

# Believe in children



## Barnardo's

### Scotland

Barnardo's has been working in Scotland for more than a century. Our purpose is to reach out to the most disadvantaged children, young people, families and communities to help ensure that every child has the best possible start in life.

Today we run more than 70 community-based projects across Scotland including:

- projects which help young people who are leaving a life in care, and who need help to learn how to live independently

- family activity projects which work to support families in trouble
- projects supporting children with disabilities and offering short breaks to their families.

Our employment programme, Barnardo's Works, has gone from strength to strength with services now running in Renfrewshire, Highland Region, Dundee and Edinburgh. Other developments include a parenting programme for disadvantaged families and a specialist service to assist children with harmful sexual behaviour.

#### Your support can change the lives and prospects of children and young people like:

##### Matthew

Eight-year-old Matthew has had epilepsy and learning and behavioural difficulties since he contracted meningitis aged two. He has short seizures every day, which can make him fall over and seem dazed.

Matthew attends the Caern project in Edinburgh. He stays overnight once a week and really enjoys its activities. Christine, Matthew's mother, says: **'Matthew has a fantastic time. We've got a photo of Caern at home and he says, "I want to go and see the guys!" With the help Barnardo's is giving us, we're starting to rebuild our lives and we have the space to relax a bit. It's been a lifesaver for all of us.'**

##### Heather

At 16, Heather left care and moved into Barnardo's supported accommodation. Young people leaving care don't have the support of a loving family which most of us take for granted, from getting help in a crisis to borrowing money. Heather says:

**'I was able to move in gradually – it takes time to learn how to live on your own, skills like managing money, cooking, shopping and how to read electric meters. The best thing was the support from Barnardo's staff who care about you. You knew they cared and were there night and day if you wanted them.'**