

Annual Review 2018–19

We
believe
in
children.



Our vision

All children and young people have caring families in which they can grow safely and fulfil their potential.

Families, children and young people are valued and supported by quality services and engaged communities.



We value

Keeping the
child central

Strengthening
families

Pursuing social
justice

Persistence for
change

Taking
responsibility

Relating
respectfully



Barnardos Australia acknowledges the traditional custodians of the land on which we live and work.

We pay our respects to past, present and future elders.





CEO message

Barnardos knows all too well the challenges faced by children and families in Australia. Day in, day out we see families struggling with poverty, homelessness, violence, drugs and mental health issues - and sadly it is the children who often suffer and go on to repeat this pattern.

At Barnardos, we are committed to breaking the cycle of child abuse.

Our vision is for all children and young people to have caring families in which they can grow safely and fulfil their potential. This is at the heart of everything we do. Our goal is to keep children safe from abuse and neglect.

I am very proud to share with you these stories of Barnardos children and families, which highlight the outcomes we have achieved this year.

As you will read, we have helped families break free from violence and drug abuse to rebuild their lives and set their children on a new path. We have kept families together and restored childhoods. We've built resilience in young people and instilled an early love of learning and connection to culture. We've given parents greater confidence in raising and nurturing their children as their first teachers.

We remain committed to giving a voice to children in a world where they often go unheard.

Our research, knowledge and expertise keep us at the forefront of advocating for social change and raising awareness of issues that impact children's rights to a safe childhood.

You will also read about our long and fruitful partnership with ALDI, which beautifully illustrates how corporate volunteering can enrich the lives of those who support our work. We also share how philanthropy has changed the lives of mothers leaving prison, giving their children a brighter future.

To all our funders, donors, supporters and partners who are part of our Barnardos family, none of these stories would be possible without you.

Thank you for changing the lives of so many Australian children this year.



Deirdre Cheers
Chief Executive Officer, Barnardos Australia



2018-19 at a glance



14,446

Children, young people and their families helped by Barnardos

13,176



Families kept their children safe at home

1,270



Children lived safely in foster and kinship care

37



Children found families through open adoption

Children, young people and families helped through



7,050

Referrals and information



7,302

Family support



1,593

Youth programs



2,188

Parenting programs



1,357

Early learning and education



987

Supported housing

With thanks to

622

Barnardos employees

63

Indigenous staff

652

Volunteers

1,127

Foster carers

\$111.6M

total funds to support our work

=

\$96.3m

government revenue

+

\$15.3m

independent revenue

Issues facing Australian children

Child abuse and neglect

46,000[^]

children unable to live with their parents due to abuse and neglect



Child poverty

739,000*

children living in poverty



Family violence

418,000[^]

women experienced domestic violence with children witnessing the violence



Child safety

159,000[^]

children received child protection services



Drug abuse

Children whose parents use drugs are **3 times** more likely to be physically, sexually and emotionally abused and **4 times** more likely to be neglected[#]



Child homelessness

17,845⁺

children experiencing homelessness under the age of 12 years old

*ACOSS 18,
[^]AIHW 2018,
⁺Homelessness Australia 2018
[#]www.cracksintheice.org.au 2019

Breaking the cycle of child abuse

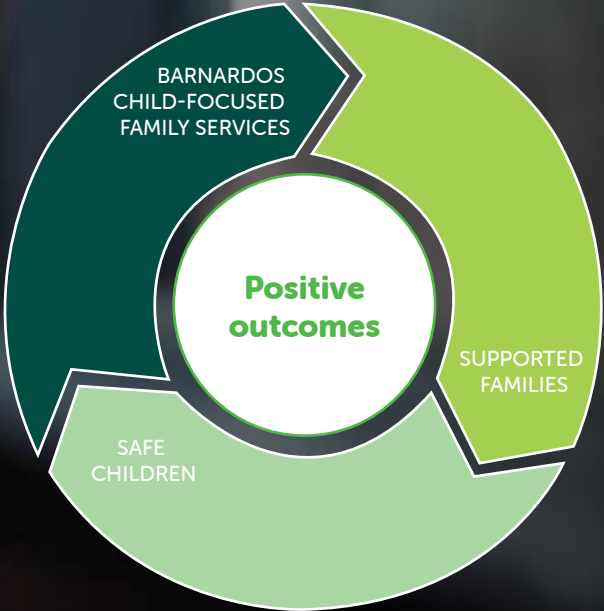
Raising children is challenging but when you add the stresses of poverty, homelessness, family violence, mental illness and drug and alcohol issues, families can fall apart.

