



# Arun Estates Impact Report 2023

Improving children's health and wellbeing during the cost-of-living crisis



# Introduction

The incredible support we've received from across the Arun Estates network during these unprecedented times has been of immense importance. More than half of parents are cutting back on food shopping and essentials, and one in four parents say they struggled to provide sufficient food due to the cost of living crisis. Due to your support, Barnardo's has been able to provide vulnerable children, young people and families in the South East with food and fuel vouchers to ensure no family has to choose between eating or heating. To date, we have spent £249,860.90 in the South East, helping families who need it the most. This tremendous and lasting impact wouldn't have been possible without your support – on behalf of everyone at Barnardo's and our beneficiaries, thank you.



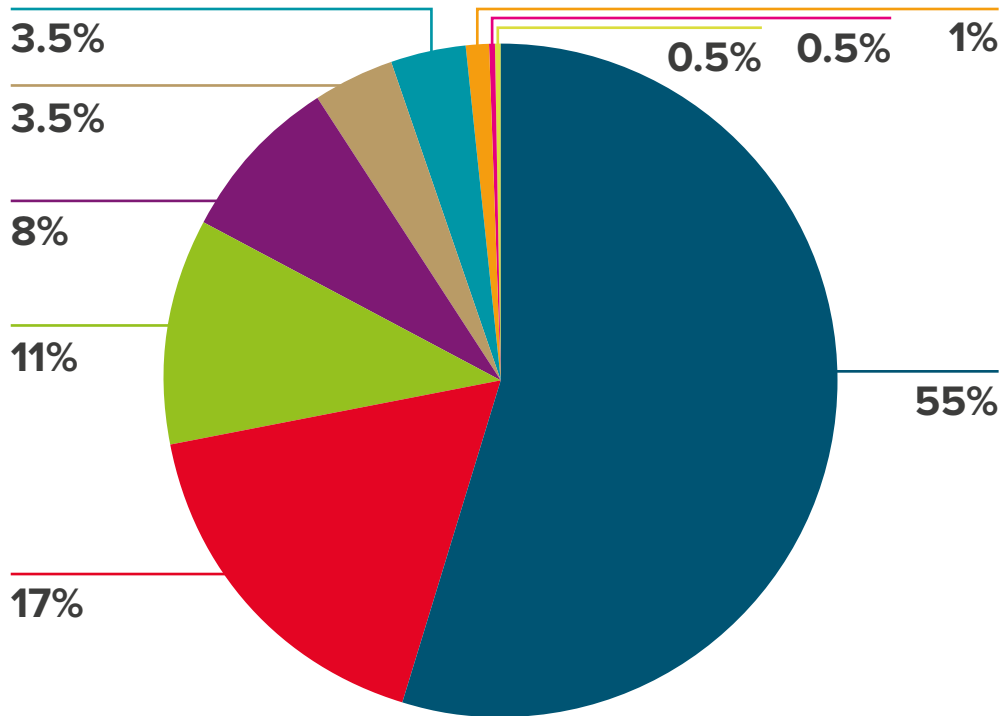
“The supermarket voucher has made a huge difference – it literally been a lifesaver.

Usually by the end of the month it's getting harder and harder to feed the kids a nutritional meal as money is tighter by then, especially when the other bills have been paid. This voucher means I can continue to feed us all. The rising cost of living is really affecting us.

I just want to say a huge thank you. I don't normally put myself forward for things like this as feel there are so many families out there struggling right now. But times have hit hard I had to admit to myself that I needed help and to say yes please.”

Janey\*

# Your impact



	■ Food	£137,252.35
	■ Pocket Money and Presents	£43,105.44
	■ Holidays and Outings	£27,042.28
	■ Furniture and Equipment Purchases	£20,283.67
	■ Hobbies and Activities	£9,547.02
	■ Non-Standard IT	£8,973.67
	■ Clothing	£3,237.49
	■ Gas	£250.00
	■ Electricity	£168.98
<b>Total</b>		<b>£249,860.90</b>

## Sarah

Sarah, aged 41, is a mum to two children, aged six and 16. Sarah and her family were forced to flee their home after her eldest child suffered exploitation by a gang. After having lived in six hotels and four different houses at different locations across the country over the past few months, the family is currently living in temporary three-bedroomed accommodation.

