

Every Childhood Lasts a Lifetime

ANNUAL REVIEW 2001-2002



**Barnardos**

Children, their rights  
and their needs

## Barnardos' mission statement

Barnardos is committed to the best interests of children and young people in Ireland, promoting and respecting their rights in all of our work.

## Ráiteas chuspóireach Bharnardos

Sé missiún Barnardos an chúraim is fearr a bheith ag páistí agus daoine óga na hÉireann agus ómós a thabhairt dá gcearta is iad a chur chun cinn inár gcuid oibre ar fad.

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Message from our Principal Patron

## President Mary McAleese

As Patron of Barnardos, I am delighted to send greetings and warm good wishes to all involved with this wonderful organisation as you celebrate 40 years of work and dedication to Irish children and families.

Barnardos deserves enormous credit for its work through the years in helping children who face many challenges and barriers in realising their full potential. Each one of us possess our own God-given talent and a happy life is the discovery of those talents and watching them blossom. Our children are our future and our priorities must be to cherish and support them – the building blocks of our future – and particularly those children most in need of our help.

Your vision of a better life for children and your commitment to achieving it, gives all of us a great hope for the future. I warmly congratulate you on your achievements and wish you continued success in the years ahead.



A handwritten signature in black ink that reads "Mary McAleese". The signature is written in a cursive, flowing style.

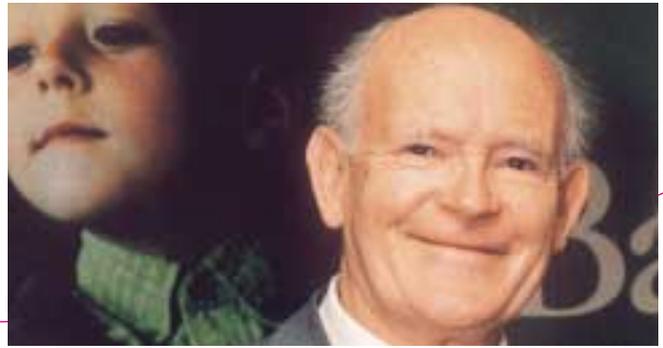
Mary McAleese  
President of Ireland

WELCOME TO BARNARDOS' ANNUAL REVIEW 2001-2002. HERE WE WILL REVIEW PROGRESS OVER THE PAST YEAR AND OUTLINE OUR GOALS FOR THE COMING YEARS.

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## chairman's statement



The year to the 31st of December 2001 was the final year of Barnardos' three-year plan 1999 - 2001, and saw the successful completion of almost all of that plan's objectives. During the period of this plan we exceeded, by almost 17% to €7.4m., our commitment to spend €6.35m in voluntary funds over and above statutory income. This period also witnessed substantial planned organisational growth with regional offices being established in Cork, Limerick and Galway and new services being established in these, and other locations.

The plan for the next three year period, January 2002 to December 2004, foresees further growth, if not to the extent of recent years, but with continuing organisational development, since we are convinced of the link between organisational capacity and the effectiveness of our work with children and families. In December, last Council approved this plan, *Making a Difference*, which is already in the early stages of implementation. Building on past achievements, *Making a Difference* is founded on three themes, *Identity*, *Transitions* and *Resilience*, which will be the primary focus of our children's services in the coming years and which are explained elsewhere in this Annual Review.

The Annual Review describes many of the services we provide throughout Ireland. Barnardos will continue to strive for the highest standards in the delivery of our programmes for vulnerable children and their families. In addition, recognising that the resolution of many difficulties for children frequently depends on government policy and provision, or in changing social conditions, Barnardos will increasingly engage in advocacy in the interests of making a real difference for children and families. This strategic development is evident already in the *Every Child Matters Campaign*, which was launched in March 2002. This two-year campaign will focus in turn on Parents Under Pressure, the impact of poverty on children, and the impact of drugs and alcohol on children. The campaign would have been impossible without the generous support of advertising and marketing industry sponsors, for which we are most grateful. We are delighted that the quality of the campaign has attracted several richly-deserved awards.

I am very pleased to report the appointment of Ms Suzanne Connolly, as Director of Children's Services. Suzanne, who joined us in September 2001, is a highly qualified and experienced professional and has already made a considerable contribution to the leadership of our children's services. The collaboration with Dartington-i research and development

agency, which I announced in last year's report, has had a very positive, and growing, impact on the effectiveness of our children's services. During the year Barnardos had the honour of hosting the annual WorldForum of the International Forum for Child Welfare (IFCW) at the University of Limerick, the proceedings of which have now been published. International activity included a continuing commitment to IFCW through the Presidency of our Chief Executive, Owen Keenan, participation in several European transnational projects, attendance at the UN Special Session on Children, and the participation of Barnardos' personnel as invited consultants in several international meetings, study visits and training initiatives. We are committed to this international activity as we are convinced that such opportunities to contribute and learn are extremely beneficial to our work in Ireland.

The development of at least one new service in each year since 1993 was maintained in 2001 with the establishment of a new family support service in Carlow. In addition, further expansion of existing services saw an increase in the capacity of many family support services and the development of a number of initiatives, for example, the completion of a needs assessment of refugee and asylum seeking families in the Old School House in Dun Laoghaire. This has now led to a further service development.

Such development is only possible through the continuing commitment and support of our many funders, both statutory and voluntary. I would like to express on behalf of everyone in Barnardos, including our service users, my heartfelt thanks for their continuing confidence in our capacity to make a real difference to the lives of children and families in Ireland. We are very fortunate to have managerial strength in-depth - indeed so responsible is the work of all staff and volunteers in Barnardos that one could say everyone is a manager.

As I complete my second, and final, term as Chair of Barnardos Council, I would like to express my admiration and appreciation of all the work of Barnardos. It has been a privilege to contribute at such a critical and rewarding point in the organisation's development.

Leslie Andrews  
Chair of Barnardos Council

## chief executive's review



**S**hould we be content with the situation of children in Ireland today?

Certainly the country's recent economic success has provided increased resources for investment, significant increases in child benefit in the past two years, there has been increased provision of early childhood services, while there has been an expansion of support programmes for vulnerable children and families. The publication of the National Children's Strategy in November 2000 was a major advance and provides a platform for further development. Considerable progress has been achieved in

putting the necessary infrastructure for its implementation in place. This has included the establishment of the National Children's Office, National Children's Advisory Council, Dáil na nÓg, legislation for the establishment of an office of Ombudsman for Children, and commitments to deliver on other critical measures to underpin the Strategy's objectives.

Yet, when one looks at the current state of Ireland's children, there is all too much to be concerned, distressed and angry about. There are monumental disparities in children's opportunities to realise their full potential.



- There are serious inequities in the education system;
- we continue to have a serious problem of child poverty;
- access to the health system is unequal;
- abused and neglected children are not guaranteed effective state intervention;
- there is a growing problem of youth homelessness; *and*
- chronic problems in our care system for the most vulnerable children.

