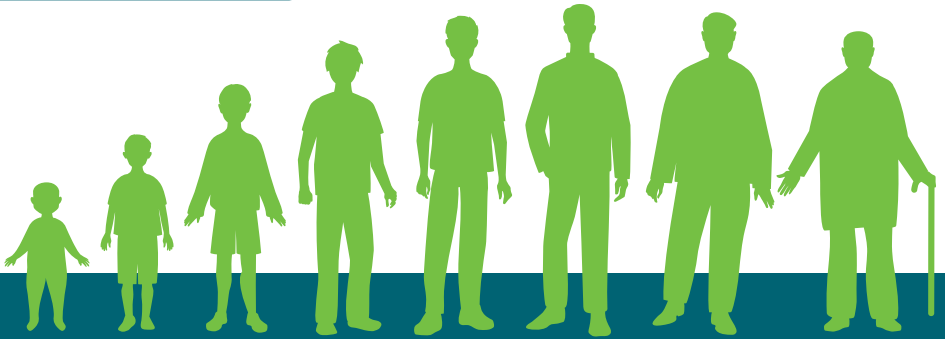


Supporting Barnardos in 2023



**At Barnardos, we have been
helping vulnerable children in
Ireland since the 1960s.**

Our core purpose is to help the most vulnerable children in society achieve their full potential – regardless of their family circumstances, their gender, race or disability.

Our ambition is to deliver a wider range of services and supports that transform the lives of children. As a trauma informed specialist organisation we have embedded this ethos and practice into all aspects of how we work, including staff training and how our service centres look.

This practice encourages more families to self-refer when they are struggling and know that Barnardos service centres are welcoming, nurturing environments, that are non-judgemental and child focused in our approach. This ensures more vulnerable children in Ireland get the support they need to overcome childhood adversity.



What is Trauma informed work?

Being Trauma-informed is about asking what's happened to a person and not what's wrong with them. It recognises the complex nature and affects of trauma on people's lives and promotes resilience and healing. It has 6 core principles: safety, trustworthiness, choice, collaboration, empowerment and respect for diversity.

What are Adverse Childhood Experiences (ACE's)?

Barnardos supports children who are affected by adverse childhood experiences such as abuse, parental mental health, neglect, addiction, domestic violence, parental separation and bereavement. These traumatic events can have negative lasting effects on development, health and well being. Without intervention, children with 4 or more ACE's are more likely to experience depression, addiction, attempt suicide, have lung and liver disease* and this creates more future societal problems.



Barnardos work with children and families

Barnardos supports children who may have experienced these adversities on a daily basis and recognise their parents may also have experienced trauma as a child. We work with over 17,000 children and families building resilience and coping skills and developing social & emotional skills to support their learning and with families strengthening parenting skills, daily routines and understanding their child's needs.

Our project workers do this through our Early Intervention Work, Family Support Services, Bereavement Service, Post Adoption Support for children and adults, Origins Tracing Service, Teen Parents, Mother & Baby groups, Support Service for Parents of Children in Care, Family Resource Centres, TLC Kidz Domestic Violence Service & our volunteer lead "Wizard of Words" literacy programme and "Roots of Empathy" programme for primary school children.

How you have an impact on society by changing a child's outcomes...

We need the financial support of our partners, donors and friends to provide all of our services for when a vulnerable child and their family need our help. By investing in a child's wellbeing now you will give them a chance at a brighter future where they can reach their full potential through to adulthood.



"Nobody was helping us. It was very hard, we were struggling. We really appreciated Barnardos' help; it was a relief, a burden off our shoulders....and helped our child to become more independent."

— Parent of child in Barnardos service.

You can help Barnardos invest in our services by partnering with us, making a donation, organising a fundraiser or taking part in one of our seasonal events this year:



New Beginnings & Development

Volunteering Your Time

Our Early years services for children up to 5 years of age are generally in centres with playgrounds, outdoor areas and gardens.

We work with our strategic and longer term partners to identify volunteering projects that create lasting change. We need volunteers to help with maintenance, painting, gardening and toy cleaning throughout the mid terms and summer months so we can continue to provide a trauma informed, safe and welcoming environment for all the children that attend.

26% of the children Barnardos work with are under 5 years of age.



Growth & Protection

Hell & Back – 10th June 2023, 1.30pm

Barnardos supports children who are affected by adverse childhood experiences (ACE's) and some of the children referred into Barnardos services experience this adversity on a daily basis.

Join us for a day to experience the HELL & BACK obstacle course and the adversity that a day in the outdoors can bring, all while raising much needed funds for Barnardos Children's Services.

If you can't make the main date we can also work with HELL & BACK on a bespoke event that suits your work team and not only test their physical skills but their mental skills too. We can arrange for a Barnardos Project Worker to visit on the day to tell stories of the children and families that have overcome many adversities due to the support provided by Barnardos Services.



Our Family Support Services work with more than 3,000 families a year.



Resilience & Wellbeing

The Survival Challenge

29th September

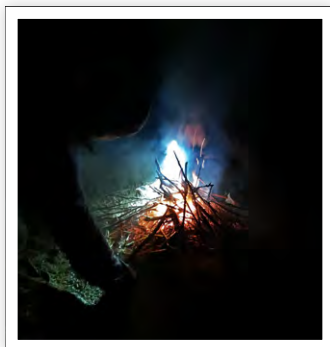
Basic physiological needs of a child are Food, Water, Warmth & Rest.

Some of the children referred to Barnardos services do not have these basic needs met. Can you survive for 24 hours without some of these same essentials?

We are looking for a Team of 5, from a company, to try it for 24 hours. You will work as a team to survive with 4 other teams. This is not ultimate hell week and you don't have to be the fittest person in your company to survive.

On the plus side, you will learn new outdoor skills, test your strength as a team and build on your own personal resilience all while raising much needed funds for Barnardos' Children's Services.

A Barnardos Project Worker will join us on the day, to tell us stories of the children they work with, their amazing determination and resilience supported by Barnardos Services.



28.3 % of children attending Barnardos Targeted Services are experiencing mental health problems.



Loss & Reflection

Creating Positive Memories for Children at Christmas

Christmas Memories Tree & Family New Years walking event to create positive memories for children and families for the future.

Many of the children coming to Barnardos Bereavement service have experienced traumatic bereavements, through homicide, suicide or road traffic deaths and frequently have been present at the death of their loved one.

Our corporate fundraising team would be delighted to give you more information on any of these events.

We can provide you with branded promotional materials such as T-shirts, Sports Tech T-shirts, Posters, Balloons, Collection boxes, Sponsorship forms for your own fundraising event.

Barnardos,
Christchurch Square,
Dublin 8.

Tel: +353 1 453 0355
Email: corporate@barnardos.ie
www.barnardos.ie




Barnardos
Because childhood lasts a lifetime