



CHANGING CHILDHOODS. CHANGING LIVES.

OUR PURPOSE

For over 150 years, Barnardo's has been here for children and young people who need us most – bringing **love, care** and **hope** into their lives and giving them a place where they feel they belong.

Barnardo's is here because too many children and young people across the UK are missing out on a good childhood, and on the opportunity to thrive when they become adults.

We simply don't think that's fair.

**WE BELIEVE IN
CHILDREN AND
YOUNG PEOPLE SO
THEY CAN BELIEVE
IN THEMSELVES.**

OUR FOCUS

Children and young people tell us they're ambitious for their futures. It's our job to be ambitious for them too. **That's why we are focusing and driving change for:**

Children and families **seeking sanctuary** in the UK



Children and young people **struggling with their mental health and wellbeing**



Children and young people **at greater risk of poor health**



Children and young people **at risk of sexual abuse and exploitation**



Children in care and care leavers



Families needing support to give their children the best possible life chances



Children, young people and families **living in poverty**



Currently in the UK, 1 in 4 children are living in poverty.

We've been providing support to families who are struggling to afford food, pay the bills, and maintain their wellbeing.

Meet Zara and her daughter Gemma*

One family that have been supported by Barnardo's are Zara and her daughter Gemma.

Zara says, "We were struggling with the cost of living crisis and trying to buy food and keep paying for the gas. Things were really difficult, so I reached out for help. From Barnardo's we got help with food and clothes and help to pay the gas bill".

"My daughter was sleeping on two old single beds pushed together that were broken, the springs popping through, they were burst and dirty. It was embarrassing for me that I couldn't provide for my daughter, and I felt as if I was a failure. Barnardo's also managed to get us new beds, which I am very, very grateful for. I felt like I was in a nice hotel: not that I've been to a hotel before. We are both very grateful!"

*Zara and Gemma's story is true, however names have been changed to protect the privacy of the families we help.



You can change a child's life:

£25

could pay for two children to take part in an indoor play session, so they can play with friends in a safe environment.

£500

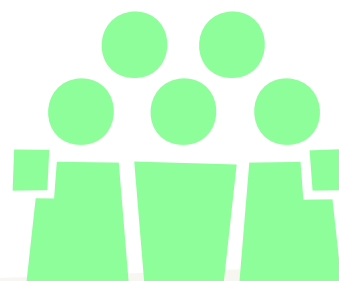
could treat 25 children to an organised day out to remember, so that they can forget their worries and enjoy being children.

£100

could fund a specialist support session for two families struggling to make ends meet, helping them to budget and access funding.

£288

could feed 4 families struggling to make ends meet for an entire week.



We'll continue to be here for as long as we're needed – working with children and young people to be **safe, happy, healthy** and **hopeful**, and we'll never, ever give up on the things that matter to them.



Scan our QR code to find out more about how you can get involved.

Want to find out more about how you can support us?

Give us a call on **0300 003 2025** or email us at **supportercare@barnardos.org.uk**

Follow us on



[barnardos.org.uk](https://www.barnardos.org.uk)

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