

**Believe in  
children**  
Barnardo's



# Barnardo's Today

For our  
volunteers

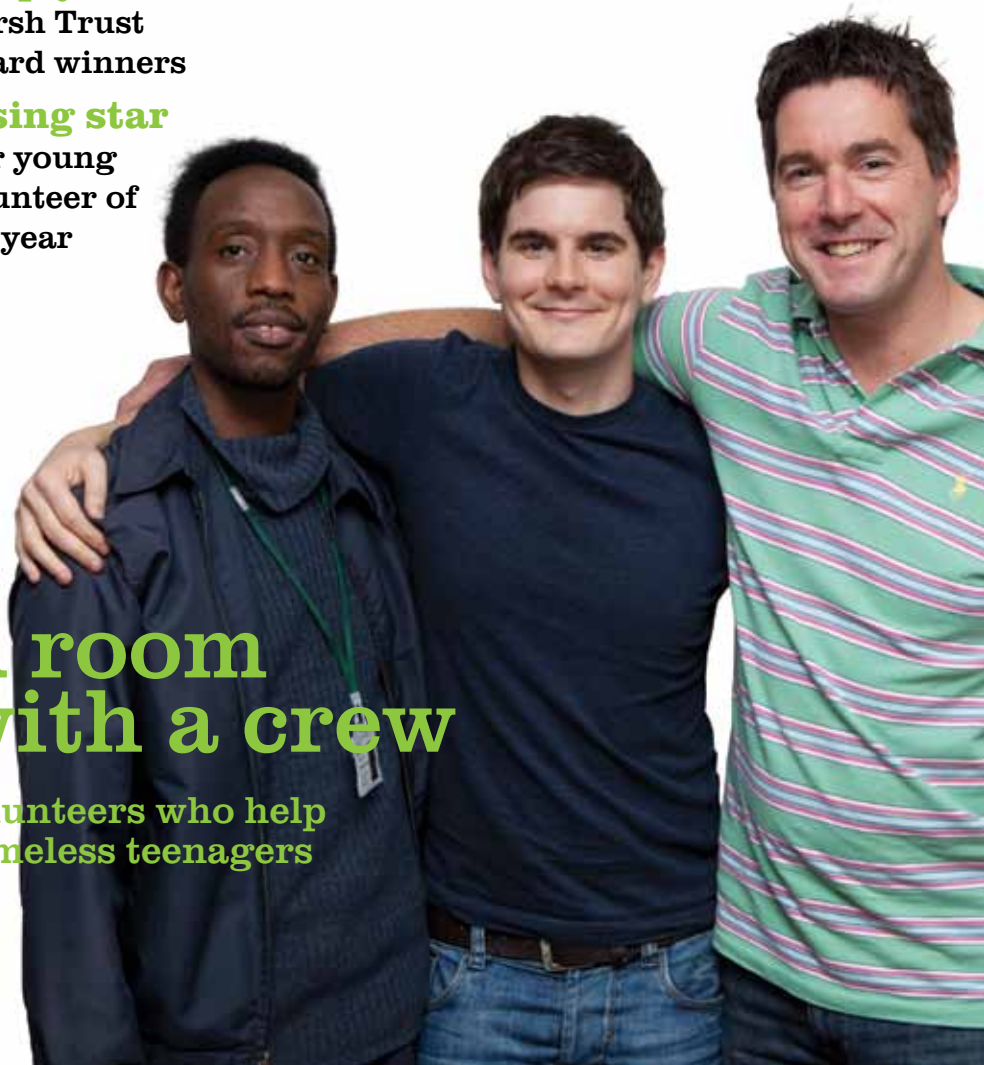
Winter 2011

## Simply the best

Marsh Trust  
Award winners

## Rising star

Our young  
volunteer of  
the year



## A room with a crew

Volunteers who help  
homeless teenagers

**PLUS**

Chief Executive Anne Marie Carrie's message on  
inspirational volunteers and their determination...

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**Barnardo's Today – For Volunteers**

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*Barnardo's Today* is printed on environmentally friendly paper, with pulp sourced from carefully managed and renewed forests.

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## Inspirational volunteers



Since joining Barnardo's I have met so many inspirational volunteers who have worked with our vulnerable children and parents, but I wanted to highlight two volunteers I met when I visited some of our shops in Liverpool. I saw them emptying our donation bags (a really difficult job, believe me, given what people can put in them!); sort the goods; press, price and tag the clothes; and then sell them. Trust me, they were so determined, you couldn't get out of that shop without buying something! The two women I met have over 25 years of volunteering behind them and they were still as cheery and enthusiastic as ever. They knew why they did it too, they believe in children and in Barnardo's power to transform their lives. I was humbled by them.

I would like to thank all of you for your contribution to Barnardo's. Together, we are making a tremendous difference to the lives of vulnerable children in the UK.

**Anne Marie Carrie**  
Chief Executive

## New Head of Volunteering

Karen Sparkes is Barnardo's new Head of Volunteering. Karen, who previously led on national volunteering for Family Action, joined us in April. She is extremely passionate about all things volunteering and believes volunteering has the potential to positively impact lives and transform communities. Karen is really looking forward to working within an organisation which has such a historic volunteering foundation.