In spite of positive developments in recent years, these problems are the legacy of virtual neglect of vulnerable children by successive governments over decades. As a consequence, we may have a developed economy but we also have a system of supports to vulnerable children of a developing country. We are creating dependency when children have the right to become fully functioning and independent citizens.

Combined with these continuing problems from the past, children also have to grapple with the serious pressures on families that seem to feature all too frequently in modern Ireland.

That parenting is increasingly difficult in the Ireland of today there is little doubt, in spite - or, perhaps due to our economic progress. The source of much of the stress that parents experience is in the economy, fiscal policy and provision, the labour and housing markets, the educational system, transport infrastructure, and so on. Spongelike, it is as though parents have to simply absorb the pressures from all these sources and too often they feel wrung out when it comes to the core of their parenting role.

The reality is that all families need support of some kind or other at some stage or other. Some families need a wider range of supports for a longer period than others do. This should not blind us to the truth that all families experience considerable pressure, for a variety of reasons. Very often it is linked to a transition, for example, becoming a parent, a child leaving home, starting school, moving to secondary school, adjustment to trauma caused by illness, bereavement,

or family breakdown. Families who are particularly vulnerable are affected by these stresses also, but for them they can have catastrophic consequences.

Barnardos has long believed in the value and necessity of supporting families as a vital means of advancing the well being of children. This conviction is founded on a belief that parents have the desire and the capacity to provide their children with a positive nurturing experience. It is a vote of confidence in parents. If we truly care about children and childhood, then we must understand the current realities of family life in Ireland and consider how we can support parents in their vital parenting role.

Significant political action will be required if pressures on families are to be relieved. To this end, Barnardos is convinced of the need to advocate effectively with, and on behalf of, children, young people and families. This role can lead to controversy and conflict, but cannot be shirked. We are committed to taking reasoned and constructive approaches, but we will not be deflected from our mission to make a real difference to the lives of children and young people in Ireland. It is in the nature of that mission that Barnardos be a restless and uncomfortable monitor of the action and inaction of Government and its agencies.

It is only by recognising the full extent of the need for investment and change that real and lasting improvements will be brought about. For it is children's right to be nurtured and to develop to their full potential in a stable and supportive environment. It is also in society's own self-interest, for an investment in children will always return dividends. Children are our future and must be valued above all other concerns.

When we are satisfied that they are, then we will be content.



Owen Keenan  
Chief Executive

“when one looks at the current **state** of Ireland’s children, there is **all too much** to be **concerned**, distressed and **angry** about”

## priorities for policy and advocacy



*Ms Sibongile Mthembu-Mkhabela, Chief Executive of the Nelson Mandela Children's Fund, South Africa, speaking at the IFCW WorldForum, hosted by Barnardos at the University of Limerick, 2001.*

**B**arnardos' concern is for the wellbeing of all children in Ireland. While we have expanded our direct services for children and families very substantially in recent years, we will never be able to respond to the needs of more than a small fraction of the population of children and young people in Ireland. However, through identifying and communicating the lessons to be learned from our work on the ground, we can - and do - influence public policy and provision. Indeed, our current strategic plan, ***Making a Difference***, commits Barnardos to increased advocacy and lobbying for children and families in the coming years.

There is a real need for concerted government action to ensure that all children and young people have the opportunity to realise their full potential. We have a developed economy yet a system of services for vulnerable children of a developing country. There are major disparities of opportunity for children, particularly in benefiting from the educational system or in accessing health services. We are creating dependency when children have the right to become fully functioning and independent citizens.

Barnardos recognises that significant progress has been made in recent years. In particular, the National Children's Strategy and the offices and bodies that have been established to drive its implementation are major advances. But if the potential of the Strategy is to be realised it is important that policy leaders have a full understanding of the lives of the most vulnerable children and young people, and their families. Barnardos has an important contribution to make to this and is determined to make it; there is no reason why Ireland, in time, should not be among the best places in the world in which to grow up.

### INFLUENCING POLITICAL AGENDAS

Prior to the 2002 General Election, Barnardos secured a firm commitment from all the political parties that they would, in office, continue the implementation of the National Children's Strategy. This is important in establishing, effectively, all-party support for the Strategy's objectives and the incoming government should accelerate its implementation, in the knowledge of this commitment.

In advance of the election Barnardos also put its key policy priorities to the political parties. These include:

- Continue to rigorously implement the National Children's Strategy;
- Make determined progress to eliminate consistent child poverty;
- Introduce mandatory reporting of suspected child abuse and neglect;
- Establish and resource an Expert Group to review and advise on the system of care for vulnerable children;
- Establish an investigation into the violent deaths of children;
- Develop policies to support families - including the introduction of paid parental leave.

### LOOKING FORWARD...

Barnardos will continue to advocate for significant improvements in the situation of children consistent with Ireland's ratification of the United Nations Convention on the Rights of the Child. We will continue to press for the implementation of the National Children's Strategy and monitor its effects. We will pursue the adoption of the policy priorities raised during the election campaign and we will continue to comment critically, but constructively, on government policy and action related to children, young people and their families.

***The Every Child Matters Campaign*** will continue and its next phases will focus on child poverty, and on the impact of alcohol and drugs on children and young people. This will be supported by work on ensuring the continued implementation of the National Children's Strategy and other priorities.

Barnardos advocates for children and young people in local areas and this is an important feature of our work throughout the country. We are committed to substantially improving opportunities for children and young people to be consulted and to participate at every level in Barnardos. The challenge is to ensure that local and national policy priorities meet and that Barnardos' advocacy continues to be effective locally for individual children and families as well as nationally through campaigns.

Barnardos will continue to support the Irish Association of Young People in Care, promoting the rights of young people in care.

# Barnardos Every Child Matters Campaign

**B**arnardos' Every Child Matters Campaign aims to highlight the realities of children and young people's lives in Ireland today and to challenge us all to make Ireland among the best places in the world to be a child or a young person. The campaign will run throughout 2002-3 taking three themes. The first theme, from March to October 2002, is Parents Under Pressure.

## PARENTS UNDER PRESSURE

Every family faces pressures and stress at some point: the pressures placed on families by work, money, disadvantage, and lack of time. These pressures can affect parents and families to varying degrees.

Families come in all shapes and sizes in Ireland today; we need to ensure that all families get the support they need to do the best for their children.

Too many parents feel they spend their lives rushing around attempting to meet the conflicting needs of, for example, employers, schools, childcare providers, bank managers, landlords and negotiating traffic so that they have little time to spend with their children. Time poverty has become one of the greatest threats to children's well-being and a major stress factor for parents.

Barnardos believes that:

- Parents are the primary people in their children's lives;
- Parents fundamentally want to do their best for their children;
- All families experience stress at some point and need support and advice at some stage.