Sarah said: “We had to leave our house quickly and were told to pack a bag with some belongings. We just took a few clothes and what we were wearing. We moved miles away to a place we didn’t know and have lived in four different temporary houses and six hotels since that time. I’ve felt very isolated and stressed and worry how this is affecting my children.

“Social services let me know about Barnardo’s and I was referred to a worker called Melanie. Honestly, if it wasn’t for Melanie I wouldn’t be here. Things got so dark and I there are times I have felt desperate. “I had no one at all and Mel was there for me, ready to listen, 24 /7. She was the only person I had when I got very low. Talking to Melanie allowed me to release everything I was feeling.

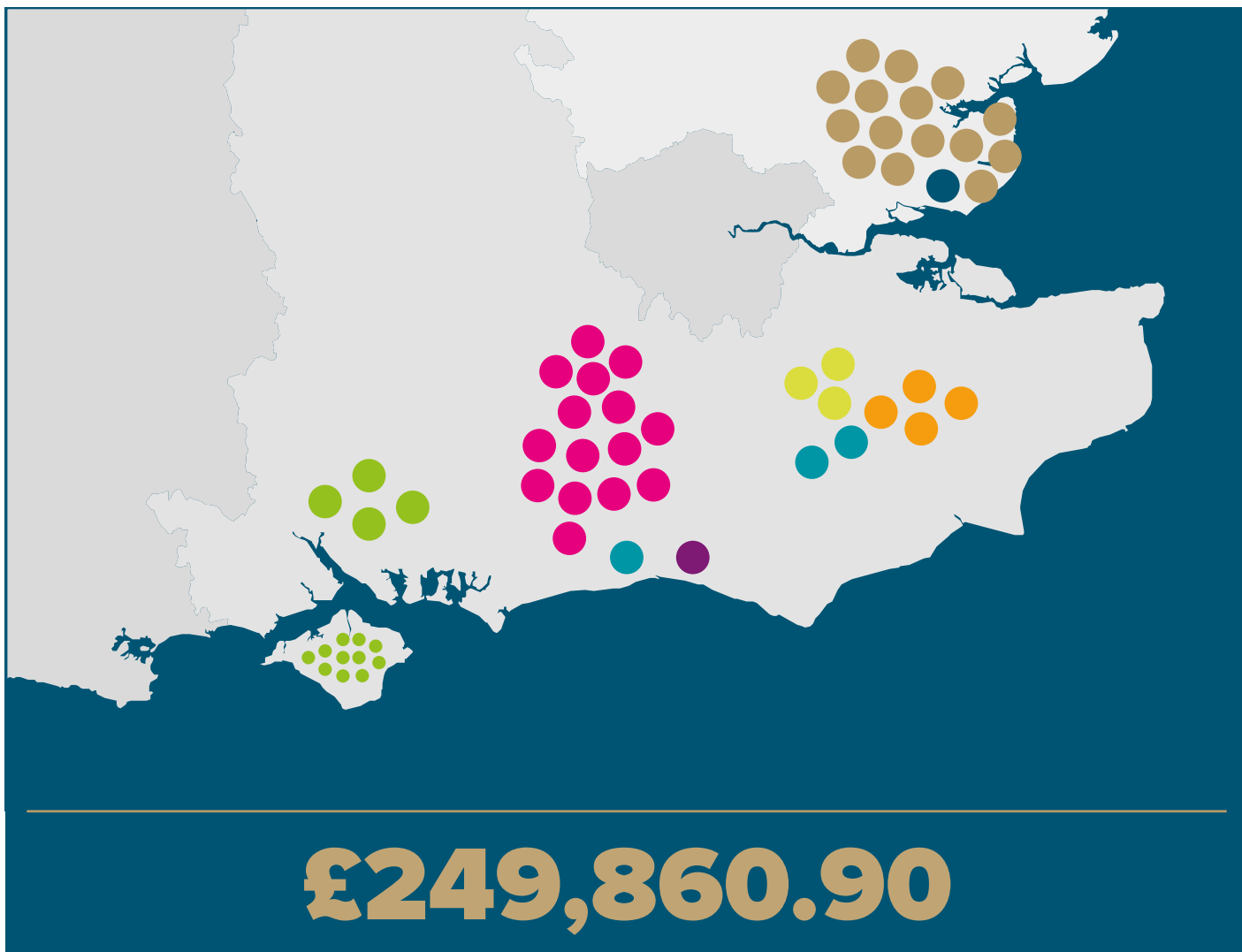
“I was given two vouchers which have been an absolute life saver – £100 for food and £100 for clothing. We were living in a hotel at the time so there were no cooking facilities. We lived on cold food, sandwiches and snacks for a month. We started to feel ill to be quite honest but it was better than nothing. I had no money coming through so this came at a time when we desperately needed it. Without it we would have all gone hungry. You just don’t realise how hard it can be until you are in that situation.

