their self-esteem."



South East & Anglia

Family Centres across Hertfordshire opened their doors this week as part of a Welcome Week introducing families to their all-new service.

An official launch and ribbon cutting ceremony took place with Councillors, partners, staff and families at Highfield Community Centre, one of the new Family Centres in Hemel Hempstead.

The new service brings together Children's Centres, Health Visiting and the School Nursing Service for the first time. Hertfordshire County Council commissioned three providers to support the new service; Barnardo's, One YMCA and InspireAll will deliver the Family Support Contracts (pre-birth to 11 years). Hertfordshire Community NHS Trust will continue to provide the contract for Health Visiting and the School Nursing Service (pre-birth to 19 years).



Teresa Heritage, Executive Member for Children, Young People and Families, said, "We look forward to welcoming children, young people and families across Hertfordshire to join us and register for their new service, which is now fully operational and running programmes across lots of local venues. Family Centres are open to all, and as well as providing lots of vital support, they are a great place to make friends with other parents and carers locally".

Barnardo's held an event at Oughton Family Centre in Hitchin with further events planned later on this week.





West

300 taxi drivers in South Lakeland have received child sexual exploitation (CSE) awareness training.

New and existing taxi drivers from across the South Lakeland area are taking part in the education sessions, which have been made compulsory after being approved by councilors, and sessions started on 29 January 2019. It will help drivers to spot children and young people who may be vulnerable and understand how to help keep them safe from potential abusers. The training is being carried out by Barnardo's and Cumbria Constabulary.

Taxi drivers will be made aware of typical and concerning behaviours to look out for, have common myths surrounding CSE dispelled and be advised about how they can report any concerns to police.

Nic Dunn, Children's Services Manager for Barnardo's said, "We know that in today's digital age and with young people than ever before, children from all backgrounds in all areas of the UK can be spending more time online susceptible to grooming and exploitation. By implementing this CSE awareness training, South Lakeland District Council have ensured that hundreds of taxi drivers will now know what signs to look out for to spot children who could be vulnerable to exploitation, helping to protect them from potential danger."



Northern Ireland

Plight of Syrian child refugee helped by Barnardo's highlighted in moving film.

A film launched by Barnardo's on Thursday 9 May tells the story of a boy who was trafficked and left to fend for himself until the Barnardo's Independent Guardian Service was able to bring him into safety.

Barnardo's Independent Guardian Service, based in Northern Ireland, which is marking its first year, supports children and young people who are refugees or have been trafficked. So far it has helped 55 people.

The children have come from 21 countries – including Syria, Afghanistan, Iraq and Pakistan.

The Independent Guardians are highly trained social workers who support children through the complex asylum process and ensure that they have a legal representative.

Many of these children have been travelling for several years and some have been exploited by traffickers during their journey to the UK. In other cases they have been internally trafficked within the UK.

Barnardo's Chief Executive Javed Khan said: "Children arriving in the UK as refugees have often had extremely traumatic experiences. Barnardo's Independent Guardians

work with these children and earn their trust so they feel safe in disclosing the harrowing details of what they've lived through.

At Barnardo's we support children and young people who have experienced a wide range of abuse and neglect, including children like Ali who have been trafficked, enslaved and exploited. We are committed to reaching out to children from all communities who need our help."

The film is available by visiting: www.barnardos.org.uk/campaigns/ali



Scotland

Dundee High School awarded for commitment to LGBT inclusion.

Morgan Academy is set to gain an LGBT Charter Mark in recognition of its work in the area of LGBT issues.

The LGBT Charter has been awarded to organisations including Barnardo's Scotland and Scottish Women's Aid; as well as a number of schools across the country.

Morgan Academy is one of just 18 high schools to receive the recognition.

The Charter Mark represents a serious and on-going commitment to improving an organisation's policies and values around LGBT inclusion.



Cymru

A GARDENING project that helps young people stay out of trouble and learn new skills has been backed by a £500,000 charity fund.

The Gardening and Allotment Project at Ysgol Brynhyfryd, Ruthin, has been run by Barnardo's Cymru to help young people from across Denbighshire and Conwy, including many with disability, create an accessible garden for fruit and vegetable growing.

This has included a nature path, wildflower area and a sensory garden full of smells, colours, tastes and sounds.

The project has been boosted by Crimebeat North Wales, with a £500 grant they received from the Eric and Dorothy Leach Charitable Trust, which is administered by leading law firm Swayne Johnson, whose managing director, Sarah Noton, is Under-Sheriff for Clwyd.

She said, "The initiative by Barnardo's Cymru and Crimebeat is one which the High Sheriff, Lady Elizabeth Hanmer, is closely involved with and as her legal officer, I am delighted that the Trust has been able to support Crimebeat.

"Barnardo's Cymru are doing wonderful work with young people in the Vale of Clwyd, reaching out to them and giving them a real sense of self-worth through learning new skills and being involved in community projects."

Updating our **Christmas card ordering process** for 2019

We wanted to inform you that we are updating the process for BHGs who wish to order Christmas cards this year.

We have moved our Warehousing and Ordering system from MMC (SKU Logistics) to a new supplier called MDA. They will be handling all BHG orders and distribution this year. We are currently reviewing the processes and will give you a full update in June. Ostensibly, we are not planning big changes; indeed we are aiming to make it more straight forward. We hope that this will be helpful to you and look forward to your feedback.



Have we got **the right information for you?**

If you have changed telephone numbers or email addresses, please tell us so that we can keep in touch! We also know that we don't always have a record of everyone's start dates, and we'd hate to miss a milestone – please do let us know so that we can make sure we're recognising you.

Whilst we would hate to lose contact with you, if you would prefer not to receive further communications from us please let us know by emailing or telephoning our Supporter Relations Team.

E: supporterrelations@barnardos.org.uk

T: 0800 008 7005

Barnardo's Registered Charity Nos. 216250 and SC037605 20773sc19

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 **Barnardo's**