



Barnardo's
childhood champions

Believe in
children
 Barnardo's



Introduction

from Lynn Perry MBE, Barnardo's CEO

The challenges facing vulnerable children and young people are greater and more urgent than ever before.

As the UK's largest children's charity, with 155 years' experience, we have a responsibility to play a leading role in creating a better future for the next generation. But we can't do it alone.

As we live in a post-COVID landscape, we know the most vulnerable families will continue to suffer. Sadly in the near future we know that more children will be living in poverty, suffering from mental health problems and facing abuse at home, online and in the community.

The likely impact on families of the cost-of-living crisis and more families falling into poverty – will include an impact on basic needs (food, heat, winter clothing day to day living), social and emotional impact (domestic abuse, pressure cooker households, criminal exploitation), and an impact on health inequalities (emotional impact, self-harm/suicide, health inequalities, chest infections, nutrition).



In the current climate we are especially grateful to our supporters. That's why we have created a new programme called **Childhood Champions**, which will help current and future donors to be active members of the Barnardo's family, providing a close connection to the charity and our vital work.

I hope you will consider joining us as a Barnardo's Childhood Champion. It's only with help from friends like you that Barnardo's can continue to reach those who need us most at this critical time and beyond.

On behalf of all the vulnerable children, young people and families we support, thank you for believing in Barnardo's.

Thank you

Foreword

from Anita Goyal MBE, Barnardo's Vice President

I have been a supporter of Barnardo's since 2016 and the reason I endorse their work is that I am inspired by how they use innovative methods to provide much-needed support for vulnerable children, young people and families. I have had the opportunity to work collaboratively with Barnardo's dedicated teams in fundraising and in raising awareness, and this has developed my understanding of how lives can truly be transformed.

As you will go on to read in this booklet, the issues affecting the most vulnerable children and young people today include things that no child should ever have to face. Through Barnardo's, I have witnessed that with the right intervention at the right time, these young people can go on to achieve remarkable things, and inspire others.

I hope you, like me, will find immense joy in making a contribution towards addressing these issues and knowing you have made a difference to the life of a child or a young person who needs you.



If you are considering becoming a Childhood Champion, my heartfelt thanks to you for your compassion and generosity. I can promise you it will be a worthwhile experience.

Perhaps you are new to philanthropy and want to explore that with us. If that is the case then this initiative will support you on your journey and will no doubt be a rewarding and meaningful experience.

Thank you

Anita Goyal MBE
Vice President, Barnardo's

About Childhood Champions

Barnardo's Childhood Champions is a tiered recognition programme for those who are willing to make an annual commitment to Barnardo's and support some of the most visionary areas of our work.

The number one focus in our revised Corporate Strategy for 2020-2023 is our commitment to supporting vulnerable children and young people through our frontline services, but we can't do this alone, we desperately need your help.

The Giving Circle

To join this tier of the programme, we ask for an annual donation of £5,000, a gift of this size would:

Provide an **educational support programme** for 20 young carers.



Pay for **essential furniture** for 20 young people leaving the care system moving into their first independent homes.



Pay for **vital therapeutic support** for 20 young people suffering with mental health issues.



Enable us to offer an **early help support programme** for 20 young people affected by sexual abuse and exploitation.



This tier of the programme is aimed at those wishing to have a more impactful involvement in our work at both a strategic and a local level.

Next Generation Giving Club

To join this tier of the programme, we ask for an annual donation of £1,000, a gift of this size would:

Provide **IT resources** for 5-10 disadvantaged young people to access and complete homework assignments online.



Provide 5-10 disadvantaged young care leavers with **essential items** so they can benefit from opportunities in education and employment such as new clothes for an interview or tools to begin a construction course.



Allow 5-10 young people affected by sexual abuse and exploitation receive **mental health and wellbeing care packages**.



If you are new to philanthropy, this tier of the programme is the ideal first step for you. The Next Generation Club provides you with an opportunity to become more engaged with a particular project, focus on supporting it specifically and see the impact of your gift at a local level.

Joining Childhood Champions

If you would like to donate and become a member, our bank details are:

Barclays Bank, 240 Whitechapel Road,
London E1 1BS,

Account Number 43743071,
Sort Code 20-57-30

Please quote Childhood Champions
in your payment reference.