Barnardos is campaigning for these and other initiatives:

- Paid maternity and paternity leave should be substantially improved and paid parental leave should also be introduced;
- Family friendly employers should receive government incentives;
- Companies and agencies should ensure that they are "friendly" to families as customers by auditing their opening times, accessibility to prams and buggies etc.;
- Recognition that some families will need specialist support from time to time, for example, families experiencing poverty, ill health, separation, drug misuse and bereavement;



*Eamon Dunphy, with Hannah, Matthew, Rachel and Siobhan at the launch of the Every Child Matters campaign at the Mansion House, March 20, 2002.*

- We need to research why there is extreme family violence, including the killing of children, and change family policies where necessary;
- Family policy should be flexible and give families real choices.

Barnardos Parents Under Pressure Campaign is an integrated multi-media campaign, which was launched in March 2002.

The advertising campaign highlighted the realities of Parents Under Pressure in Ireland today, during March and April 2002.

This was followed up by surveys of parents and young people during June to August, asking them to rank the issues that "stress their family out". Postcards are available from Statoil service stations nationwide and Barnardos. Views can also be registered online at [www.barnardos.ie](http://www.barnardos.ie). The results will be collated and released to the media at the conclusion of the Parents Under Pressure campaign in October 2002.

#### HOW CAN I SUPPORT THE PARENTS UNDER PRESSURE CAMPAIGN?

- Pick up a free postcard between June and August 2002 in participating Statoil service stations or Barnardos shops and return it to Barnardos with your views;
- Log onto [www.barnardos.ie](http://www.barnardos.ie) to register your views;
- Phone 1850 22 23 00 for more information, or call into your local Barnardos centre or shop (see page 23 to find your nearest Barnardos);
- Make a donation to Barnardos at Barnardos, Christchurch Square, FREEPOST, Dublin 8;
- E-mail [everychildmatters@barnardos.ie](mailto:everychildmatters@barnardos.ie);
- Volunteer for Barnardos in children's services, fundraising, shops, or administration.

Barnardos Every Child Matters Campaign is generously supported by the advertising industry to create this award-winning advertising campaign. Barnardos campaign in 2002 is worth over m450,000 but cost us just 10% of that.

Our three premier sponsors contributed over m60,000 each: **Cawley Nea JC Decaux Nomad**  
See page 19 for our many other sponsors.

“Time poverty has become one of the **greatest threats** to children’s **well-being** and a major stress factor for parents”



# highlights

## 2001 - 2002



### ABOVE

July 2001 - RTÉ Broadcaster Miriam O'Callaghan, with (from left to right) Owen Keenan, Chief Executive Barnardos, Heino Schonfeld, Head of the National Children's Resource Centre and Peter Maher, Permanent TSB, at the launch of the new format quarterly journal ChildLinks.



### LEFT

January 2002 - Cherie Booth QC visited Ireland in January and asked to meet with children and representatives from children's charities. Cathal and Sinead Roche from Loughlinstown met with Cherie Booth and Celia Larkin in the Merrion Hotel. Ms Booth who is the President of Barnardos in the UK showed great interest in the work of Barnardos in Ireland.



### BELOW

February 2002 - Mary Hanafin TD, Minister of State for Children, visited the Barnardos Springboard Project in Ballybeg, Waterford, where she launched the evaluation of the project. The picture on the front cover was drawn by Derek Flynn (pictured with the Minister)

### RIGHT

May 2002 - Barnardos, Dublin City Council and Irish Life joined forces to promote Operation FEET - a campaign to encourage children to walk to school to reduce congestion and pollution, give families more quality time together and encourage healthier lifestyles. Operation FEET proved a huge success with primary school children throughout Dublin.



### BELOW

April 2002 - Dr Tony Ryan made a donation of €460,000 to the Barnardos Springboard Project in Thurles. The donation was announced by Minister Michael Smith, TD and will mean that Barnardos can proceed with the next phase of development of our Family Support Services in Thurles in partnership with the Mid Western Health Board. New premises have been purchased recently but need substantial renovation in order to operate as a Family Centre. Pictured (from left to right) are Dr Tony Ryan, Owen Keenan, Olive Carter, Project Leader Thurles and Minister Michael Smith TD.



### ABOVE

August 2001- Young people from Barnardos Springboard project in Thurles presented Barnardos Chief Executive and President of the International Forum for Child Welfare (IFCW) Owen Keenan with dreamcatchers at the IFCW WorldForum hosted by Barnardos at the University of Limerick. Owen Keenan later presented the dreamcatchers to the secretary of the Irish permanent representation at the United Nations at the UN Special Session on Children in May 2002.



**RIGHT**

2002 marks the 40th year of Barnardos work in the Republic of Ireland. Dr Thomas Barnardo was born in Dame Street, Dublin in 1845 and attended St Patrick's Cathedral School. While studying medicine in London he was horrified by the levels of poverty and destitution facing children, and abandoned plans to work as a missionary in China. Instead he began his lifelong dedication to the welfare of children. Barnardos first came to Northern Ireland in 1899, and to the Republic in 1962. Barnardos in Ireland has been an independent organisation since 1989. Barnardos has sister organisations in the United Kingdom, Australia and New Zealand. Dr Barnardo died in 1905 and a plaque commemorating his work can be found at the Millennium Gardens, next to City Hall in Dublin.



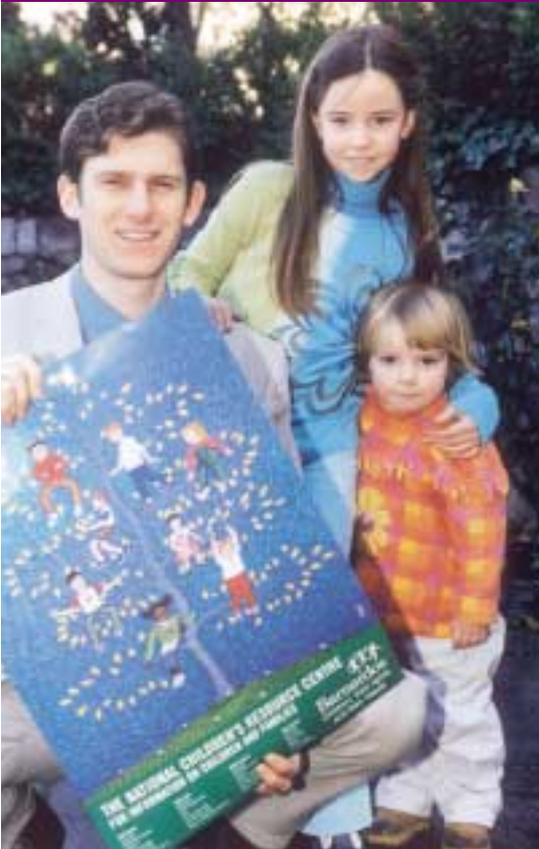
# highlights

2001 - 2002



**ABOVE**

December 2001- Carlow Family Support Project, based in Askea Lawns, was opened by the Chairman of the South Eastern Health Board, Mr Hilary Quinlan. The Family Support Project provides information for parents, after-schools groups, a secure playground and individual work with families. The project received backing from the Children's Hour project, Carlow UDC and South Eastern Health Board. In the photo (from left to right) Michael Abbey, Cathaoirleach Carlow UDC, Owen Keenan, Marion Dowd, Project Leader and Mr Hilary Quinlan, Chairman of the South Eastern Health Board.



