

Did you know?

Barnardos
Because childhood lasts a lifetime



Barnardos is Ireland's leading children's charity. We have been helping children and families for 60 years.



We believe that all children need to be safe, have enough food and somewhere comfortable to call home.



We believe that every child should have someone who looks after and loves them; and that every child should have the opportunity to learn and to have fun.



The children and families Barnardos helps are those who are living in poverty, who may be living in a home that is not the best environment for them or where they are neglected.



Barnardos helps up to 16,800 children and their families each year.

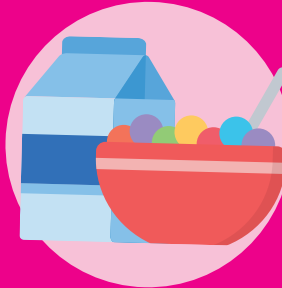


We have 56 service locations nationwide where we can be there to help local communities.

Barnardos works with children from 0-18 years of age in a lot of different ways. Here are just some of them:



We have **seven centres** we call Early Years Services around the country. Here we help children between the ages of 2 and 5 years of age to learn and develop, and to get them ready to start Big School.



In Barnardos' breakfast clubs we provide children with a warm and **nutritious breakfast** to help fill their tummies and set them up for the day.



Sometimes parents can struggle with taking care of their family so through what we call our **Family Support Services**, we help to equip parents with the skills to cope better and to provide the best, loving environment for their child to thrive in.



Our **After School Clubs** are run after children have finished their school day. We have book clubs to help with reading and we help children with their homework. We also run teamwork activities to help children make and keep friends as well as helping them cope with their emotions.

Your donation goes a long way

Through your Big Active challenge together with your teacher and classmates, you will be helping to raise money so Barnardos can provide practical help and emotional support for so many children and families affected by poverty, abuse, neglect and many more difficulties.

Every euro you raise through your fundraising can make a world of difference to a vulnerable child.

€10 

can provide breakfast for a child for a week at the our Breakfast Club

€20 

can provide a child with cosy pyjamas, slippers & bed socks to help them keep warm at night

€35 

can provide books and supplies to help a child's learning as they start school

€60 

can provide a child with a warm coat, cosy hat & scarf, gloves & a pair of wellies to keep warm & dry on the way to school

€100 

can provide 10 hours learning support for a child to help their reading, writing & communication as they start school

€150 

can provide two home visits to help a struggling parent to create the best home environment for their child to thrive

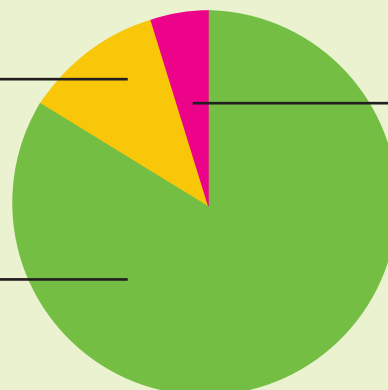
We know how important it is for you that the money you raise is spent wisely to help give children and their families a happier and brighter future. That's important to us too.

Here's how we spend money raised.

For every €1 we spend:

11c is spent on raising more money

84c is spent directly supporting vulnerable children and families in need



5c is spent on running our charity shops, which help to raise more money