Enquiries and Contact

For all enquiries about Childhood
Champions, please email:

childhoodchampions
@barnardos.org.uk

or call:
020 8498 7787

Giving Circle Member Benefits

- A welcome pack, which will include a personalised thank you letter from our Chief Executive, Javed Khan.
- Bespoke, personalised, stewardship priority area news, service updates and briefings from your dedicated Relationship Manager and Barnardo's Senior Leaders.
- Exclusive use of 'Barnardo's Childhood Champions Giving Circle Member' logo on your personal stationary, websites and e-mail signatures.
- Your personal invitation to visit a Barnardo's children service.
- A pair of complimentary tickets to the Barnardo's Spring House of Lords Annual Lecture.
- A pair of complimentary tickets to the Barnardo's Summer Childhood Champions Event.
- A pair of complimentary tickets to the Barnardo's Autumn Young Supporters Concert.
- A pair of complimentary tickets to the Barnardo's Winter Carol Concert.
- Advance opportunity to purchase two Giving Circle table seats at the Barnardo's Winter Firecracker Ball.



Next Generation Member Benefits

- A welcome pack, which will include a personalised thank you letter from our Chief Executive, Javed Khan.
- Bespoke, personalised, stewardship priority area news, service updates and briefings from your dedicated Relationship Manager.
- Exclusive use of 'Barnardo's Childhood Champions Next Generation Member' logo on your personal stationary, websites and e-mail signatures.
- A personal invitation to a virtual Barnardo's children service visit.
- A pair of complimentary tickets to the Barnardo's Summer Childhood Champions Event.
- Advance opportunity to purchase two tickets for: Barnardo's Spring House of Lords Annual Lecture, Barnardo's Autumn Young Supporters Concert and Barnardo's Winter Carol Concert.
- Advance opportunity to purchase two Next Generation table seats at the Barnardo's Winter Firecracker Ball.

Membership of both tiers can evolve over time, thus giving you greater potential to become closer to the work your donation supports.



With your support we can help improve the life chances of the disadvantaged and vulnerable by focusing on the following areas:

Understanding the Impact of Mental Health and Wellbeing

– we realise that the children, young people and families we support suffer with mental health and wellbeing problems. Your donation will help us develop new ways of working that will provide practical and emotional solutions to support them, resulting in a positive outlook in their lives.

Helping Young People Leaving the Care System

– leaving the care system is a traumatic experience for many young people. Barnardo's wants to introduce new ways to make this an enriching and positive experience for our care leavers. With your assistance we can continue being the shoulder they can lean on at a time when they need it the most.

Tackling Child Sexual Exploitation

– we are primed to reach out and support the victims of abuse and exploitation. We have made this a priority because we cannot fight this battle alone, your gift will give us the advantage we need to identify, address and prevent this abuse.

As well as these focus areas, we are committed to raising our voices so that those in positions of high influence hear, listen and change the political landscape for the benefit of the vulnerable and disadvantaged.

Informing Policy & Funding Research

– we are dedicated to change thinking, shape and influence changes in legislation. We want to champion new working practices and provide vital research for change makers up and down the UK.

With your support we can continue to listen and act on the voice of children and young people and reflect what they say in our programmes.



Where You Can Make a Difference

Child Sexual Exploitation & Abuse

No child should suffer from sexual abuse or exploitation. Yet it happens to children from all backgrounds and communities, right across the UK, out of sight and behind closed doors. It happens to both boys and girls, online or offline. A gift from you can help a young person recover from this trauma to face forward.

Service Profile

Barnardo's Reach Out in Rotherham is a preventative service providing support to children, families and communities affected by and/or vulnerable to child exploitation. The service provides individual and group support, raising awareness in communities and schools plus outreach and drop-ins.



Sarla's story

After disclosing she had been sexually exploited by up to 12 men, Sarla has been working with her Barnardo's Key Worker for 6 months. Sarla felt unable to name the victims or perpetrators, who were also engaged in other serious organised crime including, drugs, gang violence and trafficking – because she didn't think the police could protect her, her younger sister or mum. She didn't want to be moved from her family, school, friends and other protective factors.

Sarla's Key Worker worked closely with the police and local authority to look for solutions to stop the type of exploitation young people experience.