Sadly, it is children who suffer most through abuse and neglect.

The cycle of child abuse can continue for generations.

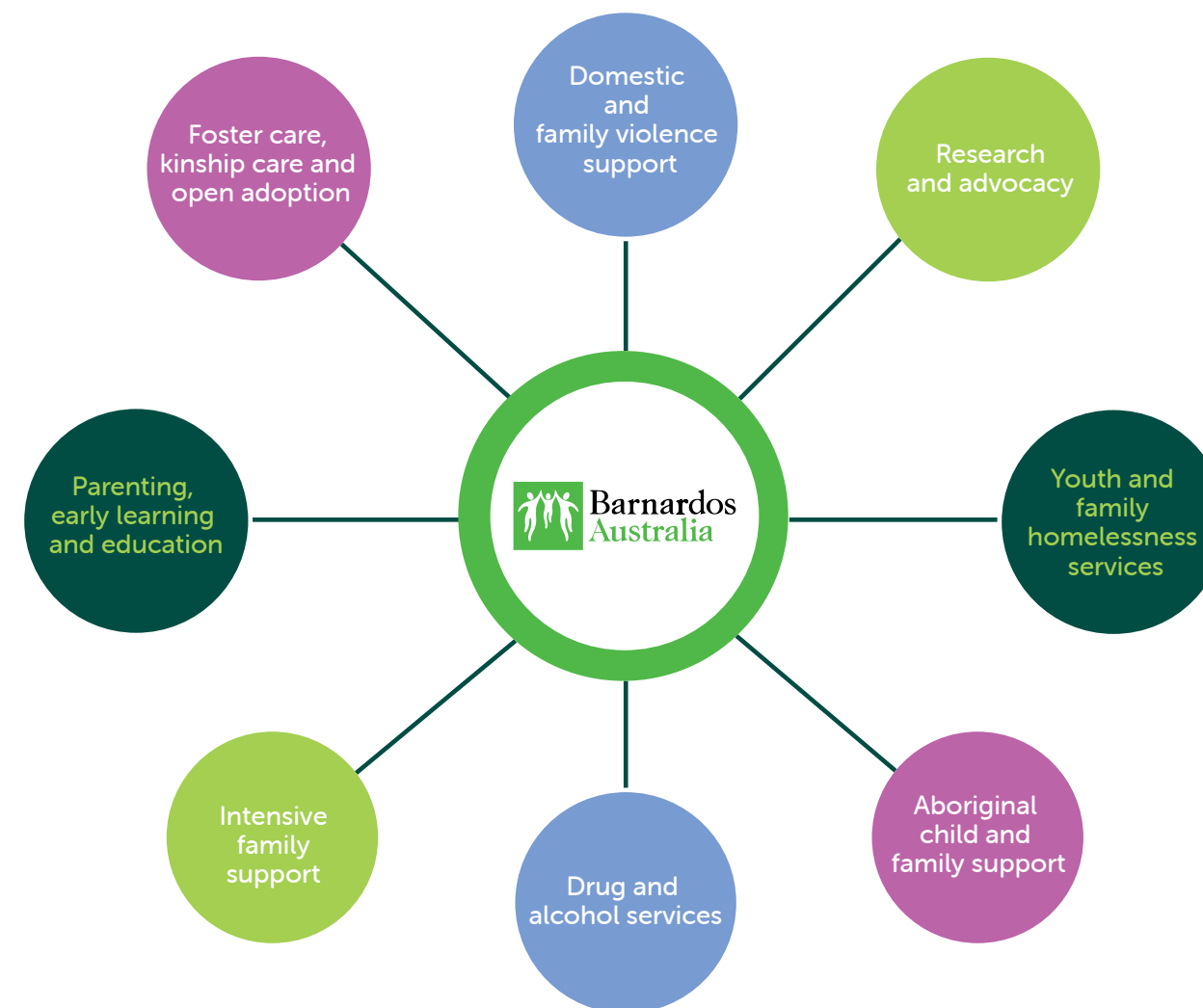


Our direct experience through our evidence-based programs shows that with Barnardos' help, this vicious cycle **can be stopped.**



**We believe in
working intensively
with families so that
children can safely
return home.**

**Our goal at Barnardos is to break the cycle of child abuse
by providing wrap-around support services to children
and their families.**



Restoring childhood

Jack and his family lived with daily violence until we helped them rebuild their lives.

