

Autumn News

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Barnardos
We believe in CHILDREN

Our promise to our supporters.

We pledge that the support you bequeath to Barnardos will be used to provide the highest quality services to traumatised and disadvantaged children in Australia. We will use our experience and knowledge to make sure that the children in our care have the best opportunities to develop their lives.

As an organisation we are reliant on public donations and bequest income to provide welfare programs that work to over 6,000 children, young people and their families each year. It is this revenue from individual supporters that enables us to remain an independent advocate for the rights of disadvantaged children in our community; and to have the flexibility to provide services for which government funding may not be available.

A bequest is a way to give beyond one's lifetime, a way to make a lasting contribution towards the challenges that lie ahead for many Australian children and young people.

In the 'How to help us' section of our website there is a Wills and Bequest section which provides documentation available for viewing or downloading by individuals and solicitors. This includes suggested appropriate wording for including a gift to Barnardos in your Will along with our FREE 'Guide to Wills and Bequests'. This document is also available in printed format.

A bequest to Barnardos enables us to plan for the future with confidence and security knowing that we have the financial resources to meet our commitment to the children placed in our long-term care.

If you or your family would like to know how a bequest can help us, we are happy to discuss this in more detail with you. Contact bequests@barnardos.org.au or telephone 02 9218 2300. All discussions and communications with Barnardos are confidential.

Frequently asked questions.

We've tried to answer some of the questions you may have to help you along the process of preparing or changing your Will.

Q. What is a Will?

A. A Will is a certified instruction by you, which is legally enforceable, detailing how you wish for your assets to be distributed upon your death. It is important to ensure that if you do have a Will it is a valid and current document.

Q. What happens if you do not have a valid Will?

A. If you pass away without a valid Will, you die intestate. Legal implications concerning the distribution of estates are different across Australian states and territories. If you do not leave a valid Will your assets will be dealt with by the relevant state or territory law. This could result in unnecessary costs, delay in processing, financial stress on your family and friends, and ultimately the distribution may not reflect what you would have wished for.

Q. Who should be appointed as an executor?

A. An executor is an individual or individuals selected by you to administer your estate. They can be beneficiaries of the estate or any other person you trust and deem responsible. It is generally suggested that two executors are appointed to ensure the instructions within your Will are adhered to.

Q. Does marrying or divorce change the status of my Will?

A. Yes, it is important to be aware that marriage automatically voids an existing Will in Australia and after divorce the status of a Will changes, so it is important to prepare a new Will if either a marriage or divorce takes place.

Q. Should I consider a power of attorney?

A. It is suggested that all individuals consider and review the appointment of a power of attorney with their solicitor at the time of preparing their Will. There are a number of capacities in which power of attorney can be given and it is important that these be clearly considered. If you do not have an appropriate power of attorney established and you become ill or incapacitated then generally you will become a protected person and the Public Trustee or other appropriate government body will be appointed to manage and carry out your affairs on your behalf.

Helping Dylan find his way

He's done nothing wrong, but throughout his life he's been abused, insulted and left feeling worthless.

Thirteen-year-old Dylan and his mum Angela suffered years of physical and mental abuse. Dylan's father, a paranoid schizophrenic, often refused to take his medication, resulting in delusions and psychotic rages that led him to treat his wife and son extremely harshly behind closed doors.

Dylan and Angela were referred to Barnardos after Dylan's father

was finally admitted for prolonged psychiatric treatment and Dylan broke down and told his soccer coach who had inflicted the dreadful bruises on his arms and legs.

Our family support worker, Lisa, quickly recognised that Dylan was both physically and emotionally traumatised. An intelligent boy, his father's abuse had left him feeling worthless. He is now receiving

regular counselling and she is working with both him and Angela to help get him back on track both at home and at school.

It would be all too easy for Dylan's future to be shaped by the abuse he has suffered and lead him, like others, into a future of drug and alcohol abuse or even juvenile crime, but we hope that with our support it is possible to give Dylan the opportunity to put the past behind him.



Beginning to trust again

The bewildered and terrified little girl we first met is slowly gaining strength and rebuilding her trust in adults.

You may remember seven-year-old Yasmin and her mother Daria from our summer appeal. Last year they were forced to flee their family home and the domestic violence inflicted by Yasmin's father.