“The clothing voucher meant I could buy some items that the kids were desperate for – new underwear, extra leggings that were warm. All the little things that you don’t really give much thought to until they’re not there. I am so grateful for those vouchers, they made such a difference to us at a time when we needed them so much.

“Life is still so hard but I am hoping we can stay around here and start to build a life again. My youngest doesn’t want to move any more, she’s now at a school where she’s making friends so we really hope we can stay. I just want to feel like a good mother again and do all the things for my kids that I used to. But I’m just taking each day as it comes and trying not to get too stressed out.”



# Your impact



● **Essex Child & Family Wellbeing Service** – £61,561.45

● **Essex Care & Essex Advocacy** – £14,500.00

● **Hampshire & Isle of Wight** – £106,582.16

Frankie  
HSPSS  
IOWEH – Early Help Assessments: Isle Of Wight Family Centres  
Talk2  
And partner referrals

● **Family Placement (South East)** – £5,600.00

BOLOH  
SE Adoption  
SE Fostering

● **Employment, Training & Skills (South East)** – £2,334.58

JOBS Project  
Make Trax

● **Surrey & Sussex** – £36,654.02

B You  
Brighton Link Plus  
Community Wellbeing Team  
Criminal Justice Liaison & Diversion  
Project SOLAH  
SPPS  
SPPS Paediatrics  
Surrey Heath Family Centre  
Surrey Positive Parenting Service: ADHD 1:1 Work  
Tandridge Family Centre  
Waverley Family Centre

● **Brighton & Hove Link Plus** – £3,188.91

● **Meadows School (Kent)** – £19,439.78

## Amanda

A family were supported by Barnardo's with help around meal times and with food as they were struggling with the cost of living. Aida Van der Pant, a Barnardo's CARE family support practitioner, described how Barnardo's provided vouchers at Tesco and Argos for Amanda's (name changed) son:

"Amanda's son has learning disabilities, cognitive delay, and ongoing physical issues. She has three other children and was struggling with the cost of living. Amanda's son can't eat most foods and that was making things difficult at mealtimes. Amanda needed a new microwave and toaster so she could properly prepare food that her son could eat and make cooking less pressurised so she can concentrate more on using the repetition tools she has gained whilst working with Barnardo's.



We were able to give her some vouchers to buy a microwave, toaster and food. Using the toaster and microwave has reduced how much she has been using the oven and hob which means a lot right now as she was in arrears with her energy bills."

When Amanda received the vouchers she said: "Honestly, this is going to be so helpful. Life has been so stressful and hard."



"The donation really helped me and my children a lot. As we have come from a domestic violence situation, we have no money and have been living in a refuge. This donation is basically helping me and my family out with food for at least two to three weeks. It is so appreciated!

Now my kids will be able to have their little daily treats such as yoghurts, or fresh fruits. It means I'll be able to provide fresh food and home cooked meals for them for 2-3 weeks.

I'm so grateful for this blessing, in hard times like now it means a lot that someone is looking out for others."

Sally\* who received supermarket vouchers.

