

Better with You!

A newsletter for Barnardos supporters like you!

Winter 2025



Your Support Made Ben's Christmas Brighter

Thanks to your incredible generosity, Christmas was a time of hope and healing for Ben and his family.

Last year, Ben faced a holiday season filled with uncertainty. Living apart from his parents and grappling with the stress of family difficulties, he struggled to see the magic of Christmas. However, with your help, Barnardos was able to step in and provide the support Ben and his family so desperately needed.

In the weeks leading up to Christmas, Ben worked closely with his project worker, Diarmuid, in our calming family room. With time and patience, Ben began to open up, sharing his experiences and learning how to express his emotions. Meanwhile, his parents were supported in addressing their challenges, working towards rebuilding their relationship and creating a more stable environment for Ben.

By Christmas morning, Ben's home away from home was filled with warmth and joy. With the help of donors like you, he had presents under the tree and decorations to brighten the day. Most importantly, Ben spent meaningful time with his family, including visits from his parents,

who are making huge progress themselves. For Ben, this Christmas brought moments of happiness and connection he will always remember.

Your kindness has set Ben and his family on a hopeful trajectory. As they continue to work together with Barnardos, they are taking steps toward a brighter, more stable future.

Thank you for making a real difference in the lives of children like Ben. Together, we turned a challenging time into a season of hope. Let's carry this momentum into the year ahead and continue transforming lives, one family at a time.



Barnardos

Because childhood lasts a lifetime

Why Donors Like You Mean Everything to Us



In 2023, Barnardos provided vital support to **over 26,000 vulnerable children and families** across Ireland, an increase of 25% from the previous year. Vital work was carried out to help these families facing the challenges of poverty, adversity and mental health struggles. This work would not have been possible without the incredible generosity of donors like you.

Your support helps change stories of struggle into stories of hope. Whether it's giving a child the tools to overcome trauma, helping a family create a stable home, or providing a safe space for healing, your donations have a profound and lasting impact.

As demand for our services continues to rise—up 25% last year—your generosity ensures no child is left behind. Thank you for being the cornerstone of our mission to give every child the chance at a brighter future. Together, we're transforming lives.



Read the full 2023
Annual Report here.

A New Chapter for Emily

Emily, just 10 years old, arrived at Barnardos carrying the weight of more challenges than any child should face. Her family had been struggling with financial difficulties that left their home life unstable. Emily's school noticed her frequent absences and quiet withdrawal in class and referred her family to Barnardos for support.

At first, Emily found it difficult to open up. Her project worker, Ciara, provided a safe, welcoming space where Emily could share her thoughts at her own pace. Through weekly art therapy sessions, Emily began to express her feelings, drawing pictures that revealed her fears and worries about her family's struggles.

While Emily was being supported, Barnardos also worked closely with her parents, connecting them to financial advice services and parenting workshops. This holistic approach helped stabilise the family's situation and improve their ability to provide a nurturing environment for Emily.

Over time, Emily's confidence blossomed. She started participating in group activities with other children, building friendships and rediscovering the joy of play. At school, her attendance improved, and her teacher noticed her growing engagement and enthusiasm.



Thanks to the support of donors like you, Emily's story has changed from one of uncertainty to one of hope. Today, Emily is thriving, and her family is stronger than ever, equipped with the tools they need to face challenges together.

Your generosity helps change stories like Emily's every day. Thank you for making a difference in the lives of children and families who need it most.

Because childhood lasts a lifetime.

Thank You for The Kind Messages

Before Christmas, we asked you to send in your personal messages to the children of Barnardos, to show them how much you care for them. We were so touched by so many of them and I wanted to share a few of them with you.

Even though
you don't know
me, I will be
thinking of you
always.

To Dear Ben, I hope
you have a lovely
Xmas this year and
your Mam and Dad.
The year ahead will
get better for you
all. God Bless.
Best Wishes. xxx

Best Wishes
for Christmas
and 2025.
There is always
light at the end
of the tunnel.

Hope Santa is
really very good
for you. Blessings
for a very Happy
Christmas &
New Year.

Merry Christmas.
Hang in there—
it's tough now but
Barnardos are
helping you. You are
becoming resilient
& strong.
Take care. xxx

I HOPE YOU
HAVE A
HAPPY TIME
THIS CHRISTMAS.

HAPPY
Christmas
to all the
lovely kids in
Barnardos.
From a friend
in Cork.



Pass It On: Leaving a Legacy of Hope with Barnardos

At Barnardos, we believe every child deserves the chance to experience a happy childhood, regardless of the challenges they face. Through our Pass It On legacy campaign, you can play a vital role in making this vision a reality for generations to come.

By leaving a gift in your Will, you're not just offering support—you're changing the stories of children's futures. Your generosity ensures that children growing up in adversity, poverty, or crisis can receive the emotional, educational, and practical help they need to thrive. It's a powerful way to pass on the gift of love, stability, and opportunity to those who need it most.

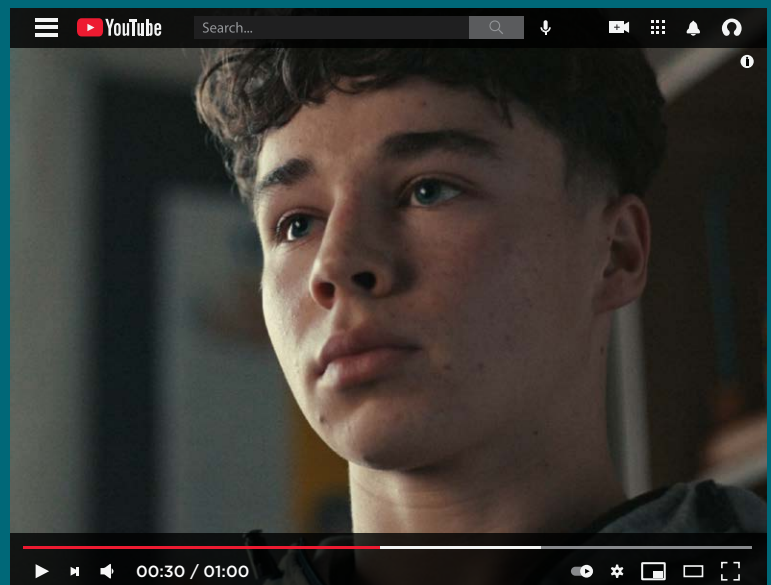
To learn more, please contact Ciara McGowan on 01 7080 469 or visit www.barnardos.ie/passiton



Keep your eyes peeled!

We're really excited to have a brand new ad rolling out across TV and social media over the coming months! Our ad shows the story of a boy called Daniel, who after experiencing years of trauma and tragedy, finds himself receiving support from Barnardos. The film demonstrates that understanding and addressing a child's issues takes time and effort, and there are no quick fixes, emphasizing the truest stories are the hardest to tell.

The ad is a true depiction of stories seen and heard across Barnardos, and the power that your donations have in changing the stories for so many children all over Ireland. If you see it, reach out and let us know what you think! And share it far and wide to hopefully show your friends and family the amazing cause that you are supporting. As always – thank you.



Get in touch >>

If you ever have any questions or feedback for us, don't ever hesitate to get in touch. We're a friendly bunch and are always happy to chat to our wonderful donors. You can give us a call on **01 708 0429** or send us an email to fundraising@barnardos.ie

Barnardos,
Christchurch Square,
Dublin 8.

Tel: +353 1 453 0355
Fax: +353 1 453 0300
Email: donorcare@barnardos.ie
www.barnardos.ie



CHY 6015 | RCN: 20010027


Barnardos
Because childhood lasts a lifetime