It's been some months since Yasmin came into Barnardos' care after her mother's suicide attempt. She is still living with our carer Yvonne and her progress is encouraging. She has settled in at school, made friends and is showing promising academic potential. The physical health problems acquired as a result of the neglect she experienced have received appropriate medical care and with the exception of her badly infected teeth, which will require long-term on-going treatment, she is now a strong and healthy young girl.

Yasmin continues to attend sessions with one of our counsellors and becomes emotionally stronger day by day.



Giving children a stable loving home

Often the lives of the parents of the children we meet have spiralled so far out of control that they have been unable to provide the nurturing home life their kids deserve.

In the four years before we met nine-year-old Ben he and his stepsister, Mia, had had no stability or security, moving home countless times. It all started when Ben's mum's boyfriend Matt, a builder, lost his long-term job and the family were forced to move closer to the city so that he could find work. Uprooted from the town he'd lived in all his life, and earning a far lower wage than he had previously, Matt fell in with a violent crowd, who spent all their time in the local pub and were the perpetrators of several local robberies.

Matt was an unhappy man and even unhappier drunk. He would stumble home from the pub and the slightest thing would cause him to burst into a violent rage. He never touched his own daughter, six-year-old Mia, but Ben and his mum Jenna lived in fear.

Soon Matt moved the family on again – and then again. Fearful that the police would catch up with him, at the end of each school term, when their landlord would be chasing the usually unpaid rent, the family would disappear from town and start again somewhere else.

Eventually the authorities stopped Matt in his tracks. He was arrested and sentenced to several years in prison for armed robbery.

After Matt's arrest Jenna moved the young family to an area where she had a few friends hoping to be able to provide the kids with a more settled life. However, it quickly became obvious that Ben in particular, would find it harder to settle. He behaved aggressively towards his teachers, and was frequently caught skipping school. When the police found him wandering the streets one day the family were referred to Barnardos.

Our workers know that being able to form friendships at school and have access to teachers and peers as role models is one of the most important ways children and young people feel connected to their community. After moving around so much at a vital time in his young life when he should have been making friends and learning to read and write, Ben was way behind his peers both educationally and socially.

In 2006 15% of children aged 14 or under lived in jobless families². Joblessness is highly likely to result in financial stress, and to create tension and hostility within the family³. Studies on the effects of unemployment on the family unit have identified relationships between parental joblessness and family conflict, family breakdown and child abuse⁴.

We believe children deserve a safe and stable environment in which they are able to learn for the future.



Children deserve a safe and stable environment in which they are able to learn for the future. Helen, our worker, quickly realised that Ben didn't see the point of making friends or settling into school as he had no reason to expect they would be staying for very long. The first thing the family needed was a home of their own. They were all sleeping in one bed at a friend's house as Jenna couldn't afford to rent on her own, so Helen supported a referral to the housing association for access to community housing. Through the support of our corporate partners, Barnardos was able to help the family with furniture, linen and household essentials. In particular Ben now has his own room where he can shut the door for privacy. He has his own bed, games and books that are helping to provide the stability and security in his life that has been missing for so long.

Helen also helped Jenna establish routines for the family that have helped Ben to feel more grounded, and she has taught her to become the reliable consistent parent she needed to be to help him develop. Ben now goes to bed at a set time, gets up at the same time each morning, and travels on the same bus to and from school – creating regularity and responsibility in his life. The introduction of the controlled routines for Ben are helping him to adjust to the changes in his family, to understand right from wrong, develop his social skills and enable Jenna to discipline him effectively and consistently. As a single parent, and now that

Mia has turned seven, Jenna will need to adjust to a range of new responsibilities including complying with government requirements for an Employment Pathway Plan and returning to the workforce.

Within months of setting up a more stable home, Ben's teachers started to see an improvement in his behaviour and his attendance at school became more regular. One of our volunteers tutors him every week to help him catch up and thanks to one of our generous partners he is now taking swimming lessons which he loves.

Now it's sunk in that he's going to be at his school for more than one term Ben has tentatively started to make friends. He is still struggling to cope with the violence he witnessed and the abuse he experienced but the regular sessions with one of our counsellors are helping him to come to terms with the past and start to put it behind him.