**LEFT**

December 2001 - Artist Fergal Walsh with Roisin, 8, and Liadán Walsh, 2, with the specially commissioned poster for the National Children's Resource Centre - "The Tree of Life". The poster has been distributed across Ireland to childcare services and organisations, GPs practices, schools, health centres, libraries, and anywhere parents and children gather. In addition to these, there is also a limited edition high quality print signed by the artist available to purchase from any of Barnardos' National Children's Resource Centres.



“ I think my Mam is in the hospital but I'm not sure. Da says not to be afraid that she'll be better soon. ”

*Clara. Age eight.*

**LEFT & ABOVE**

March 2002 - Every Childhood Lasts a Lifetime – Barnardos advertising campaign was launched in March 2002. Developed and supported by Cawley Nea, JC Decaux and Nomad, the campaign won a number of awards at the ICAD (Institute of Creative Advertising and Design) awards and the advertisements will next be seen in 2003.

# children's services

## introduction

**A**t the core of Barnardos work is the belief that every child has the right to reach his or her potential and that their family is crucial to their development. We work with children in the firm belief that early intervention and finding solutions to problems before they grow is vital – because every childhood lasts a lifetime.

Each year Barnardos works with 5,000 children and their families. We work with individual children, young people, and their parents. Our work is flexible, tailored to specific needs and circumstances and can involve individual counselling, family sessions and peer groups.

Three themes illustrate the focus of Barnardos in our work with children and families - **Resilience**, **Transitions** and **Identity**. These themes weave through our work, both in our programmes and in the overall goals of Barnardos.

The challenges facing many of the children and young people attending our services are daunting. Typically, they may include poverty, neglect, abuse, parental difficulties, violence, educational difficulties, disability, exclusion, bereavement, discrimination, and drug or alcohol abuse. The themes of resilience, transitions and identity feature prominently in our work with these children and young people.

The range of services provided by Barnardos is now so extensive and diverse it is not possible to give a comprehensive description of each individual programme within the available space. However the following pages should provide an insight into the breadth and direction of Barnardos' response to the needs of many vulnerable children and families in Ireland, with the emphasis on news of recent developments.

### RESILIENCE

The concept of resilience in children is receiving increasing attention internationally. It is based on a belief that children generally have considerable resources to cope with adversity. While acknowledging the effects of trauma, this approach is based on a strengths perspective and asks - why are some children healthy in spite of the difficulties they have to live with? Why do some children at risk not develop the problems they are exposed to? What can we learn from such resilient children to help us develop programmes to work with children at a very early stage before any problems emerge? How do we work with the inner strengths of children and families to ensure that they can use this resilience to confront difficulties that may occur in their lives?

### TRANSITIONS

Transitions are part of the life cycle and contribute to the maturation of the individual child. These changes and challenges are part of all children's lives and may be experienced as positive or negative. They could include the move from primary to secondary school, bereavement, separation or the need to seek asylum. Some children cope better with changes and challenges than others and this can be related to the significance of the change or their prior experience. In Barnardos we work with children to support them through significant changes in their lives, anticipating situations of risk, building on their strengths and seeking to positively alter their life trajectories.

### IDENTITY

Children's sense of their own identity and positive self-esteem are vital to their emotional and psychological well-being. Barnardos works with children to support them to understand who they are, their uniqueness and potential, building their self-esteem and an awareness of their rights. This may include helping children to know and understand their family or ethnic origins. It incorporates a "whole child" perspective and a focus on their potential. These are critical features of Barnardos' work with children and young people.



# children's services

## FAMILY SUPPORT SERVICES

Barnardos Family Support Services work with vulnerable children and families and are based at the heart of their local communities. Family support is a generic term, which encompasses a very wide range of specific services including:

- early childhood programmes
- parenting programmes
- breakfast clubs to help children have a good start to the day....and to life
- after school groups
- programmes to support young people at risk of early school leaving
- support programmes for children affected by drugs and alcohol abuse
- support programmes for children affected by family violence
- programmes for children whose families are experiencing homelessness
- a range of services for children and families of minority groups including Travellers, refugee and asylum seekers.

Family support services are provided throughout Ireland in communities that face difficulties such as poverty, disadvantage, and lack of opportunity. Family support responds to the individual child and family by evaluating what their needs are and carefully tailoring a personal package of services to respond to those needs.

Many of our family support services are supported and funded by health boards and the Springboard Initiative, co-ordinated by the Department of Health and Children.

## AFTER-SCHOOL PROGRAMMES - WORKING AGAINST EARLY SCHOOL LEAVING

Many Barnardos family support projects work with children who are at risk of leaving school early. Early school leaving is still a major problem facing children and young people in Ireland. The implications for their futures are huge. The transition from primary school to secondary level is a particularly critical point in young people's

development but one where some children are at risk of dropping out of school altogether. Barnardos' programmes work closely with their families and schools to support them in that transition and to ensure that they continue to realise their potential through education.

## OLD SCHOOL HOUSE PROJECT – WORKING WITH REFUGEE FAMILIES AND UNACCOMPANIED MINORS

Barnardos, in collaboration with the East Coast Area Health Board, has established a project to support refugees and asylum seekers in the Dun Laoghaire area. The project will focus specifically on families and unaccompanied children and young people.

Opened in May 2002, the Old School House Project is based in a hostel housing a large number of asylum seekers and refugees. Among this group are a significant number of children seeking asylum alone, without an accompanying parent or adult. The transitions that these families, children and young people are going through are immense, including the change in culture and language. This project will work closely with families, children and young people to develop their identities and ensure that they receive the support needed to cope in this new environment.

## DRUGS PROGRAMMES

Barnardos provides a range of services to children affected by drug misuse, including individual and group work with children and families. Where appropriate we also work with the extended family.

The aim of this intervention, as with all other Barnardos work, focusses on helping children to be reared safely and to support their achievement of their full potential. We also believe that there is a reciprocal benefit to parents in their treatment regimes.

## TEENAGE PARENTING PROJECT

Barnardos Teenage Parenting Project provides one to one support to pregnant and post-natal teens for a period of up to 3 years, aiming to enhance their general wellbeing and to ensure that the young women can avail of all opportunities open to them. The project, based in Dublin, is managed by Barnardos in collaboration with the Coombe's Women's Hospital and funded by the South Western Area Health Board.



# children's services

## FAMILY SUPPORT NEWS

Children in the **Athlone** Springboard Project completed research in their community on the issue of bullying. The children published their findings and devised an anti-bullying policy for the project. The Athlone project also received funding from the Irish Kids Opportunity Fund to run innovative projects - one project aims to integrate children from a disadvantaged community into mainstream out of school activities such as karate, swimming and girl guides.

The **Tullamore** Springboard Project has undergone extensive refurbishment of its premises at Patrick Street, and facilities have been developed for individual and group work with children based on the 'High Scope' model of practice.

