

You can change
a child's life today...



...because childhood
lasts a lifetime


Barnardos



Barnardos works with vulnerable children from 0-18 years of age in a variety of different ways. How we work depends on the individual child's age and stage of development. Our work supports children to achieve their milestones and develop resilience, the ability to bounce back and overcome any challenges they may face.

We see that 1 in 10 children live in consistent poverty in Ireland, and almost a quarter of children experience deprivation. This is not acceptable. These children deserve better chances, which is why we work so hard.

Our services are vital in making sure that these children and their families can overcome the daily challenges

so they don't slip through the cracks of society. None of this would be possible without the incredible support of our donors. This means we can be there for those children and families – which means the world to them – and to us.

Will you stand with us to give a helping hand to those who need it most?

Nine ways you can change a c

We couldn't do the work we do without the help of our wonderful :

1. Become a 'Barnardos Friendly Giant'

A monthly donation can make a big difference, no matter how large or small. Regular donations provide us with a reliable income and allow us to plan our services with confidence, knowing that your support is behind us. We will keep in touch and let you know how your donation is being spent to take care of vulnerable children.



2. Gifts for Good

If you're looking for the perfect gift for someone special in your life, or just want to show your support every now and again, check out our range of 'Gifts for Good'. You can choose from various options, at different price points, for example 'Feed their Potential' which could buy a food voucher to prevent hungry tummies or 'A New Chapter of Opportunity' which could supply our services with new books which are so important for growing imaginations!



3. Organise a fundraising event

There are so many fun runs, treks or sporting challenges you can take part in and raise funds for Barnardos! But some of the best events are those you organise yourself; whether it's a bake sale, an 80's night or maybe even shaving your head – we'll support you all the way, and start you off with a Barnardos fundraising pack.



4. Volunteer

We always need volunteers. Just a couple of hours of your time will make a huge impact in our offices and centres throughout the year. There's also our National Collection Day which takes place every September and we rely on the generosity and enthusiasm of volunteers across the country to make it a success – get in touch today about how you can get involved!



For more information on any of the above, please visit our

Child's life – just start with one!

reporters. Here are some more ways **YOU** can get involved:



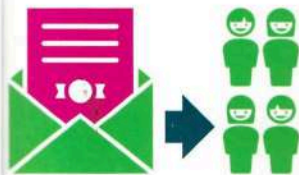
5. Become a Corporate Champion!

Working in partnership with Barnardos will not only deliver real benefits to your business but it will create meaningful opportunities for your staff and customers to make a lasting impact on the life of a vulnerable child in Ireland. We will provide you with a pack with some fun ways that you and your colleagues can support our work. You could also nominate Barnardos as your company's Charity of the Year!



6. Donate to our shops

By donating your once-loved goods, or volunteering for as little as four hours per week in one of our shops, you are making an important contribution to our work! Or just drop in to one of our shops and bag yourself a bargain!



7. Leave a gift in your Will

A gift in your Will, no matter how big or small, can help change the lives of children. The legacy you leave behind will give children better beginnings and brighter futures. For more information, give us a call or drop us a line and we can have a chat about what's involved



8. Spread the word!

There's strength in numbers – sign up for our newsletters, follow us on social media and get your friends to do the same. Search online for Barnardos Ireland.



9. Support us on your Big Day

If wedding bells are in the air for you or a loved one, book an appointment in our Bridal Rooms to find the brand new dress of your dreams! We have plenty of beautiful bridal accessories too. Or show your support on your big day with our beautifully designed wedding favours.

website www.barnardos.ie or call us on **01 453 0355** today.

“ By supporting Barnardos,
you allow us to continue
delivering vital services
in 40 centres nationwide –
Thank You! ”

We have project centres
throughout Ireland.



Here is what some of the children in our services have to say



"I made new friends at a
Barnardos Group – it was fun!"



"Barnardos helped
me to be proud of
being me."



"I love the
Barnardos Centre
I go to."

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