

A PLACE TO BELONG

Summer Edition 2025

BARNARD'S

Changing childhoods. Changing lives.



**SPREADING THE
SUNSHINE THIS SUMMER**

Page 4-5

**A LIFELINE OF HOPE IN
TOUGH TIMES**

Page 6

**OUR CHILDHOOD
CHAMPIONS**

Page 10-11



HELLO!

My name is Gracie, and I am very excited to introduce your latest newsletter.

I first got involved with Barnardo's through a project about the experiences of young people of colour in rural areas. Now, I'm an ambassador for SEEN, a Barnardo's initiative to address inequalities faced by children and young people of African, Asian and Caribbean backgrounds. I get to work with a whole network of inspiring young people, determined to use our voices to create a better future.

Recently, I've been involved in **Crowning Glory**, a report which explores the struggles and triumphs of carrying the beautiful crown which is Afro hair. Several of us got to visit the House of Lords for the launch – walking up to the gate was so surreal! I was grateful to have other young people sharing the moment with me. Inside, we read the love letters we'd written to our hair and skin. We were all buzzing – it was such an emotionally empowering experience. Just turn to pages 8 and 9 to find out more.

By supporting Barnardo's, you're helping young people thrive in life. I get to experience firsthand the amazing opportunities Barnardo's creates, and the positive impacts will stay with me forever.

I wish you all the best, and happy reading!

Gracie

Some names and details in this pack have been changed and models used to protect the privacy of the people we support.



HEALTHIER HABITS, HAPPIER FAMILIES

With food prices soaring, we know how hard it can be for families to keep up healthy habits, especially at mealtimes. That's why in Hampshire, we're bringing practical support right where parents need it. Brad and Suzanne from our Healthy Steps programme will tell you more.

Who are you supporting and how?

Brad: Healthy Steps is a six-session programme for families with children aged 2 to 12 years old. Typically, we work with families who are struggling with oral health, sleep, and nutrition.

Suzanne: We're coming out to families rather than expecting families to come to us. Storytime at the library is a great place to catch families who might need more information but perhaps haven't even thought about it.



What's the biggest challenge parents are facing?

Brad: Most of the families we support struggle to afford healthy foods, so we offer support and resources to help their money go further. We have a bunch of different cheap recipe options that families can cook at home.

Suzanne: We use lots of books that give great nutrition advice and how parents might present healthy options to make the food more appealing.

How do you know you're making a difference?

Suzanne: Lots of the families we support come back again and again to different sessions and talk about the impact that we've had.



Hear Brad and Suzanne talk more about their work – just scan the QR code or visit: barnardos.org.uk/healthysteps

SPREADING THE SUNSHINE THIS SUMMER

Making daisy chains, picnics in the park, eating fish and chips by the sea and staying up way past bedtime... Summer is where so many childhood memories are made. But for too many families, paying for the basics is hard enough – let alone trips to the beach or zoo.

Because of supporters like you, families living in poverty can do more than just get by this summer – they can make memories together. From filling fridges to paying for fun days out, you're helping spread sunshine when it's most needed.

A day to remember

This summer, 75 children, young people, parents and carers from our fostering and adoption services in Scotland enjoyed a magical day out at Auchingarrich Wildlife Park. From feeding fluffy lambs to meeting alpacas and donkeys up close, it was a much-needed escape from everyday pressures – and a chance to relax, connect and create joyful memories together.

“
The boys loved
the lambs.”

“
The day was
fantastic, our
kids loved it.”



Charlotte's story

“With three kids, life has always been a challenge, but when the cost-of living crisis hit, that's when it suddenly became hard to afford basic items. I found myself cutting back on essential groceries such as food, and finding it very difficult to pay for gas and electricity.

“The support from Barnardo's has been invaluable. It meant I could keep the children warm and fed when money was tight. One of the special moments that Barnardo's was able to create was providing a family day out and meal for my son's birthday.

“
Getting support
from Barnardo's
is the best thing
I've ever done”
Charlotte, mum
of three

I wouldn't have been able to afford the cinema tickets otherwise.



Together, we are
supporting families
living in poverty with
the little things that
make a big difference
this summer.

Share your favourite summer memories

This summer we're celebrating summer memories – the ones that shape us and the ones shaping childhoods today. **And we want to hear from you!**



Share your favourite childhood memories or even the ones your children are making today – just scan this QR code or visit:

barnardos.org.uk/muchloved

A LIFELINE OF HOPE IN THE MOST DIFFICULT TIMES

This winter was brutally tough for many people living in poverty. But because of people like you, thousands of families didn't have to face it alone.

By helping support our Child Poverty Fund, you made sure that children had warm clothes, shoes that fit and a proper bed to sleep in. You helped parents put food on the table and install essentials like cookers and washing machines.

Thank you for being there when it mattered most.



Between November and April, supporters like you helped give **£630,000** in urgent support directly to families living in poverty.

What's next?

Back-to-school costs add up fast – but thanks to you, the Child Poverty Fund will help struggling families pay for uniforms, shoes and other essentials.



We supported nearly **3,000** households – more than 10,000 people.

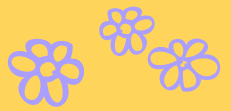
Together, we provided families with vouchers for a wide range of major retailers – giving them the ability to buy essentials like baby formula and pushchairs, and the dignity to choose what's right for them.