## And the awards go to...



The Marsh Trust Award for Barnardo's Volunteer of the Year 2011 went to Sophie Stanley (above), who volunteers at the Family Centre at Erlestoke Prison in Wiltshire. Judges praised her outstanding contribution there, encouraging children and fathers to interact and to maintain a positive relationship.

Clare Murray, aged 19, won the Young Volunteer of the Year Award

for her work with disabled children (see page 6). The Innovation and Dedication Award was picked up by John Jones, while the Outstanding Contribution to Equality and Diversity Award went to Nargis Gulzar.

The regional winners were: Pauline Marx (London, East and South East); Alan Dearman (Midlands); Cath Tyler (North East); Lisa Griffiths Conway (North West); Helen McLean (Scotland); Tony Holling (Wales); and Denise and Ken Johnson (Yorkshire). The winner of the Retail Award was Liz Dobson.

## Name your magazine!



Barnardo's is looking for a new name for your volunteer magazine and would like your ideas. If we select your name, not only will you see it on the cover, you could be a star of the next issue!

Please send your ideas for your new magazine title and competition entries to [suzanne.westbury@barnardos.org.uk](mailto:suzanne.westbury@barnardos.org.uk) or by post to Suzanne Westbury, Barnardo's, Cottage 3, Tanners Lane, Barkingside, Essex IG6 1QG. The deadline is 30 November.

**Thank you for volunteering for Barnardo's:** We helped more than 190,000 vulnerable children, young people and their families in 2010-11.

## Competition



We have six signed copies of Lynda Bellingham's best-selling autobiography *Lost and Found* to give away to Barnardo's volunteers.

Lynda is one of Barnardo's celebrity ambassadors and helps to champion our work with vulnerable children.

# Life-changing rooms

*Barnardo's Today* visits Rachel House in Bury, Greater Manchester, to see how their volunteers transform the lives of homeless young people.

The volunteers at Rachel House help homeless teenagers to get back on their feet. The project offers young people a place to stay for three to six months, but more than that, it offers all the personal support they need to learn to take care of themselves and move on to their next home.

After helping the young people to move in, the volunteers teach them life skills such as cooking, budgeting, laundry and managing a tenancy – everything they need to survive in the wider world.

Volunteer Jonathan Evans says: 'For any teenager, from



*Barry chats to tenant, Lauren.*

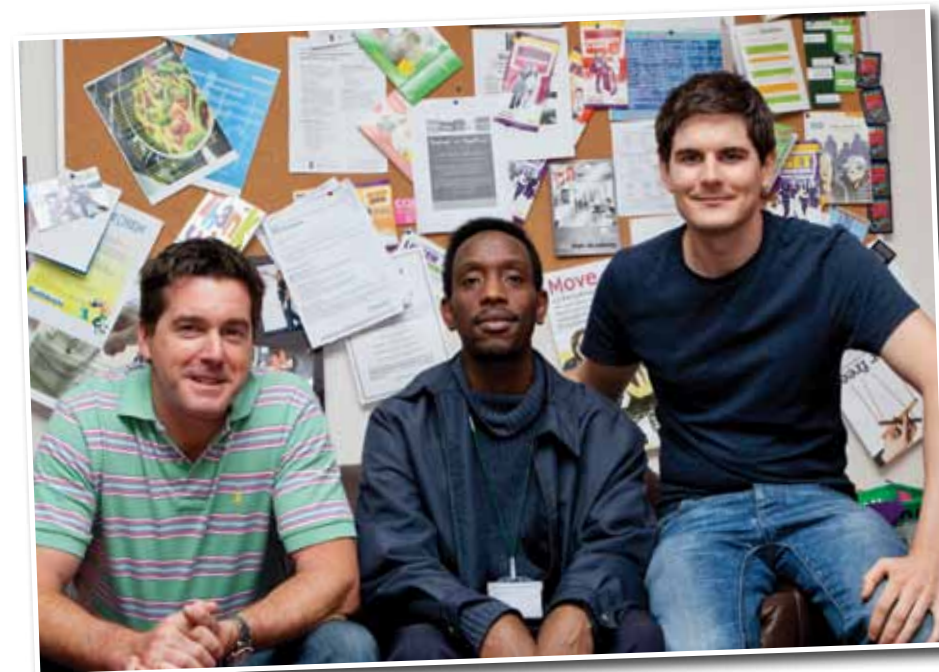
any background, it is a daunting thought living on your own. Here we give them the support they are lacking from a parental type figure.'

Vassey Sila, who is responsible for helping the young people learn about other cultures, says: 'We have a holistic approach here. We teach the young people to get on with one another, and learn to respect everybody they will come into contact with in later life.'

Typically, the young people who stay at Rachel House have been through some tough times. Many left home after falling out with their parents and have 'sofa surfed' for months, or lived in B&Bs, with no stability in their lives. Some have had alcohol or drugs issues.

Jonathan says: 'There are young people here who've had problems and who might be angry or upset. I try to help them get over that. Here they realise there are people in society they can trust, who will help them and want to help them.'