Eight-year-old Jack grew up shielding his two younger brothers and sisters from their father's violent rages.

His mother started using ice to cope with the bashings. Jack started missing school to look after the younger children. They often went hungry and became sick due to lack of hygiene.

One day, workers from Family and Community Services turned up with police and removed the children. They were placed with Barnardos short-term foster carers and received medical care for various health problems including conjunctivitis, lice and severe nappy rash.

Jack's father blamed his mother for the children being removed and attacked her once again. Determined to get her children back, she fled in the middle of the night and called the police.

Jack's mother was placed in Barnardos emergency accommodation and received domestic violence counselling to deal with her trauma, drug and alcohol support and legal support. She also completed parenting courses to help rebuild her capacity to care for her children.

Jack and his siblings slowly got into a routine with their foster carers and visited their mum every week. Jack began regularly attending school and counselling

for the trauma he had suffered. After months of intensive family casework, Jack's mum was moved to a new house and shortly after was reunited with her children.

Jack is now doing well at school and making friends. He has ongoing counselling and the younger children have been supported with play therapy.

As Jack's mum says, "We're strong. I think we are in a good place now."



64% of children in Barnardos short-term foster care were safely restored to parents or kin in 2018-19.

B.
Safe
children



B.
Safe
children

18% of children in Barnardos permanent foster care programs achieved permanency for life through an adoptive placement.

Belonging for life

Adoptive parents Paul and Ronnie saw the importance of keeping siblings together and maintaining a connection to birth family for identity and belonging.

Sydney couple Paul and Ronnie both really valued their sibling relationships growing up.

So it was a natural step for them when they decided to foster three young siblings aged four, five and seven in need of a permanent home, in September 2016.

It was an "amazing yet petrifying" week when the children first moved in, the couple reflects. Despite this, Ronnie says it felt right. "This was fate and these kids belong with us and it's the best decision we ever made, from the very beginning. And since they were adopted in June

this year, it's a whole new level of normal. You wouldn't believe the sense of peace and love and security that the kids are feeling."

Barnardos provided the couple with training and support every step of the way to ensure they were aware of the challenges and understood the importance of open communication with the children about their history. "Being adopted is something that they're proud of," says Ronnie. "It's not a stigma and it never will be. It will always be part of their history, they'll always have a connection to their birth family and we embrace it."

Paul says the connection to their children's birth family is vitally

important for all of them and they look forward to sharing birthdays and Mother's Day and Father's Day together.

"Every single day we've realised we've made exactly the right decision and I wish more people would think about sibling adoption and about adopting older kids."

Breaking the cycle

Baby Liam was in danger of being taken into foster care until his mum Kyla received the support she so urgently needed.

17-year-old Kyla was abused as a child and suffers from anxiety and depression. Her relationship with her ex-partner was physically and verbally abusive.

Kyla came to the attention of a Barnardos youth worker when she was six months pregnant and living in a friend's car. We immediately found her a safe place to stay in our temporary accommodation program and helped her set up everything she needed for her baby's arrival. We provided practical and emotional support throughout the birth of her baby boy, Liam.

Following the birth, Kyla suffered

post-natal depression and her caseworker noticed she was self-harming. We were on hand to make sure Kyla received the mental health support she needed and we worked with her to develop a healthy attachment with Liam. Keen to learn more about how to keep her baby safe and healthy, Kyla completed our evidence-based SafeCare program, which focuses on building strong and positive interactions between parents and their children. The program also helps clients with child health and home safety and has been shown to reduce child neglect and harm by 26 per cent.

"Barnardos believed in me even when I didn't. Without them I would probably be homeless, using drugs and could have lost

my baby or worse. They helped me when I was at such a low point in my life when I had given up on everything. I learnt how to take care of myself and be the best mum for Liam."

10 months later and Kyla and Liam are now doing well. They were able to move into a private rental without a rental history because we advocated for her with the local real estate agent. They attend Barnardos supported playgroups and both mum and son are making friends. Liam also attends Long Day Care three days a week and Kyla is attending TAFE with ambitions to become a beauty therapist.



91% of families
Barnardos support are
in programs to keep their
children safe at home.





B.
Supported
families

90% of LINKER clients reported reduced anxiety and increased feelings of safety and support.

