

Believe.

Barnardos Australia Newsletter

You're helping Katrina see the world through fresh eyes

Katrina knew nothing but misery during the first harsh years of her life. Born into a dangerous, drug-riddled household, by the age of two she was already familiar with child protection workers who made regular visits to her home.

One morning, during a routine check, officers arrived to find both parents highly intoxicated. They later admitted that they had used intravenous drugs that morning, leaving Katrina alone and ignored in her crib.

The little girl was immediately removed from her parents' care. It was only then that the full extent of her neglect came to light. Katrina was severely malnourished, extremely underweight, and behind on vital developmental milestones. She'd spent so much time trapped in her crib that she couldn't even walk.

Thanks to the incredible support of people like you, Katrina is having occupational and physical therapies to help her overcome her physical delays. She's also seeing a paediatric dietitian and has regular counselling sessions to help her recover from the devastating physical and emotional trauma she's endured.

Katrina is now safe in a permanent foster home, and with ongoing support from Barnardos – made possible by your generous support – she has started pre-school and is making new friends.

She's finally getting to have a real childhood – and she's the proud owner of a new pair of pink glasses to help



her see the exciting new world she now lives in.

Abuse and neglect: the lasting impact on children like Katrina

A child like Katrina who has started their life immersed in fear, pain and neglect, will live with the devastating, long-term effects of their physical and emotional trauma. This can last well into adulthood.

Research¹ by the Australian Institute of Family Studies (AIFS) shows that children who have experienced abuse or neglect are more likely to experience life-threatening health conditions later in life, including diabetes, stroke, and heart disease. Katrina endured years of malnutrition and mental abuse, which have delayed her physical development and are likely to cause lasting health problems.

The emotional and psychological impacts are just as devastating for children like Katrina. AIFS research also shows that they are at higher risk of severe mental health conditions and suicidal behaviour and can experience difficulty forming and maintaining healthy relationships.

Every time you donate to Barnardos Australia, you help keep children like Katrina safe from the long-term effects of trauma. Thank you!

Marrickville Streetwork team: “helping young people on their own turf.”

Thanks to your wonderful support, Barnardos can be here to prevent children and young people from “falling through the cracks”.

Barnardos’ Sydney Metro Streetwork Program has been operating in the Marrickville and Belmore areas for 33 years, supporting young people aged 12 to 18 who are at risk of drug and alcohol abuse.

The program’s mission is to connect with vulnerable and homeless young people “on their own terms and on their turf” and let them know what support is out there. The work is carried out in the late afternoons and evenings around train stations, shopping centres, parks, and on the street – wherever young people hang out.

Streetwork program worker Stella explains how they connect with at-risk youth:

“We arrange BBQs in the parks after school and we do outreach on the trains. We are the ONLY service that connects with young people on the trains in this way.

“It’s all about talking to young kids and letting them know who we are and how we can help. It’s amazing how many do reach back out to us, which makes it such rewarding work.

“We help them get the support they need, like drug and alcohol counselling or help with mental health issues. And we help them to find stable accommodation and re-engage with school or employment.”

Stella’s colleague John says he never forgets the young people he’s worked with:

“On my second day at Barnardos, I met a young 15-year-old girl called Jackie. Her dad had left, and her mum had just died by suicide. The person she had confided in, her best friend, had just raped her. She was then shamed by having it all put on social media.

“She was in a really bad way and wanting to suicide. Thankfully, I was able to make a connection with her. She went to live with her grandparents, and with support, she felt able to go back to school. It meant so much to see her get her life back together.

“Two years on, we’re still in contact – and she’s doing really well.”

Barnardos Australia is taking all necessary COVID safe precautions at this time including putting this program on hold temporarily whilst Greater Sydney is in lock down.

The demand for the Streetwork program is overwhelming. Last year alone, workers like John and Stella reached 5,200 children with life-changing guidance and support – and it’s your generosity that makes this possible. Thank you!



John and Leonard from the Streetwork program



**Every child's
voice has a right
to be valued.** ”



Ivana teaching class

Starting children on their journey to a bright future

Like you, we at Barnardos want every child to have the best possible start in life.

That's why we're thrilled to introduce our special new Barnardos Early Learning Centre, which opened at Ultimo Primary School in Sydney earlier this year.

The centre welcomes children from far and wide, providing a safe and nurturing environment where we embrace and celebrate the unique nature of each child.

Our passionate team of qualified educators are also experienced in supporting children with additional needs, providing every child with an equal opportunity for a positive early childhood education experience.

We believe in the power of learning and provide a well-implemented, evidence-based curriculum for the children in our care. The centre offers a spacious and stimulating environment where children can explore, learn and discover at their own pace. It also has a beautiful outdoor area where they can have fun and learn through play-based activities.

Our dedicated staff focus on the individual needs of each child, rather than a one-size-fits-all approach.

We implement a curriculum that is designed to encourage and promote active learning, social development and creative thinking, to equip children with the tools they need to unlock their full potential.

At Barnardos Australia, we understand the importance of early childhood education. It is the key to lifelong success for all children. To ensure every child has access to education services, regardless of their background, a portion of our enrolment placements at the centre are allocated to disadvantaged children.

In all our work, we value family and community partnerships – and our Early Learning Centre is no exception. We collaborate closely with parents to support each child's social and emotional development, as well as their learning.