A private donation has been secured to develop a new service for at-risk young people in **Mullingar** in partnership with the Midland Health Board. The aim of the service will be to provide community-based alternatives to secure care or detention for these young people. This project is due to open in autumn of 2002.

### AIB Schoolmate Programme

More than 3,000 Irish children most at risk of missing school will benefit from an annual investment of €1.27 million for three years in Schoolmate, the flagship initiative of AIB's new Better Ireland Programme.

Schoolmate was developed with the help of Barnardos, ISPCC and FOCUS Ireland as a specific ring-fenced project that would help break the cycle that leads to the social exclusion of vulnerable children affected by poverty, drug and alcohol abuse and homelessness. The three charities will be funded to enable them to extend and enlarge services such as after school clubs, breakfast clubs, parenting programmes, anti-drugs campaigns and self-esteem programmes across the country.

The **Loughlinstown** Family Support Centre has appointed a part-time family worker supported through the AIB Better Ireland Programme to support parents in relation to childcare, child welfare and family difficulties.

The **Edenderry** Family Centre has undergone extensive refurbishment, including the development of an external play area. Thanks to funding received under the AIB Schoolmate Programme, two new breakfast clubs and one after school group to support children during the transition to secondary school have been developed.

## NATIONAL CHILDREN'S RESOURCE CENTRE

Barnardos' National Children's Resource Centre (NCRC) is a unique resource of information, training and research to families, professionals and the general public with the aim of improving the lives of children in Ireland. Through the NCRC we reach the wider population of parents, professionals and young people, providing much needed information and a range of other essential services.

The National Children's Resource Centre operates from Dublin, Cork, Limerick, Galway and Athlone and is a first point of call for parents who find that they are facing a challenge. Knowledge is power and finding out that you are not alone in facing a challenge can strengthen your outlook. The National Children's Resource Centres can support parents in their parenting role by offering contacts for support groups, parenting courses, training, or the latest research and publications on issues relating to children and childhood.

The NCRC is also a valuable resource for professionals working with children and young people. The NCRC also publishes a range of policy documents with the aim of influencing public policy. By making our case for changes in policy we firmly mark our commitment to the rights and needs of all children and young people in Ireland.

Throughout the past year, the NCRC has continued to publish a wide range of books, manuals, brochures, policy documents and leaflets, a journal and several bulletins. The NCRC also maintains a number of databases and directories.



# children's services

## ADOPTION ADVICE SERVICE

This year Barnardos is celebrating the 25th anniversary of the Adoption Advice Service, which was established in 1977. The service has provided independent information, advice and counselling to those separated from their families of origin through adoption, and over the years, in response to need, has extended this to people who were fostered or raised in residential institutions. The service includes a confidential telephone helpline, the provision of information, advice and counselling, therapeutic and supportive group work as well as mediation, reunion and post-reunion support. Written information is produced outlining issues for clients as an aide to their decision-making. In addition, opportunities for clients to meet with people who have had life experiences similar to their own are facilitated.

The service has facilitated and supported a large number of reunions of adult adoptees with their birth relatives. Barnardos can offer support, information and advice in this search through our counselling, helpline and support groups.

### AAS Statistics 2001

#### New Enquiries:

Birth Mothers: 140 Birth Fathers: 22  
Adopted People: 231 Adoptive Parents: 43

#### Repeat Enquiries:

Birth relatives: 507  
Adopted People: 918 Adoptive Parents: 27

Total Repeat Enquiries: 1,458

Total Enquiries 2001: 1,894

## INFORMATION AND TRACING SERVICE FOR ADULTS RAISED IN RESIDENTIAL INSTITUTIONS

In 2002, as part of the Government's programme designed to address the historical abuse of children in institutions, the Department of Education and Science is supporting Barnardos to establish a national service to assist past residents to access their personal records, which may be held by the Department. A tracing, intermediary and post-reunion service to those wishing to follow up the information they receive will also be offered. Building on the expertise gained through the Adoption Advice Service over many years, and with staff based throughout the country, this service will aim to respond to the critical need of people seeking information on their families and origins.

## BEACON - GUARDIAN AD LITEM

Beacon – Guardian *ad Litem* service works with children who are involved in family law proceedings – making sure that the best interests of the child are represented in cases concerning, for instance, a child being taken into care. Barnardos' Guardian *ad Litem* consults with statutory and non-statutory agencies, with the child, their extended family, teachers, and anyone else involved in the child's life to ensure that what is best from the child's perspective is taken into account when a decision is reached. Many of the children using the Guardian *ad Litem* service are going through major upheavals in their lives. Knowing that their own views will be represented is an important support of children's rights to be consulted on major decisions that affect them.



# volunteers

**B**arnardos appointed a full-time Volunteer Co-ordinator to mark 2001 – the International Year of the Volunteer. In October 2001, a comprehensive review of volunteering was conducted throughout the organisation which sought the views of volunteers and staff on how volunteering in Barnardos might be expanded and improved. A new volunteer policy was adopted in April 2002. Many of the recommendations from the volunteer review were incorporated into the policy and it will be a blueprint for good practice.

As part of the International Year of the Volunteer, Barnardos Patron President Mary McAleese, presented national awards to volunteers from many walks of life at “Ireland Involved”, a volunteer awards night organised by the Volunteer Resource Centre. Terri Collins, volunteer in our Rathmines shop, received an award from the President in the category “volunteering impact”.

The enormous contribution that volunteers make throughout Barnardos was celebrated at a special volunteer reception held in Dublin in January. Sixty three volunteers from all over the country received certificates of appreciation presented by special guest Gay Byrne. Six especially long serving volunteers received awards including Nancy Domican, Chairman Leslie Andrews, Anne Ryan, Eamon Flynn, Joan Dalton, and Mary Fitzgerald.

To celebrate the launch of our volunteer policy Barnardos, in May 2002, hosted a Seminar on “Volunteer Involvement:



*Eamon Flynn, Volunteer from Waterford, receiving his certificate of appreciation from Gay Byrne.*



*Barnardos volunteers from Christchurch Square receiving their certificates of appreciation from Gay Byrne at the special volunteer day in January 2002.*

Getting It Right”. The focus of the day was on good practice with volunteers who work in children’s services, and Barnardos staff were joined by staff from other children’s organisations for the seminar.

Barnardos has also commenced a pilot volunteer training course on childcare practice and, on completion, participants will have credit toward N.C.V.A foundation level.

Volunteers are vital to the work of Barnardos. We currently have over 200 volunteers supporting our work throughout Ireland, almost matching our staff numbers.

Barnardos’ volunteers work directly with children in a number of our Family Support Services and help in all nine charity shops throughout the country. Volunteers also work in administration, communications and fundraising, helping to raise funds by, for example, running events or supporting the work of paid staff.

**We extend our sincere thanks to all our volunteers for their hard work and commitment over the last year.**

“You get a lot of satisfaction knowing you’re doing something worthwhile and working with children is rewarding and it keeps you young.”