Journey to safety

Support during her darkest hours gave Tegan the courage to leave a violent relationship and build a new life for her children.

At seven-and-a-half months pregnant, Tegan suffered the most violent assault yet. "I truly thought he was going to kill me that day," she says.

That was the final straw.

Tegan mustered the courage to leave her abusive partner and press charges.

Tegan was referred by the Domestic Violence Court Advocacy Service to Barnardos' LINKER service. The service provides emotional and practical support to women in

Western NSW through after-hours phone calls to ensure women feel safe overnight from 5pm-9am. This is when other services are unavailable and women often return to violent relationships because they feel vulnerable and alone. Tegan says the reassurance she gained from speaking to her support worker each night for over three months made her feel safe and supported and gave her the courage not to return to the relationship.

"I wouldn't be where I am now without Barnardos. I think in hindsight, I probably would have gone back to him because I was scared. Sometimes it

would have been easier to go back. But I've done the hard thing, I haven't gone back and now we get to be safe and we get to stay safe. The cycle ends with him," she says, referring to her precious two-year-old son Hudson whom she holds in her arms. "They supported me to be strong for my children. They are my focus now. And knowing that I am supported, I feel stronger than ever!"

Tegan is now studying a Bachelor of Social Science (Psychology) at University and wants to help other women experiencing domestic violence.

It takes a village

We gave Ellie the tools to understand her children's needs and cope with the challenges of parenting.

Having moved to Australia seven years ago, Ellie struggled with the difficulties of being a new parent and making friends.

"I think I expected it to be much easier," she says. "I didn't realise how much a baby or a child needs you to be there 24/7 and how challenging kids can be. How they throw tantrums and how you just have to be there to regulate their emotions and help them go through the phases and even teach your child to sleep."

Barnardos provided Ellie with the tools and confidence to overcome her struggles and connect with her community by attending a Supported Playgroup,

which encourages children to socialise and learn through play and provides opportunities for parents to interact and participate in courses. "Just interacting with other mums and having the kids hang out with other kids really helped," Ellie explains.

Ellie completed the Home Interaction Program for Parents and Youngsters (HIPPY), Circle of Security and Raising Good Kids courses, which teach parents to be mindful of their children's needs and the importance of early childhood development.

"Through these courses, I've actually learnt that there's a reason why my child is doing that," she says. "Instead of reacting to my child's behaviour, I try to think first: why is this

happening? What does my child need?" She remains calm and puts her children first by using techniques to regulate their emotions when they are angry or frustrated. "It's good knowing that my kids have a good beginning, a good start in life. They know how to calm themselves and control their feelings, which are skills they will need for their whole lives."

Parenting can be very challenging at times and it is important for mothers to know they are not alone. Ellie says, "There is nothing wrong with asking for help. When you get the support you need, the better you feel and the better your kids will feel."



88% of parents who completed Barnardos parenting programs felt more confident in meeting their child's needs.

B.
Supported
families



B.
Strong
communities

over 90% of children who attended Barnardos Aboriginal Learning Centres have improved self-confidence, attitudes to learning and academic outcomes.

Connecting children to community

Natisha knows the difference a strong community connection makes to a child's future.

Natisha is a proud Ngunnawal woman and a mother of three living in Queanbeyan, NSW. She is also a former student of Barnardos Aboriginal Homework Club.

"I still talk to the people that did homework centre when I was in primary school," says Natisha. "The Aboriginal community in Queanbeyan is very close. Everybody knows everybody and everybody helps out when they can."

Today, Natisha's three children, Anthony, 10, Bella, 8 and Ethan 6, all attend Homework Club after school at Queanbeyan

West Public School.

Natisha knows first-hand, as a parent and a student, the difference that community support like Homework Club can make to a child's development. So much so, that when the opportunity came to be a part of the Homework Club team, she jumped at the chance.

"I've been a support worker for Barnardos' Aboriginal Homework Club for nearly four years now. I love the kids. Some of them call me Aunty," says Natisha. "We create a program that includes games, storytelling and other activities that incorporate Indigenous knowledge so the children can connect to their culture in a fun

way. It's important for the kids to understand their identity. Some kids come from families that don't know a lot about their culture so we fill the gap there. Culture is very special to me. If it isn't passed down it's going to get lost."

"You can see the difference in the kids because we are consistent. It's the same staff all the time so you see the change in the children's behaviour and the growth in their confidence."

