

Believe.

Barnardos Australia Newsletter

You brought back Iris'* confidence

"When I first met 16-year-old Iris she wouldn't look me in the eye, I barely got a sentence out of her. She spent her time isolated in her room and had stopped interacting with her family. Iris' self-confidence was at rock bottom.

Anxiety was inhibiting Iris from leaving her home, making it difficult for her to complete her education or look for employment.

However, the generosity of donors like you gave me the privilege of having 12 weeks to work with Iris as her Youth Worker. And in just that short amount of time she has become a completely different person.

As well as having sessions with me through the Sydney Youth Services Program, Iris was also able to access specialist counselling services and was encouraged to take part in events and programs at her local youth centre.

Thanks to your support, she has turned from a young girl whose social anxiety was more crippling than anyone's I had seen before, into the girl who stood up in front of 40 strangers to share her story.

She's now confident enough to hang out with friends and is no longer hiding away in her bedroom avoiding company.

The workshops she's been attending to prepare her for employment have also paid off. Iris was



able to complete her studies in Retail and is now enrolled in TAFE studying Beauty Therapy. She has also secured a part time job.

Iris had been on a spiralling trajectory, which could easily have led to self-medication, homelessness and even suicide had it not been for the intervention, enabled by your support.

But you offered Iris a life-line.

Iris' transformation has inspired me as a Youth Worker. I may have helped her with coping strategies for times when anxiety gets the best of her and helped her to open up and slowly trust others again, but she has taught me even more. Working with Iris has made me a better Youth Worker, and reminded me of what profound transformation is possible in the lives of vulnerable youth with the right attention and care.

Thank you for your continued support of Barnardos and for ensuring that I was able to be there when Iris needed me the most!

The talkative, smiling young woman she presents herself as today is a testament to your thoughtful generosity."

Vanessa*, Barnardos Youth Worker

Your donation to Barnardos makes a remarkable difference to the lives of children and young people just like Iris.

The power of learning – enhancing Aboriginal education and social well-being

The Queanbeyan Homework Club has been there to support vulnerable children through the challenges of 2021, offering academic support as well as a nutritious breakfast to set the kids up for a productive and engaged day ahead.

This safe and positive learning environment helps to break the cycle of disadvantage, supporting further development and enhancement of Aboriginal children's numeracy, literacy, and cultural awareness.

Funded by the Department of Communities and Justice, the Homework Club operates in five local primary schools and was made online last year to work with vulnerable children, like Simon, during lockdowns.

Simon* is in Grade 3 and has been the victim of ongoing bullying across multiple schools. His confidence has taken a big knock because of this and until he joined the Queanbeyan Homework Club, he had lost all connection with his peers at school. And unsurprisingly thought of school as something to be scared of.


Despite Simon's family's best efforts, getting him to go to school was a daily struggle.

Now, thanks to the support he's received through Barnardos Homework Club over the past year, Simon has been slowly building his confidence and developing different approaches to his work. And he no longer tells himself 'I'm dumb' or 'I can't do this'.

Through interactive learning, Simon had the opportunity to talk through the answers and is beginning to accept that he is a capable learner. That he is, in fact, a clever and competent student.

Promoting cultural awareness and providing opportunity for local Aboriginal community members to participate, the Homework Club promotes well-being, inclusion and positive identity, supporting both educational and emotional needs.

The Queanbeyan Homework Club supports children like Simon, allowing them to thrive both academically and socially.



Education opens the door to endless opportunities. A life-long love of learning empowers children and young people to achieve their goals and realise their dreams.

Opening your doors can change a child's life forever

Many of the children who come into foster care have experienced developmental trauma. When children live without nurturing or secure attachment in their early life it impairs their ability to develop and thrive.

Barnardos foster carers give these vulnerable children a second chance. Often this is the first time they have felt safe, protected and nurtured.

Our amazing foster carers give each of these children an opportunity to settle down in a stable and comforting home and allow them time to adjust and learn how to trust again. By offering support, attention and connection, vulnerable children have a safe place where they can finally find the security they have been craving.

"When young children first come to stay with me, they are often behind in their development, unable to speak, eat solids or walk. But thanks to regular speech therapy, occupational therapy and other medical appointments, they are given the opportunity to thrive", says Gwyn, who has been a dedicated foster carer with Barnardos for many years.

All Barnardos foster carers are provided with extensive and personalised training to ensure they can meet the unique needs of each child. This, along with ongoing support, equips our foster carers to meet the child's specific needs and feel confident in dealing with the childhood trauma these young lives have experienced.

No child should endure the trauma these children have gone through, but Barnardos foster carers like Gwyn throw open their doors



Gwyn, Barnardos foster carer

and welcome these children into caring, nurturing environments, which can change each child's life forever.

"I would have been lost without Barnardos! The first month was the hardest, the little one would scream when I touched him. I was on the phone to Barnardos constantly for advice but I eventually built up trust."

Foster carers are incredibly special, giving children and young people a safe, stable and nurturing family environment for however long it takes for that child to feel protected and have their health and wellbeing restored.