Anne Lynch – Volunteer Edenderry Family Centre.

# fundraising highlights



## ABOVE

Mickey Mouse was the special guest at the special screening of Disney's ATLANTIS in the Ormonde cinema in Stillorgan. Pictured (from left to right) are Edwina Fitzmaurice, Fundraising Board, Anja Ekelof, Communications Executive, Mickey Mouse, Helen McVeigh, Fundraising Executive and Deirdre Mortell, Director of Fundraising and Communications.

Barnardos voluntary income is made up of valuable funds contributed from members of the public through sponsored events, fundraising and public donations, corporate donations, grants from trusts and foundations, as well as fees from publication sales and training programmes. In addition, this year a number of very generous donations from individuals funded new programmes that we otherwise could not have undertaken.



## ABOVE

Barnardos is delighted at being adopted by retailer Argos. Their first event "The Big Kick Off" got the fundraising off to a great start – and brought football madness to all 16 stores in time for the World Cup. The challenge given to staff was to organise travel for a Barnardos Bear carrying a football so that he could visit every store and oversee fundraising there. In 33 days the bear travelled hundreds of miles by bus, horse & cart, Garda Jeep and car and staff raised thousands towards their €30,000 target.



## ABOVE

In December 2001, visitors to Santa's Kingdom brought along toys to put under the AIB Better Ireland tree - over 30,000 toys were donated to Barnardos this Christmas.

Barnardos fundraising had a successful 2001. Fundraising income increased by 77% and costs by 56% on 2000. Most major sources increased in 2001, including trusts and foundations, legacies, and shop sales. We would like to thank all those who supported us during the year.



## ABOVE

A special screening of Monster's Inc was held at the Ormonde Cinema, Stillorgan, Dublin on 10th of March 2002. TV3's Martin King was our excellent Master of Ceremonies on the day to make sure our family audience had a fun time and to make sure Sulley behaved himself...



## RIGHT

Pennies from Heaven - a unique fundraising opportunity was launched in November 2001 with a host of stars, including Samantha Mumba. The unique project which brought together 11 charities in Ireland cashed in on the Euro changeover by asking people to donate their old Irish and foreign coin.



## ABOVE

Wexford hurling star Martin Storey opened Barnardos ninth charity shop in Selskar Street in Wexford. The shop, which was opened in September, has continued to meet its target and has quickly established itself in Wexford.

The Dublin Women's Mini - Marathon 2002 saw our biggest ever turn-out with around 200 women (and 2 men) entering the event to raise sponsor money. Some ran, some jogged, some walked, some even went in fancy dress (like Yvonne Brady our "strawberry" for the day) – but all had a lot of fun and helped raise thousands of Euro for Barnardos.

A special thank you to Fundraising Board who raised m952,000 (£750,000) in 2001 for Barnardos work with children and families. Fundraising Board included:

Niamh Cleary (Chair), Mary Broughan, Michael Duffy, Fergus Finlay, Edwina Fitzmaurice, James Fitzsimons, Paul McGowan, Stephen Murray and Declan Ryan.

## Highlights from 2001-2

For 11 charities, including Barnardos, Pennies From Heaven was a highlight of 2001-2, as the public donated their old Irish and foreign coin to charity during the euro changeover. So much coin was donated that it is still being counted and results will be announced later in 2002.

In September 2001, Barnardos opened a shop in Wexford, which has consistently met its targets since then, with the support of the people of Wexford.

In January 2002, Allied Irish Bank's Better Ireland Programme announced its flagship support for children's projects for the next 3 years, including €533,000 to support 11 Barnardos "Schoolmate" projects in Dublin, Cork, Limerick, Tipperary, and Offaly. Barnardos is proud to say that this is our largest corporate donation to date.

In April 2002, a further milestone was reached when Dr Tony Ryan announced a donation of €460,000 over 3 years to support Thurles Family Support Project. This is Barnardos' largest donation from an individual, and will ensure that substantial renovations can be made immediately to enable the Thurles project to move to a larger and permanent building after 3 moves in 3 years.

Children's Hour continued to support innovative projects such as the Carlow Family Centre, work with Traveller children in Dublin, and the Galway Early Learning Centre which will open later in 2002.

The Irish Charities Tax Reform Group, with Barnardos support, ran a campaign at election time asking the incoming government to return to charities the VAT we pay them each year - in 2001, Barnardos paid €250,000 in irrecoverable VAT to the government. This tax payment would have funded our services for children with special needs for two years. To register your support for this campaign, log onto [www.vatcampaign.com](http://www.vatcampaign.com).

Barnardos is pleased to acknowledge the increasing support of the following companies for this very important work and recognises their vision in doing so:



# accounts

The following are extracted from the accounts of Barnardos for financial year 2001, full accounts are available on request from Barnardos' National Office (see page 23)

BARNARDOS REPUBLIC OF IRELAND LIMITED (A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES for the year ended 31 December 2001

	2001 Unrestricted Funds €000's	2001 Restricted Funds €000's	2001 Total Funds €000's	2000 Total Funds €000's
<b>INCOMING RESOURCES</b>				
Donations, legacies & similar incoming resources	1,602	270	1,872	1,085
Activities in furtherance of the charity's objectives	38	4,917	4,955	4,704
Activities for generating funds	1,754	219	1,973	1,299
Investment income & interest	62	-	62	24
Other incoming resources	2	-	2	-
<b>TOTAL INCOMING RESOURCES</b>	<b>3,458</b>	<b>5,406</b>	<b>8,864</b>	<b>7,112</b>
Less : Cost of generating funds	1,467	-	1,467	938
<b>Net incoming resources available for charitable application</b>	<b>1,991</b>	<b>5,406</b>	<b>7,397</b>	<b>6,174</b>
<b>CHARITABLE EXPENDITURE</b>				
Costs of activities in furtherance of the objectives of the charity	637	5,771	6,408	5,165
Support costs	46	495	541	282
Management & administration	25	267	292	208
Total Charitable expenditure	708	6,533	7,241	5,655
<b>TOTAL RESOURCES EXPENDED</b>	<b>2,175</b>	<b>6,533</b>	<b>8,708</b>	<b>6,593</b>
Net incoming resources/resources expended before transfers	1,283	(1,127)	156	519
Transfer between funds	(1,327)	1,327	0	0
<b>Net incoming resources/ (resources expended) after transfers</b>	<b>(44)</b>	<b>200</b>	<b>156</b>	<b>519</b>
Total funds brought forward	3,744	109	3,853	3,334
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>3,700</b>	<b>309</b>	<b>4,009</b>	<b>3,853</b>

All of the above results are derived from continuing activities. The surplus for the year for Companies Act purposes was m156,455 (2000: m519,314). There are no unrealised gains and losses for the year.