Building resilience

Troy supports young men to build their skills to cope in the face of adversity.

Nyngan is a small, isolated town in rural NSW that has been greatly impacted by drought and where mental health amongst young men is a significant concern.

Aboriginal youth worker Troy is determined to make sure young men in his hometown do not go through the same hardships he did growing up.

After going down the wrong path in his younger years, Troy began mentoring teens in his boxing gym and teaching them how to deal with life's challenges.

"I'm probably lucky to still be here with some of the things I used to

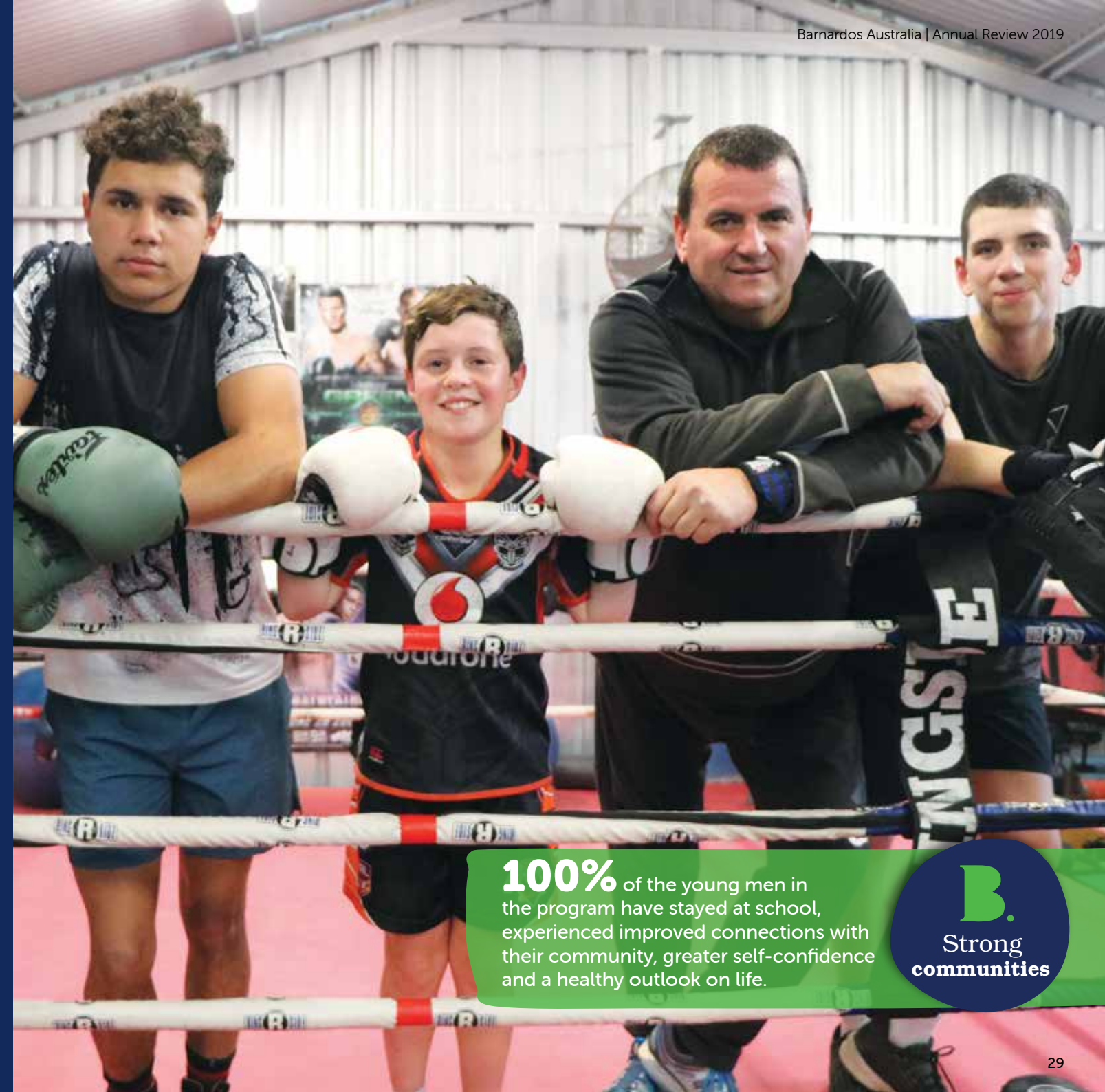
do," Troy says.