As Gwyn says: "I would invite anyone thinking about it to come and spend a day with us and see how wonderful it is to help a child. It's not hard, they just need love and comfort."

Barnardos urgently needs more short-term foster carers like Gwyn.

More than 45,000 children in Australia are unable to live safely with their birth families¹, which is why foster care is vital.

¹AHWP 2019

If you are in NSW and you can open your heart and home to a child in need, **please call us on 1800 663 441.**
If you reside in the ACT, **please call us on 1300 933 678 or 1300 WE FOSTER.**



If you feel you need to talk to someone about domestic or family violence, we encourage you to contact the 1800 RESPECT (1800 737 732) helpline, Lifeline 13 11 14 or Beyond Blue 1300 22 4636 for access to free support, advice and counselling.

Barnardos undertakes ground-breaking research thanks to your support

Launched on 1st November 2021, the Barnardos Australia Domestic Violence Study invites individuals aged 18 and over who have experienced domestic and family violence in their childhood to complete an online survey.

Coordinated by Dr Robert Urquhart, Head of Knowledge, Outcomes and Research at Barnardos, the survey offers the opportunity for adults to share their experience or exposure to domestic and family violence as a child or young person, and the impact it has had on their day-to-day life.

Results of this survey will give us the opportunity to better understand what can be done to support children and young people exposed to these traumatic circumstances.

Thank you – your donations have made this possible.

By providing an insight into the impact of domestic and family violence on children and young people, this research will improve the way we respond to their needs and help shape our future policies and programs.

These results will help drive change and enable Barnardos to continue to offer a safe, caring and supportive environment so children and young people affected by domestic and family violence can be given the opportunity to regain their trust in the world.

For more information on the Barnardos Domestic Violence Survey, contact Dr Caroline Tomiczek (Urbis) at ctomiczek@urbis.com.au.

Corporate Champions – transforming the lives of vulnerable children



Barnardos Australia is delighted to welcome a new Corporate Partner, ACY Securities, to our growing list of generous corporate supporters. ACY Securities is one of Australia's fastest growing online trading providers keen to give back to the communities in which it operates, through various volunteering opportunities, donation drives and other exclusive benefits reserved for our Corporate Partners.

A partnership with Barnardos has wide-reaching impact, improving staff culture and engagement, enhancing skills and enabling them to have the experience of making a valuable impact on their community. We also provide opportunities to create positive PR and media coverage, build community engagement, reach new audiences and access authentic content for brand storytelling.

Barnardos is proud to offer our partners unique and fun volunteering opportunities, such as:

- Renovation rescue working bees to help us transform one of our centres
- A day out with the kids from one of our programs, to the zoo or cinema
- Challenge event fundraising, encouraging staff to participate and get active
- Volunteering at our bi-annual Op Shop or other fun community events

In addition to staff engagement opportunities, there are a number of other ways for organisations to partner with us:

- Corporate donations – support Barnardos simply by making a donation or awarding a grant
- Event sponsorship – which enables exclusive benefits such as brand awareness, PR and marketing opportunities
- Cause-related marketing – e.g. on-pack promotions, in-store merchandising and online promotions
- Workplace giving – enabling employees to make a valuable contribution while decreasing their taxable income
- Employee fundraising – raise money at work to help children and families, and giving your staff a day to remember
- Hamper drives – rally your colleagues to help disadvantaged children by providing essential items

Corporate Partnerships play a vital role in transforming the lives of vulnerable children. It is only through the generosity of all our amazing supporters that we can keep acting in moments when vulnerable children and families need us most.

**Every child needs a champion!
So, if your company would like to explore a partnership with Barnardos Australia, contact us today.**

**THANK
YOU**

ACY
SECURITIES

Crossing the finish line

You donned your lycra and jumped onto your bikes to help keep kids safe and connected to their communities so they can thrive.

With every kilometre you pedalled, you helped vulnerable children go further to reach their brightest future.

An amazing 434 riders came along for the journey, riding 84,257km and raising over \$194,853. An outstanding effort by our champions!

It was wonderful to see the enthusiasm and effort shown by all participants and we have taken such joy in seeing your pictures and hearing memorable stories of families and riders making a difference on their bikes.

A childhood without safety is no childhood at all. Today, thousands of Australian children are living at risk of abuse and violence in their homes. You have replaced that fear and danger with freedom and safety by riding your bike.

Whether you rode 50kms or 500, the funds you raised are giving vulnerable Australian children the hope and possibility for a brighter future.

Thank you for putting your feet to the pedals and powering towards change. We look forward to welcoming you back once more in 2022 when the saddle soreness has subsided.



Some of our Champions riding to help support vulnerable children.



Valued supporter, Kimberley Miles cycling to help raise funds for abused and neglected children.

Thank you for getting on your bikes and being a champion for vulnerable children at the 2021 Champions Ride.



For enquiries or donations
1800 061 000

barnardos.org.au

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*Models used and names changed to protect privacy

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**Barnardos
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