# accounts

BARNARDOS REPUBLIC OF IRELAND LIMITED (A company limited by guarantee)

BALANCE SHEET  
at 31 December 2001

	2001 €000's	2000 €000's
<b>ASSETS EMPLOYED</b>		
<b>FIXED ASSETS</b>		
Tangible assets	2,734	2,422
<b>CURRENT ASSETS</b>		
Stock	6	5
Debtors	695	1,373
Short term deposit	1,190	654
Cash at bank	198	60
	2,089	2,092
<b>CURRENT LIABILITIES</b>		
Creditors (amounts falling due within one year)	(841)	(661)
<b>NET CURRENT ASSETS</b>	1,275	1,431
<b>NET ASSETS</b>	4,009	3,853
<b>REPRESENTED BY</b>		
General fund	3,700	3,744
Restricted income fund	309	109
<b>TOTAL FUNDS</b>	4,009	3,853

Approved by the Council on 2nd May 2002  
Leslie Andrews, Honorary Chairman  
Mary Broughan, Honorary Treasurer  
Council Members

The Statement of Financial Activities and Balance Sheet have been extracted from the statutory financial statements of Barnardos Republic of Ireland Limited for the year ended 31 December 2001. The statutory financial statements, on which the auditors (Ernst & Young) expressed an unqualified opinion, will be filed with the Registrar of Companies following the Annual General Meeting.

# treasurer's report

The audited accounts for the financial year 2001 reflect the continued exceptional growth trend we have experienced since 1999 as we added more services. Barnardos raised total income of €8.9m, a record for the organisation and an increase of 25% on 2000, resulting in a net surplus of €156k for the year. Most major sources of income increased relative to 2000, including statutory funders, trusts, foundations and legacies. This reflects further expansion of existing services as well as development of a new family support project in Carlow and the opening of a new shop in Wexford.

Total resources expended by the organisation amounted to €8.7m. Of this total 80% was spent on direct charitable expenditure, 17% on the cost of generating funds and 3% on management and administration. When the cost of generating funds is adjusted to take out the shops operating expenses and the cost of purchasing an apartment for raffle, then the percentages become – 91% on direct charitable expenditure, 5% on the costs of generating funds and 4% on management and administration.

Net contribution from fundraising increased by €523k from €430k to €953k or 121%. Council is satisfied that this represents a satisfactory return on investment over recent years.

During 2002 Council will determine its reserves policy and a strategy towards its achievement. Council also considers the management of risk as a key corporate governance priority and is in the process of putting in place, during the course of the current Corporate Plan 2002-2005, the necessary policies and procedures to meet best practice in the area of risk management.

In our Corporate Plan (1999 to 2002) we set a target of €6.35 million voluntary funds investment over and above statutory income. Our actual investment has totalled €7.4 million, 17% more than we anticipated.

The accounts are prepared in accordance with the Companies Act and best practice as recommended by the Charity Commission (UK) resulting in a new more informative format than in previous years.



Mary Broughan  
Honorary Treasurer

## MEMBERS OF BARNARDOS COUNCIL

Leslie Andrews, Chairman  
Mary Broughan, Honorary Treasurer  
Kenneth Milne, Vice Chairman  
David Barnardo  
Niamh Cleary  
David Gamble  
Olivia O'Leary  
Gemma Rowley  
Declan Ryan

# contacting Barnardos

## **BARNARDOS NATIONAL OFFICE**

Christchurch Square, Dublin 8.  
Tel: (01) 453 0355 Callsave: 1850 222 300  
Fax: (01) 453 0300  
E-mail: info@barnardos.ie  
Charity Registration number 6015

## **National Children's Resource Centre**

Christchurch Square, Dublin 8.  
Tel: (01) 454 9699 Fax: (01) 453 0300  
Email: nrcr@barnardos.ie  
Open to members of the public:  
Monday-Friday: 9.30am to 1pm  
Open to members of the NCRC:  
Monday-Friday: 9.30am to 4.30pm  
Late opening Wednesday and Thursday: 9.30am to 7.30pm  
Saturday visits can be arranged by appointment  
with the Information Officer.

## **Adoption Advice Service**

Christchurch Square, Dublin 8.  
Helpline number: (01) 454 6388  
Open Tuesday: 2pm-5pm; Thursday: 10am-2pm  
Fax: (01) 453 0300  
Email: adoption@barnardos.ie

## **Beacon Guardian *ad Litem* Service**

Christchurch Square, Dublin 8.  
Tel: (01) 453 0355 Fax: (01) 453 0300  
Email: beacon@barnardos.ie

## **Sólás Bereavement Counselling Service**

Christchurch Square, Dublin 8.  
Tel: (01) 453 0355  
Helpline number: (01) 473 2110 (Mon - Fri: 10am - 12 noon)  
Fax: (01) 453 0300  
Email: solas@barnardos.ie

## **EASTERN REGION.COASTAL**

### **Regional Office**

14 Tivoli Terrace South, Dun Laoghaire, Co Dublin  
Tel: (01) 284 2323 Fax: (01) 280 6271  
Email: info@dunlaoghaire.barnardos.ie

### **Barnardos Family Support Service**

14 Tivoli Terrace South, Dun Laoghaire, Co Dublin  
Tel: (01) 284 2323 Fax: (01) 280 6271  
Email: info@dunlaoghaire.barnardos.ie

### **Cottage Child Care Project**

The Cottage Home, Tivoli Road, Dun Laoghaire, Co Dublin  
Tel / Fax: (01) 280 0586  
Email: cottagep@gofree.indigo.ie

### **The Old School House Project**

The Old School House, Eblana Avenue,  
Dun Laoghaire, Co. Dublin  
Tel: (01) 284 5733  
Email: info@oldschoolhouse.barnardos.ie

### **Barnardos Family Support Service**

Loughlinstown Health Centre, Loughlintown Drive,  
Loughlinstown, Co Dublin  
Tel: (01) 282 0328 / 282 2122 Fax: (01) 282 1594  
Email: info@loughlinstown.barnardos.ie

## **EASTERN REGION.SOUTHWEST**

### **Regional Office**

8 Tower Road, Clondalkin, Dublin 22  
Tel: (01) 403 0900 Fax: (01) 457 6222  
Email: info@clondalkin.barnardos.ie

### **Barnardos Special Needs Service**

St Muirín's House, 56 Avonbeg Gardens, Tallaght, Dublin 24  
Tel / Fax: (01) 452 3755  
Email: info@tallaght.barnardos.ie

### **Young Families Matter**

Unit 3B, Brookfield Enterprise Centre,  
Brookfield, Tallaght, Dublin 24  
Tel: (01) 462 3222 Fax: (01) 462 3433

### **Jobstown Youth Action Project**

31 Bawnlea Green, Jobstown, Dublin 24  
Tel: (01) 459 8035 Fax: (01) 462 7753  
Email: info@bawnlea.barnardos.ie

### **Cherry Orchard Springboard Project**

21 Cherry Orchard Avenue, Ballyfermot, Dublin 10  
Tel: (01) 626 1985 Fax: (01) 626 1986  
Email: info@cherryorchard.barnardos.ie