"I have always had a strong passion for early childhood education, and I believe it is essential in setting our future generation up for the best success in their lives," says Ivana Maree Nakhle, Centre Director.

"I have been educating and caring for children for the past 10 years and strongly believe that every child's voice has a right to be valued and acknowledged."

For more information or to enrol visit earlylearning.barnardos.org.au

“
**Just
reach
out.**”

Viv is passionate about creating brighter futures

More than just a place to learn

Viv Freeman is a Wiradjuri woman who has worked with Barnardos Australia for the past 18 years. She manages our Yurungai Learning Centre, where all the children call her 'Auntie'.

Growing up in a big family, Viv says her parents had an open-door policy to help anyone who needed it.

"It was a tight-knit community environment where we were all one big family," Viv says. "This instilled my passion for working with children and families. I love helping people find solutions to their issues. To me, family comes before everything."

Viv is incredibly passionate about her work at the centre, which is "so much more than just a place for kids to come and do their homework."

"We teach them respect, do arts and crafts, have picnic days," Viv says. "We want them to be able to relax and just be kids as well."

"When parents come to pick up their kids, it gives us a chance to develop a relationship with them, too. We update them on how their child is going with school or if anything is bothering them."

"Getting someone to reach out for help is a huge achievement. It's about connecting and building trust with children and families, helping them overcome the feeling of being judged, by motivating and supporting them."

"I just want to encourage all families and children to reach out for help if they need it."

A better future

One day we were doing a public speaking task to help the children build confidence, and asked **"What does everyone want to be when they grow up?"**

One boy put his hand up: "I just want to be a man like my dad – he says you're not a man unless you go to jail."

The little boy's mum was determined to help him develop a different mindset and asked us for help.

Working together, we encouraged him to refocus his ambitions and he decided he wanted to be a professional footballer instead. He's really good and it's a joy to watch him play – but he still didn't see the value of getting an education, believing he could survive just playing football. We did lots of roleplay to help him understand that he'd need to work too, and that learning is just as important as training.

To give him a fresh new environment, we found him a place at boarding school. He studied hard there for a year – but he was worried about his mum being alone with his dad, who can be violent, so he moved back home to be with her.

He's now left school and is working hard at a traineeship alongside his football training, which is wonderful.

A family for every child

Without the love and support of her adoptive mother, Jill doesn't know where she would be today.

76 years after her adoption, Jill still counts herself as lucky to have been chosen as Margaret's daughter. Now well into retirement, Jill has been reflecting on her good fortune and the legacy that she will leave to the next generation through her gift in her Will to Barnardos Australia.

Jill's vision is for every child to have the opportunity to "be loved and accepted as part of a family."

In an era when adoption carried a stigma, Jill felt proud to be Margaret's daughter. "There was no way that anything could ever harm me with her around," Jill says of her mother.

Margaret, a single woman who ran a post office, was 42 when she adopted Jill. She is remembered as a well-loved and respected member of her community. Jill recalls the challenging post-war years and how customers at the post office would give Margaret extra ration coupons so that Jill would have plenty to eat. As a family, Margaret and Jill would make decisions together and Jill always felt her voice was valued as a child.



Tragically, Margaret succumbed to bowel cancer when Jill was just eleven years old. Although she never told Jill of her diagnosis, Margaret saved money during her final years so that Jill could attend boarding school after she passed away.

Despite this significant loss, Jill remains deeply grateful for her time with her mother. Jill credits Margaret for her strong sense of social justice. During the war, Margaret volunteered with Dr Barnardo's services in England and was known in the local community for her kindness and generosity.

Margaret's altruism and forward-thinking attitude still inspire Jill today.

Leaving a Gift in her Will to Barnardos is a way Jill can keep her mother's legacy alive and bring hope to a new generation. In Jill's words, "It's a gift so someone can have a new and wonderful life."

For more information about creating a special legacy of your own with a gift to Barnardos in your Will, please email bequests@barnardos.org.au

Become a Champion for Children!

There's nothing quite like the feeling of riding your bike.

It's all about fun, excitement, freedom and the confidence to explore, knowing you have a safe home to come back to when your ride is over.

That's the essence of a happy childhood – but the children we help have never known that. For many of them, their childhood has been filled with pain, loneliness and fear.

That's why we're launching a brand new event that gives every Australian the chance to become a Champion for Children.

This October, challenge yourself to cycle 50 to 500kms to help Australia's most vulnerable children go further.

If you're up for the challenge, you can participate from anywhere, in any way. Push yourself to cycle long distance, get your family together for a short ride and a picnic, or jump on your exercise bike at the gym.

Raise funds from family and friends to help keep vulnerable kids safe. Help give them the childhood they deserve – filled with warm hugs, belly laughs and the sense of security they desperately need. Together we can ensure that all children grow up safe and happy.

Every dollar you raise will help us get closer to the vision we all share: to empower every child in Australia to reach their full potential.

You'll be helping to provide crucial physical and emotional support to children who have grown up with violence or neglect so that their traumatic past won't prevent them from having a bright future.

If you'd like to get involved in The Champions Ride, visit championsride.org.au from 2 August onwards.



THE CHAMPIONS RIDE 

For enquiries or donations
1800 061 000

barnardos.org.au/donatenow

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