Troy was bullied quite savagely in his youth. As the tallest and biggest in his group, he would often be targeted in fights and get into trouble sticking up for his friends. Troy started drinking at the age of 15 and became involved with drugs. "I did have my own boxing trainer and I was going fairly good at it, then just got involved with drinking and drugs too young," he says.

Thankfully, Troy was able to turn his life around and now runs the boxing program 'Still Standing' from his gym. The boys referred to the program are all at risk of disengaging from school. A long-term impact of early school leaving is a far greater risk of homelessness and poor lifelong outcomes in health, employment

and contact with the criminal justice system.

The 'Still Standing' program really speaks for itself. Troy says, "Life has taught me that we all face difficult struggles, whether it's physical or mental issues, but no matter how many times we get knocked down, we have to get back up again. Some will go down the path of drugs and alcohol but what we entrench in them is never give up on yourself, circumstances will get better, you just have to believe in yourself."



100% of the young men in the program have stayed at school, experienced improved connections with their community, greater self-confidence and a healthy outlook on life.

B.
Strong
communities

In 2018-19 Barnardos advocated for the rights of children via 27 conference papers, 14 policy submissions and six journal publications.

Giving children and young people a voice

As leaders of innovation in Australian child protection, we use our knowledge and expertise to create change at a policy and practice level for the rights of all children and their families.

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Barnardos Head of Knowledge, Outcomes and Research, Dr. Robert Urquhart says, "We give children a voice in a world where they have no power. There are so many issues that affect children's lives. We speak for the children who have nobody to advocate for them."

Dr. Urquhart works with practitioners across Barnardos to ensure the voices of children are heard, highlighting the importance of empowering children and keeping them safe. This year our advocacy work included eight submissions to Parliamentary Inquiries on several major issues: open adoption, child and youth protection information sharing, regulating child-safe organisations and community housing.

These issues impact the safety of children and young people in our communities.

We added our voice to the NSW Parliamentary Special Commission of Inquiry into the drug ICE – outlining its devastating effect on families and its hidden victims, children, through increased rates of family violence and neglect. Mounting evidence indicates that the largest barrier for people seeking support is the severe shortage of suitable drug withdrawal and rehabilitation services, particularly in regional areas. Our submission calls for government investment in rehabilitation services, as well as ensuring better access to services for those in regional and rural communities.

In partnership with Professor Harriet Ward (Oxford University), we are also finalising our landmark research project, Australian Open Adoption Outcomes (AOAO), a 30-year retrospective study into the life outcomes of over 200 children adopted from out-of-home care. This research will provide evidence of the impact of open adoption on life outcomes. The AOAO report released in 2020, will assist the Australian government in making policy decisions about future care arrangements based on children's individual needs and timeframes.



Our community supporters raised
\$495,000
for Barnardos programs



A community of support

We value the dedicated community of fundraisers who support our work each year with endless energy and enthusiasm.

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This year, our community fundraisers once again volunteered their time and effort to raise vital funds for our programs. They exercised their competitive streaks at our **Annual Canberra Golf Tournament** and celebrated holiday cheer at our yearly **Christmas in Pyrmont** street festival where our volunteers delighted children with their face-painting skills.

Our 2019 **Peter Pan Literary Lunch** was an absolute hit with an extraordinary \$100,000 raised by guests who were treated to insights from best-selling Australian novelist Liane Moriarty. This event is truly unique as our book-loving supporters come together each year to raise funds and awareness of the issues facing children, young people and families in our community.

In its seventh year, **Sails on Lavender Bay** raised an outstanding \$65,000 as the restaurant owners

Patricia and Greg Nunes hosted guests for an elegant evening of food, wine and great company against a spectacular harbour backdrop.

Another significant date on Sydney's social calendar in September each year is the **Friends of Barnardos** ladies lunch. This generous group of mums have raised almost \$200,000 for children and families in our programs over the past four years. In addition, the ever-popular **Summer and Winter Peter Pan Op Shop** sales of vintage and new clothes, shoes and accessories raised more than \$90,000 across the two sales this year.

Husband and father-of-two **Derek Steele** was helped by Barnardos as a teenager and was determined to give back through a series of gruelling mountain bike rides to raise funds and awareness for our youth programs. We would like to acknowledge Derek's efforts along with all the wonderful members of the community who donate their time and energy to raise funds for our organisation. They are truly the driving force behind our fundraising efforts and their support allows us to transform the lives of many more Australian children and their families.