“I just received the voucher, thank you so much, you don't understand how much I appreciate this.”

“You have been so helpful. I am so grateful to have your support, and having a new cooker means I am able to cook healthy food for my daughter.”

THE POWER OF BELIEF: LUCY'S FOSTERING STORY



From a childhood in foster care to a successful career in fashion, Lucy shares her story, and the incredible impact her foster mum has had on her.



Hi, I'm Lucy!



I grew up in Inverness in the care system with an incredible foster family. I moved to Glasgow to study international fashion branding where Barnardo's helped fund my accommodation throughout my four years, including a 6-month period I spent studying in Paris.

If it weren't for Barnardo's and for my foster family, I wouldn't be where I am today. I feel very fortunate that my foster mum and Barnardo's believed in me and I feel lucky to have the life I live today.

I want to say a big thank you to all the foster parents out there who love and care for children who aren't their own but give them the opportunity of a life they might never have had.

I wrote a poem about my foster mum – here's a little extract:

Love, laughter, hope, determination, some of the many words that go through my head when I think about the woman that devoted her life to children like me.

I've been given more love and more care than I could have ever hoped for. Hundreds of children. One woman. Changed lives.



To find out how you can change a childhood and change a life by fostering, scan this QR code or visit barnardos.org.uk/lucy

CELEBRATING STORIES OF BLACK HAIR AND SKIN

For many Black children and young people in the UK, being treated unfairly because of their hair texture or hair style is a real and painful issue – especially for those in care. This kind of discrimination can impact their self-esteem and affect their chances in life.

At Barnardo's we want Black children and young people to feel proud of who they are. That's why we set up our SEEN Black Hair and Skin project, to help tackle these deep-rooted inequalities.

Now, our new **Crowning Glory** report builds on this work. Informed and guided by Black children and young people, it explores their everyday experiences in caring for their skin and hair, offering practical tips for parents, carers, professionals and anyone working to create more inclusive spaces.

“**Learning how to properly care for my foster child's hair has made a huge difference in their self-esteem. They feel more accepted and understood.**”



“**When my hair looks good, I feel good about myself. It's not just about looks; it's about embracing who I am.**”



Launched with love

Crowning Glory was launched at the House of Lords on Valentines Day, where SEEN ambassadors shared heartfelt love letters to their hair and skin.

“**My skin glowed in the sunlight in a way that wasn't celebrated like everybody else's. It was hard to see the beauty in it when all I wanted was to be like anyone else.... Bit by bit things began to change. I let my curls be free. I started to embrace my skin.... Now I look in the mirror and I see someone I'm really proud of.**”

Taleen

“**My hair, you are incredible, my skin, you are bulletproof, and thanks to you I am powerful.**”

Gracie

“**Every lock carries the stories of your ancestors; the echoes of rich culture that has endured and thrived against all odds. Your hair is a part of your identity, your heritage, your pride and connection to the past and future.**”

Zion



To read the report in full, just scan this QR code or visit barnardos.org.uk/letters



CELEBRATING YOU OUR CHILDHOOD CHAMPIONS



Once again, you have gone above and beyond over recent months to help give more children happier, safer and more hopeful lives. Your dedication, energy and passion have blown us away. **Thank you!**

A double milestone!

Across the UK, our incredible volunteers work tirelessly to change children's lives. This summer, we're recognising someone truly special – Irene Phillips. In June, Irene celebrated over a decade of volunteering at Barnardo's Saturday Club in Hannahstown, Northern Ireland – and her 90th birthday!

"I love spending time with the children. I love to do art and play games with them and see the joy they get from it. I'd really encourage others to get involved – you are never too old!"



Pounding pavements, changing lives

A massive thank you to our 165 runners who braved blisters, cramps and hot sun to run this year's record-breaking London Marathon. You raised an absolutely breathtaking £495,000 for Barnardo's!

"I am passionate about supporting children having opportunities."

Derek Smith, 44, South Queensferry, marathon runner



"Barnardo's is an excellent charity and supports the wellbeing of so many young people in Scotland, which is so important!"

Abby McCann, 19, Kilmarnock, marathon runner

You made it roar-some!

From jungle-themed trails to fancy dress adventures, your Big Toddle fundraising events this year made a real difference to children in the UK. Whether you crossed the finish line with a wiggly snake paperchain or toddled through a safari of bunting, your efforts will change childhoods – and change lives. Thank you so much!



Want to join the adventure next year? Sign up at barnardos.org.uk/toddle



Team Co-op goes the extra mile

A heartfelt thank you to everyone at the Co-op for your phenomenal fundraising efforts. Together, you've taken on six unforgettable treks – from the Sahara Desert to Everest Base Camp – raising an incredible £250,000! Every mile you walked and every fundraising moment you organised has made a huge difference to children's lives.

Find out about events coming up – just scan this QR code or visit barnardos.org.uk/takepart



POCKET FRIENDLY SUMMER



WHAT FUN WILL YOU FIND?

Shop summer savings in-store

shop.barnardos.org.uk

   @barnardosretail

BARNARDOS

BARNARDOS

Barnardo's, Tanners Lane, Barkingside, IG6 1QG
Barnardo's Registered Charity Nos. 216250 and SC037605
25494shc25