In 85-90% of violent incidents in the home children are present. In 50% of those cases the children are also abused.¹

¹Queensland Domestic Taskforce, 1998; Cleaver et al, 1999, cited in Fleischer, 2000

²ABS Census of Population 2006

³Shonkoff & Phillips 2000

⁴McClelland 2000

A new centre for Sydney Metro

Barnardos' newest Childrens Family Centre was officially opened by the Hon. Linda Burney MP, Minister for Community Services and Minister for Women on 17th November 2009.

The new Sydney Metro Centre integrates a range of support services for children, young people and their families across the inner city, inner west and south east Sydney areas within one single location.

These services include the Yurungai Kin Care and Family Preservation Service, the Yurungai Learning Centre, the Aboriginal Early Years program, South East Sydney Temporary Family Care and Kids Speak.

Barnardos has been working directly with the communities of Redfern and Waterloo since 2003 and we continue to provide services in this area. The establishment of this new centre is an exciting development as it means we can better serve the community with a larger range of family support and education services.



Ben Ross South Sydney Rabbitohs, the Hon. Linda Burney MP, Louise Voigt CEO Barnardos, Kerry Moore Senior Manager Barnardos and Crispin Hull Chair Barnardos

Talking Realities

It's not easy to be a first-time mother. It's even harder if you're young, single and do not have anyone to turn to or the knowledge to seek the right advice.

Talking Realities is a young parenting peer education program in the Shellharbour area that Barnardos has been running as part of the federal government's Communities for Children initiative. Funded under the Stronger Families and Communities Strategy the initiative is an early intervention strategy aimed at achieving the best possible start in life for children.

Barnardos was appointed facilitating partner for the 'Communities for Children' program in the Shellharbour local municipality for three years and following the successful outcomes have been reappointed for a further three years.

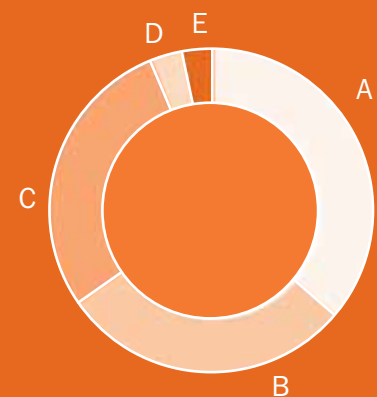
The Talking Realities program aims to fill the gap in education for teenagers facing pregnancy. Five young mums have trained as educators and visit high schools in the Illawarra area addressing issues associated with motherhood and offering advice about how to embrace the responsibilities of being a parent.

Welfare expenditure

During the 2008-2009 financial year Barnardos delivered vital services to over 6,000 Australian children and young people.

The global financial crisis hit all of us hard – but every day is a crisis for the children and families we work with. During the last financial year we faced a sudden downturn in income and turned to our loyal donors for support and they didn't let us down. Many have continued to dig deep – both into their pockets and their hearts – to provide us with vital funds to keep our essential programs running.

Our ability to maintain our services and continue to be an independent voice for vulnerable young Australians is only possible with the investment of our loyal and valued donors and corporate supporters. We recognise and thank each and every individual and organisation who through their generosity showed us that they share our belief in children.



- A. Adoption & Permanency 36%
- B. Family Support 29%
- C. Homeless & Adolescent 28%
- D. Research & Development 3%
- E. Admin & Public Relations 3%

Unique ways to support us

Surprise someone this Easter!

Are you looking for a way to give more meaning to Easter? Giving has never been easier or more personal.

Don't forget that Easter is another time for gift giving. True, Easter is not as big of a gift giving holiday as Christmas, but it's still a perfect opportunity for giving that special someone a gift.

Think outside the box, or in this case the basket, this Easter. A donation to Barnardos in lieu of chocolates allows you to celebrate Easter with a unique gift that will be treasured all year long by your family and friends.

The cost of Easter gifts can soon add up, especially if you have a large number to buy. So why not consider making it more affordable and at the same time supporting disadvantaged Australian children and young people. A donation will show your family and friends that times of celebration can be shared with those less fortunate, those you will never meet but who will truly benefit from your generosity.

Visit the 'How to help us' section of our website to find the Easter feature in our 'Gifts with a difference' section. You can make a donation on-line and then print out our specially designed Easter cards to give to your family and friends.

Working for a better future

Is it possible to ease the suffering of abuse and neglect whilst you work? We believe it is.

Payroll giving is a simple and tax effective way to regularly donate to Barnardos. More and more Australians are realising that payroll giving is the most convenient way to support their chosen charity.