Turning lives around

Thanks to the support of the John Barnes Foundation, we helped more mums transition from prison back to their families and community.

Since 2012, our Beyond Barbed Wire (BBW) program in regional NSW has been supporting women at the Wellington Correctional Centre during their incarceration and post-release.

The program offers a suite of services to help mothers transition back into the community, improve their parenting capacity and most importantly, be there for their children. The outstanding success of the program in reducing the number of women returning to prison and in many instances, keeping their children from entering the out-of-home care system, was verified this year in an evaluation by the Western Research Institute (WRI).

A media story on the launch of the WRI research in May 2018 caught the attention of philanthropist John Barnes. After learning more about the social and economic impact of BBW, where for every dollar spent \$2.15 is returned to the community, the John Barnes Foundation decided to fund our



Beyond Barbed Wire program mentors

program for \$75,000. This supplemented the small amount of existing government funding, allowing consolidation and expansion of BBW in order to reach more mothers. Mothers like Nadine.

Nadine is one of the 98% of women in the program who have experienced domestic violence. She is a 30-year-old mother of two children; Dale (4 years) and Tilly (3 years) and like 62% of women in BBW, she is Aboriginal. Nadine's children were cared for by relatives while she served nine months at the Wellington Correctional Centre for shoplifting. Whilst in prison, Nadine undertook courses to improve her parenting capacity and strengthen



the relationship with her children. She received day release for a work placement with Barnardos and was matched with a mentor named Lynn upon release. Lynn played a vital role in Nadine's transition as she listened without judgement, offered a shoulder to cry on and encouraged Nadine. "Nobody ever believed in me before Lynn. It was just magic to hear her say 'you're doing well, keep going!'" Nadine says.

Nadine and her children were placed in short-stay housing for three months while we helped her find a private rental. During that time, Nadine completed hospitality training and began working in Barnardos' social enterprise, the 'Three Wise Women' coffee cart. After gaining work experience,

she secured permanent employment with a local business. "I got a job, a house and most importantly I got my kids back and that means the world to me," she says.

91%
of mothers in the BBW program
had stayed out of prison for
two years.

Compared to
the national
average of
57.1% and
34% for
Aboriginal
women.

Part of the family

ALDI Australia have been part of the Barnardos family since 2003. This long and fruitful partnership is founded on our shared vision to keep children safe by supporting families and strengthening communities.

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Over the last 16 years, ALDI have made a difference to thousands of our children and families through financial support and the donation of toys, books, clothing and gifts. Just as importantly, however, they generously donate their time and effort.

As part of the Barnardos family, ALDI have developed a strong connection to our work by engaging in numerous volunteering activities such as working bees. ALDI staff are always hands-on!

At Easter we receive hundreds of Easter eggs for our centres, while ALDI staff host an annual Easter Egg Hunt at our Auburn Centre bringing along their good friend the Easter Bunny, much to our children's delight. ALDI join us each year in acknowledging all the wonderful mums in our

community and their hard work in shaping our nation's future, as the Premier Sponsor of our Barnardos Mother of the Year campaign. They also help us spread Christmas cheer through the sale of Christmas cards, showcasing the work of Barnardos and donating dollars back to our vital programs as well as hosting Christmas parties at our centres.

Recently, 35 ALDI managers donated their time and products, such as furniture and outdoor items, to give our Penrith Family Centre a much-needed makeover, constructing new play equipment, creating a sensory garden and painting a colourful mural. The children and families using this space are escaping domestic violence and homelessness, so to have a bright and welcoming environment is vital to make them feel safe and cared for.

After rolling up his sleeves on the day, Managing Director at ALDI, Andrew Tindal, was humbled by the experience of working with Barnardos. He said, "It goes beyond supporting a worthy charity. It's about standing together to help those less fortunate, to be part of something bigger and give back to the community. My team said it was the best team building they'd ever been part of."



ALDI has donated more than \$2.5m to Barnardos programs since 2003.



Donations make a real difference

Every year our generous donors answer the call to keep children safe from abuse and neglect by supporting families and strengthening communities. Over 10,359 compassionate donors personally support us to help create a life free from fear and violence for Australian children and to help them reach their full potential.