### **Pre-school (Labré Park)**

Kylemore Road, Ballyfermot, Dublin 10  
Tel / Fax: (01) 623 4425  
Email: info@clondalkin.barnardos.ie

### **Barnardos Family Support Service**

Millbrook Health Centre,  
St. Dominic's Road, Tallaght, Dublin 24  
Tel: (01) 452 5090 Fax: (01) 462 1368  
Email: info@tallaght.barnardos.ie

### **Teenage Parenting Support Project**

8 Tower Road, Clondalkin, Dublin 22  
Tel: (01) 403 0900 Fax: (01) 457 6222  
Email: info@clondalkin.barnardos.ie

# contacting Barnardos

## **EASTERN REGION.DUBLIN NORTH**

### **Regional Office**

Main Street, Mulhuddart, Dublin 15  
Tel: (01) 820 4033 Fax: (01) 820 0446  
Email: info@mulhuddart.barnardos.ie

### **Barnardos Family Support Service**

Main Street, Mulhuddart, Dublin 15  
Tel: (01) 820 4033 Fax: (01) 820 0446  
Email: info@mulhuddart.barnardos.ie

### **Barnardos Pre-school**

Roselawn Health Centre, Roselawn Road,  
Blanchardstown, Dublin 15  
Tel / Fax: (01) 820 0211  
Email: info@blanchardstown.barnardos.ie

### **T.E.S.O. (Travellers Education & Support Options) Project**

Main Street, Mulhuddart, Dublin 15.  
Tel: (01) 820 4033 Fax: (01) 820 0446  
Email: info@mulhuddart.barnardos.ie

## **MID-WEST REGION**

### **Regional Office**

10 Sarsfield Street, Limerick  
Tel: (061) 411313 Fax: (061) 440214  
Email: info@midwest.barnardos.ie

### **National Children's Resource Centre**

10 Sarsfield Street, Limerick  
Tel: (061) 208680 Fax: (061) 440214  
Email: nrc@limerick.barnardos.ie

### **Barnardos Family Support Service**

27 Castle Park, Moyross, Limerick  
Tel: (061) 328420 Fax: (061) 325577  
Email: info@limerick.barnardos.ie

### **Southill Springboard Project**

373 - 374 O'Malley Park, Southill, Limerick  
Tel: (061) 319290 Fax: (061) 319291  
Email: info@southill.barnardos.ie

### **Thurles Springboard Project**

1 Smith O'Brien Street, Brittas Road, Thurles, Co Tipperary  
Tel: (0504) 20018 Fax: (0504) 20019  
Email: info@thurles.barnardos.ie

## **WEST / MIDLANDS REGION**

### **Regional Office**

41 - 43 Prospect Hill, Galway  
Tel: (091) 565058 Fax: (091) 565060  
Email: info@galway.barnardos.ie

### **National Children's Resource Centre**

River Court, Golden Island, Athlone, Co Westmeath  
Tel: (0902) 79584 Fax: (0902) 79585  
Email: nrc@athlone.barnardos.ie

### **Athlone Springboard Project**

7 Ashdale, Athlone, Co Westmeath  
Tel: (0902) 76422 Fax: (0902) 76424  
Email: info@athlone.barnardos.ie

### **Edenderry Family Centre**

Edenderry Business Park, St Mary's Road, Edenderry, Co Offaly  
Tel/Fax: (0405) 32463  
Email: info@edenderry.barnardos.ie

### **Tullamore Springboard Project**

Patrick Street, Tullamore, Co Offaly  
Tel: (0506) 26803 Fax: (0506) 26804  
Email: info@tullamore.barnardos.ie

## **SOUTHERN REGION**

### **Regional Office**

18 St. Patrick's Hill, Cork  
Tel: (021) 4552100 Fax: (021) 4552120  
Email: info@cork.barnardos.ie

### **Sólás Bereavement Counselling Service**

### **National Children's Resource Centre**

### **Beacon Guardian *ad Litem***

18 St. Patrick's Hill, Cork  
Tel: (021) 4552100 Fax: (021) 4552120  
Sólás: solas@cork.barnardos.ie  
Guardian *ad Litem*: gal@cork.barnardos.ie  
NCRC: nrc@cork.barnardos.ie  
NCRC open to public 10am to 2pm Monday-Friday

### **Barnardos Family Support Service**

24 Askea Lawns, Tullow Road, Carlow  
Tel: (0503) 32868 Fax: (0503) 32870  
Email: info@carlow.barnardos.ie

### **Mahon Springboard Project**

8-9 Orchard View, Ringmahon Road, Mahon, Cork  
Tel: (021) 435 7679 Fax: (021) 435 0157  
Email: info@mahon.barnardos.ie

### **Ballybeg Springboard Project**

128 Clonard Park, Ballybeg, Waterford  
Tel: (051) 844140 Fax: (051) 844141  
Email: info@ballybeg.barnardos.ie

## contacting Barnardos

### BARNARDOS CHARITY SHOPS

8 Upper Georges Street, Dun Laoghaire, Co Dublin  
Tel: (01) 280 1246

7 Main Street, Clondalkin, Dublin 22  
Tel: (01) 457 0933

206 Lower Rathmines Road, Dublin 6  
Tel: (01) 497 4717

33 Lower Liffey Street, Dublin 1  
Tel: (01) 873 0937

17 Castle Street, Carlow  
Tel: (0503) 32918

99 North Main Street, Cork  
Tel: (021) 425 1727

5 Upper William Street, Limerick  
Tel: (061) 400380

1 Pearse Street, Mullingar, Co Westmeath  
Tel: (044) 84973

11a Selskar Street, Wexford  
Tel: (053) 22679



## Vitamins that burst with taste

It can sometimes be a struggle to get children to eat the right foods. Growth in the first few years of a child's life is very rapid and as a result it is important that they receive all nutrients they require. **Haliborange** can help by providing children with the vitamins that they need for a healthy balanced diet. For generations **Seven Seas Haliborange** has been trusted to help give added health insurance to adults and children alike.

**Halibonbons** are specially formulated to provide children with an excellent source of vitamin C in a delicious orange flavoured chewable tablet. Vitamin C helps to promote healthy bones and teeth and assists our body's absorption of iron. It also helps to maintain our natural defences against infections such as cold and flu. This important nutrient cannot be stored in the body, so a regular intake is required to replenish the supply.

**Haliborange Orange Flavour Multivitamin Liquid** is a sugar-free multivitamin liquid with a sunshine orange taste the whole family will enjoy. Specially formulated, it contains a balanced range of essential vitamins from A to E and no artificial colours or flavours.

**You can trust Haliborange to help supplement a child's diet and ensure that they get their daily requirement of important nutrients.**



## Barnardos throughout Ireland

-  Child and Family Services
-  Shop



Barnardos  
Christchurch Square, Dublin 8, Ireland  
Tel: +353-1-453 0355  
Fax: +353-1-453 0300  
Email: [info@barnardos.ie](mailto:info@barnardos.ie)

[www.barnardos.ie](http://www.barnardos.ie)  
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