The local statutory safeguarding service also took each at risk and vulnerable child in its care through their child protection process.



The aim is to better recognise, clearly identify and safely report abuse behaviours and to close the gaps in the system to strengthen the protection of young people identified as being sexually abused, exploited and/or having problematic or harmful sexual behaviours.

We work with children who have suffered sexual exploitation. We would be so grateful if you would consider supporting us to strengthen our efforts in this area.

Your donation of **£5,000** could provide:

- Individual support sessions with highly-trained specialist child specialist Practitioners helping victims of child sexual exploitation recover from their trauma and providing a counselling service to support them and their families.

Children In And Leaving Care

Young people leaving local authority care are amongst the most disadvantaged in the UK, resulting in poor life chances in health, education, accommodation and employment.

This often starts when a child is struggling in school and doesn't have a support network. They can encounter difficulties at home and disruption caused by first going into and then moving around the care system.



Service Profile

Barnardo's recognises that care leavers have invaluable expertise and knowledge about the care system. A priority for our 'care journeys' work is to empower them to speak up about their experiences and be supported to make transformational changes to the care system.

Our 'Triangles' programme gives care leavers the skills and platform they need to instigate changes to the care system.

In our Triangles programme, we invite groups of young care leavers and front-line professionals to meet once a week for a year to discuss areas in which current provision is lacking, and eventually make propositions for change. Barnardo's will then fund and help them to deliver the most compelling few.

Triangles set and work towards 'missions' to create transformational changes for care leavers in England and Scotland supported by personal goals around self-development. The ambition is to identify and invest in these objectives to lead to sustainable, meaningful change to the care system for careleavers.

We are now focused on selecting, refining, and working on care journey missions and sharing care leavers action plans for change.

Ed's Story

Ed can't remember a time without social workers in his life. He was raised in an unstable family with a father who was a violent drug abuser who also grew up in care. Ultimately Ed and all his siblings were taken into care on the same day, when he was 15. Ed stayed in care for three years. When he left college he wanted to find an apprenticeship in something practical. He attended the Barnardo's two day Work Preparation Programme course, where an Education, Employment and Training worker found Ed a work experience placement in multiple operations at a building company.



Children and young people in care frequently find themselves marginalised or ignored.

Your donation of **£5,000** could provide young people attending Triangles with help:

- Getting apprenticeships, jobs, and securing places on training programmes.
- Recording podcasts and writing blogs to raise awareness about their experiences and issues they care about.
- Learning the skills they need to succeed in independent living and prevent them falling back into harmful situations.

Mental Health And Wellbeing

Mental health and wellbeing runs through everything we do. Our services support children affected by almost all the vulnerabilities identified as risk factors for poor mental health and wellbeing.

The number of children and young people with mental health and wellbeing issues is increasing more than ever before and services providing support are struggling with capacity to manage ever increasing referral numbers.

We need to stop children and young people falling into a never ending cycle of despair and help them get out quickly if they do by helping them to cope and manage. By doing this children and young people will access specialist support far easier and quicker.



Service Profile

We are working with three local authorities and Health and Social Care Trust partners in Renfrewshire (Scotland), North Tyneside (England), and Northern Ireland to strategically transform mental health and wellbeing for children and young people over the next eight years. With a focus on prevention and early intervention, over the last few years, we have been undertaking research to inform service design within these partnerships.

In Renfrewshire, young people attended a series of initial workshops to explore what works well in relation to support received directly from mental health services.

Following further workshops with key stakeholders including the Scottish Government, Renfrewshire strategic partnership are exploring how best to restructure pre-Children and Adolescent Mental Health Service support for 5 to 16 year olds, developing a new model of service delivery focused on prevention, intervention, and provision of information and/or intervention to children and young people.