Barry Haines specifically wanted to work with teenagers from troubled backgrounds. 'I had quite a difficult upbringing. I made some really good choices in life to



*Jonathan, Vassey and Barry teach the teenagers how to cook and budget.*

broaden my experiences in education and work, and feel I was one of the lucky ones. I met a few people along the way who pointed me in the right direction and I feel there are a lot of young people out there who don't have that, so I wanted to do something about it.'

Barry is currently setting up a scheme for the young people to take additional educational qualifications. 'You get a lot of young people coming here without real aspirations. We support them getting on apprenticeships and further education. All they need is

that tiny bit of stability that we all take for granted – simple things like having the same people to talk to everyday. In their time here, they can think about what they want to do with their life. When you're homeless, you're living in chaotic conditions, and you just can't think about the future.'

The volunteers at Rachel House regularly see young people they have helped move on to live on their own – the result they are all aiming for. Many come back to thank them for helping to change their lives. Volunteering doesn't get much more rewarding than that.

Photos: Sheila Udeagwu

# Happy days

Clare Murray, 19, is the proud recipient of this year's Young Volunteer of the Year Award from the Marsh Trust. We spoke to her about helping disabled children at the Belfast-based Saturday Club.



## Why do you volunteer at Barnardo's?

I used to go to the Barnardo's Saturday Club with

about going out for walks and picking up leaves, and around Christmas we'll make cards.

It's a good feeling when the kids get so much out of the club. I love playing with them, I love playing full stop, I'm a big kid myself at heart. It's so much fun!

my brother Denis, who has a severe learning disability. It was somewhere we could have fun together and hang out with others in similar circumstances. When Denis got too old to go there, I stayed on to help. It was my way of giving something back.

Because I've got a disabled brother I know how important it is for him to go to activities outside school. Barnardo's runs the best clubs, and the staff and volunteers go out of their way to make sure everyone gets to do the things which interest them.

## What does your role involve?

I encourage and support disabled children and their brothers and sisters to take part in the activities run by the club. These change according to the seasons; autumn's

## What are your tips for supporting disabled children?

If you have fun, the kids will have fun. If you're upbeat, the kids will be upbeat. Also, don't be shy, talk to the children and find out what works for them. Be open, relaxed and someone they can talk to.

## What are your future plans?

I'm studying to be a chiropodist [a foot treatment specialist]. People say I should work with disabled children but I like the separation of work and what I do outside.

## How did you feel when you heard about your award?

When they told me I'd won, I thought they were joking. Then I screamed and told my mum!

**Thank you for volunteering for Barnardo's:** Our stores made a record-breaking net profit of £7 million in 2010-11.

# Hall of fame



**B**ill Norquoy, a volunteer at Barnardo's Aberdeen furniture store, has won the prestigious Volunteer of the Year Award from the Charity Retail Association. He said: 'I'd had no recognition for my volunteer work until I started at Barnardo's, so I was over the moon to win this award. I love the atmosphere at Barnardo's and have lots of regular customers who come in to see me!'

Four volunteers were nominated by Barnardo's to attend the Queen's Garden Party on 12 July. **Sue and Roy Lyness** (pictured right), **Irene Mornin** and **Jan Hearn**



enjoyed lunch at the Rubens at the Palace Hotel before spending the afternoon at Buckingham Palace. Sue, who runs annual fundraising golf days for Barnardo's, said: 'Having tea at Buckingham Palace was such a thrill, we were lucky enough to see the Queen!'

Congratulations to the **Alderley Edge Barnardo's Helper Group**, which held their annual summer lunch and smashed their previous fundraising target by raising £2,700 – in one day! The group organised a raffle, had stalls selling hand-made jewellery and even had time to make a delicious meal for the guests!



**Thank you for volunteering for Barnardo's:** Barnardo's Helper Groups and Professional Fundraising Groups raised over £400,000 in 2010-11.

# More ways to support Barnardo's

## Look out for our TV adverts

In October you can see our new *Be Safe* advert, which focuses on sexual exploitation and asks for £3 a month to support our work. This will be followed in November by *Life Story* (below), featuring Michael who is helped by Barnardo's to transform his life. Please mention the adverts to your friends and family.



## 'Adopt' a Boys' Brigade group

We need volunteers to contact their local Boys' Brigade group to encourage them to support Barnardo's in the Get up and Go Appeal. Find your nearest company at [www.boys-brigade.org.uk/companyfinder](http://www.boys-brigade.org.uk/companyfinder) and then email [community.fundraising@barnardos.org.uk](mailto:community.fundraising@barnardos.org.uk) to get involved.

Believe in children



Barnardo's

## 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 us on [community.fundraising@barnardos.org.uk](mailto:community.fundraising@barnardos.org.uk)



## Sign up to our *Cut them free* campaign

Please join the next stage of our *Cut them free* campaign to ask local politicians to take action to tackle child sexual exploitation.

Contact your local councillors through our website at [www.barnardos.org.uk/cutthemfree](http://www.barnardos.org.uk/cutthemfree)