Your donations are automatically deducted from your pay by your employer before tax, and you receive the tax benefit each time you donate – there is no need for receipts or waiting til the end of the financial year. All details of your annual donations are included on your group certificate.

Payroll giving enables Barnardos to better plan our budgets, services and programs based on the regular flow of income. It also allows us to keep our fundraising costs as low as possible ensuring we are able to create better futures for children and young people.

Many companies also choose to match their employees' donations dollar for dollar – doubling the effect of the employee's donation.

For further information on how to become a payroll giving donor with Barnardos please contact 1800 061 000, email appeals@barnardos.org.au or visit our website.

You can make a difference

Community fundraising plays a critical role in helping Barnardos Australia fund quality services to vulnerable children in Australia. You can organise your own fundraising event or participate in one of the following:

- **3rd July – Tough Blokes Challenge, Sydney.** Open to both men and women off-road running combined with man-made and natural obstacles tests your stamina and strength.
- **8th August – City2Surf, Sydney.** Entries open in May for this iconic 14k race from Sydney CBD to Bondi Beach that last year raised over \$2 million for charity.
- **29th August – Rebel Sport City to Surf for Activ, Perth.** . In 2010 WA's largest and best loved community event is set to become WA's largest fundraiser.

Visit our website for more information or call the fundraising team on 02 9218 2391 or email events@barnardos.org.au.



Get down and dirty in the Tough Blokes Challenge

News

Hail Caesar

Barnardos congratulates Aline Pascuzzo, winner of the Smiths 'Do us a flavour' competition who donated \$10,000 of her prize money to Barnardos. Creator of the Caesar Salad chip, Aline, a mother of two boys, received hundreds of messages of support and says she was motivated by the thought that she had the opportunity to give back to the very community which helped reach a major achievement in her life.

We are extremely grateful to Aline for this generous donation and thank all the members of the community who voted for her.

Guardianship Audit

In 2004 Barnardos was the first agency in NSW to be accredited for its high quality foster and residential care standards by the NSW Office of the Children's Guardian. We were one of three agencies piloting the second round of accreditation, which involved new electronic reporting procedures and greater emphasis on site visits to programs and staff reporting.

The accreditation process is essential to ensure that children who cannot live with their parents have the highest quality of care. We are proud to be the first agency, even leading the NSW government to obtain accreditation for a further five years.

Salute to Barnardos

Yoga enthusiasts participated in the third international Yoga Aid Challenge attracting a record number of supporters for Barnardos Australia with over \$50,000 being raised for our work.

We thank Yoga Aid for selecting Barnardos as a beneficiary of this unique event, all the members of the public who chose Barnardos as their favourite charity and we look forward to participating again this year. Visit the fundraising section of our website for more information.

Join us and spread the news

You can learn more about the work of Barnardos on a daily basis and help us spread our messages by becoming a fan of our Facebook page, following us on Twitter pages or watching our videos on YouTube.

We regularly update both sites with news, articles of interest and ways to support us. Follow us, share our information with friends and family and you will help raise awareness about our work, and spread news about how to help us.

Find us on Facebook by searching for Barnardos Australia, follow us on Twitter at twitter.com/barnardos_au, and check out our YouTube page at youtube.com/barnardosaustralia.

Billie – Barnardos Babycino

A little bit of luxury does a whole lot of good – next time you're enjoying coffee at your local Cafe with the family why not suggest your favourite local joins the Barnardos Babycino program. It's simple – your Cafe registers with Barnardos, we provide promotional material and then proceeds from the sale of every Babycino sold go to Barnardos Australia. Email events@barnardos.org.au for more information.

Apology to "Forgotten Australians"

Barnardos believes we have a responsibility to the adults who spent their childhood in our care. A number of our staff attended the NSW Government's ceremony to honour the 'Forgotten Australians' on the 19th November 2009, as part of the Federal Government's formal apology to the 'Forgotten Australians' and former child migrants.

A very merry Christmas

We would like to extend our sincere thanks to all those organisations and individuals who supported our Star of Wonder and Duracell 'Power a Smile' Christmas campaigns.

Both campaigns attracted enormous community support and enabled us to provide toys, gift vouchers, outings, food and essential everyday items to the children, young people and families we work with who truly needed an extra bit of hope last Christmas.

Donate today. Call 1800 061 000 or go to www.barnardos.org.au

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Models used to protect privacy


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