Jenny's Story

Jenny had suffered things a child should never have to go through. She had been abused when she was younger, and after her relationship broke down and her daughter went to live with her ex-partner, she struggled to cope. Jenny attempted suicide. After attending a local mental health clinic and finding the provision unsuitable for her needs, Jenny continued to suffer with mental ill-health. Although her daughter was living with her again, she hadn't been able to recover and was self-harming. Jenny's journey to being mentally healthier and better able to cope began when she was referred to Barnardo's. Jenny built a great relationship with her key worker, who attended appointments with her and helped her to get a clinical diagnosis and medication. As well as helping her understand the



diagnosis and how this played out in Jenny's emotions and behaviour, her key worker also worked with Jenny to strengthen her relationship with her daughter. In this way, the service helped both parent and child to build resilience, and to overcome the shared effects of Jenny's mental ill-health. After 18 months of support, Jenny gradually returned to independence and felt more able to cope with her life. She was able to recognise downturns in her mood before things reached crisis point, and her social circle and support network was wider.

Barnardo's Wellness Recovery Action Planning (WRAP) groups encourage children and young people to talk about mental health in the same way as talking about physical health, enabling them to support each other, share coping strategies and use as a tool to help them stay well in future.

Your gift of **£5,000** could provide:

- a series of group-work programmes for children and young people using the WRAP model, which also promotes resilience, self-management/empowerment, confidence, goal achievement, and gives young people greater control and a better quality of life.

Policy and Research

Some of the most serious challenges facing vulnerable children remain hidden in the shadows.

Our dedicated Policy and Research specialists bring those challenges to light, so that the Government, the media, the public and charities have no choice but to take action.

One area where we have made significant progress is in the area of domestic abuse.

Across Barnardo's 1,000+ services, we have seen a dramatic rise in the number of children we support who are known to have experienced domestic abuse either in their families or in their personal relationships.

Barnardo's wants to see a sector wide change in how to tackle this horrific crime, and how to support victims, including children, who are affected. We have to work together across central and local government, police, schools, charities and communities, to help these children recover from the impact of the abuse they have suffered.

Barnardo's has called on the Government to help prevent the cycle of abuse and better support children affected by domestic abuse. We have lobbied Government to strengthen the Domestic Abuse Bill to directly address the impact of domestic abuse on children.

Our recommendations will seek to achieve three significant changes:

1.

The Bill to include a statutory duty on public authorities to commission specialist domestic abuse support for all victims and perpetrators of domestic abuse.

2.

The Bill to explicitly recognise the impact of this crime on children.

3.

The Children Act and its associated statutory guidance, through the Bill, to be amended to reference domestic abuse and coercive control as a key risk to children's health and wellbeing.

Without support, the costs to society and the public purse are significant and long-lasting. Barnardo's will lead the change making support for victims of domestic abuse universal.

The Government has committed to introduce a duty on local authorities to provide safe accommodation and support for victims and children in refuges. Though a welcome step, a large number of victims and their children cannot be accommodated in this type of accommodation as it may not be appropriate.

To support our work in this area, your **£5,000** donation could help to:

- Introduce dedicated support for all victims and children affected by domestic abuse in all settings.
- Provide ongoing specialist support specifically for victims in abusive intimate relationships.
- Allow victims to have access to Young People's Violence Advisers.
- Create quality assured perpetrator programmes.



Thank You

The incredible generosity of our donors has already made enormous and transformational life changes for thousands of the most vulnerable children and young people across the UK.

So many young people have brighter, happier and more secure futures as a direct result of your open-hearted support.

Yet there is still much more to do.

Children growing up today continue to face serious and complex challenges. There is a rising trend amongst young people: many are suffering multiple and compounding levels of disadvantage and, increasingly,

they do not fit into singular categories of need, meaning that to be effective, we must respond far more flexibly than ever before.

Together, we can give children, young people and families the brighter futures they deserve. We would therefore be incredibly grateful if you were to consider lending us your support by joining the Childhood Champions at the level you feel most comfortable with.

By committing to Barnardo's, we can continue to ensure the vulnerable and disadvantaged have the best possible futures.

Contact Details

For all enquiries about Childhood Champions, please email

 childhoodchampions@barnardos.org.uk

or call

 020 8498 7787

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Barnardo House Tanners Lane, Barkingside, Ilford, Essex IG6 1QG. 020 8550 8822.

Northern Ireland 542–544 Upper Newtownards Road, Belfast BT4 3HE. 028 9067 2366.

Scotland 111 Oxfgangs Road North, Edinburgh EH14 1ED. 0131 446 7000.

Cymru/Wales Trident Court, East Moors Road, Cardiff CF24 5TD. 029 2049 3387.

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