Often our supporters give because they know that here in their own backyard, many children are suffering from the cycle of abuse and disadvantage and they want to act now to change the future for Australian children.

We are extremely grateful to each and every one of our wonderful donors for believing in children as much as we do.



Major donors

Ainsworth 4 Foundation
Diane D Fagan
Jann E Skinner
Jennifer Smith
Judy and Richard Reed of Candana Designs
Kate and Dig Howitt
Nancy H Paton
Peter and Barbara Hoadley

Peter and Toni Ryan
Philippa Warner
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Thank you to all of our supporters

Premier partner



Major partners



Estate of the late Harry Leslie Howden

John Barnes Foundation



sass & bide



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Barnardos Management Canberra Committee
BNP Paribas
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Collier Charitable Fund

Hotel Centennial Committee
HSBC Bank Australia
Sails Lavender Bay
Sidney Myer Fund
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Elizabeth Gabler Charitable Trust
Harold Mitchell Foundation
Kenyon Foundation
Lifework Foundation
Matana Foundation for Young People
Nespresso
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Barnardos financial position FY19

Our overall financial position as at June 30 2019*

	\$000's
Total current assets	19,076
Total non-current assets	16,654
Total assets	35,730
Total current liabilities	19,467
Total non-current liabilities	3,839
Total liabilities	23,306
Net assets	12,424
Total equity	12,424

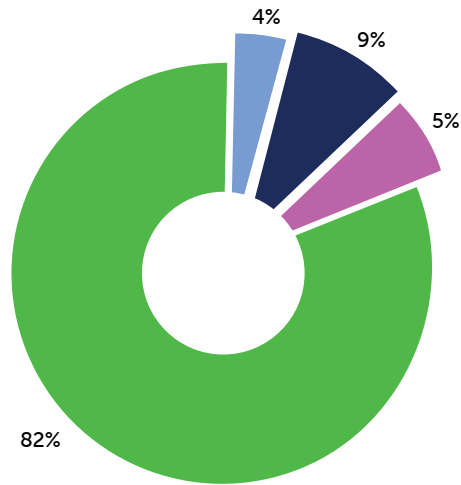
Our sources of funds and expenditure as at June 30 2019*

	\$000's
Fundraising revenue	10,163
Government subsidies	95,632
Other welfare revenue	685
Recruitment services	3,055
Investment, rental and other revenue	634
Net gain arising from financial assets	99
Total revenue	110,268
Deduct expenditure	
Welfare centres	102,023
Fundraising	3,483
Property and administration	685
Recruitment services	2,909
Total expenditure	109,100
Profit/(loss) for the year	1,168

Where your money goes

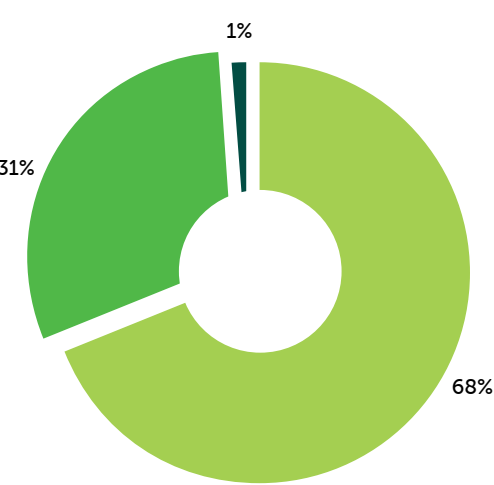
Where the money comes from

- State and Territory governments
- Australian Government
- Fundraising
- Other revenue



Where the money goes

- Permanency, foster care and open adoption
- Safety and prevention
- Research and development



Connect with us

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barnardosaustralia



barnardos-australia

General enquiries: 02 9218 2300

Donations: 1800 061 000

Fundraising: 1300 237 507

Foster care: 1800 663 441

info@barnardos.org.au

Our Board

Chair

Janett Milligan (appointed July 2019)

Gabrielle Trainor AO (resigned June 2019)

Directors

Brad Cooke

Julia Davenport (appointed May 2019)

Sam Garland

Dr. Rosemary Howard

Paul Ireland

Ray Kiley (resigned Feb 2019)

Abbey McKinnon

Stephen Mills (appointed August 2019)

Jane Paskin

John Pittard

Rhonda Stien

Prof. Fran Waugh

Chief Executive Officer

Deirdre Cheers

Company Secretary

Patrick Kerlin



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