



# Arun Estates Quarterly Impact Report – £500,000

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



# Introduction

The generous support we have received from Arun Estates, Cubitt & West, Douglas Allen, Pittis and Wards, is making a vital difference to the children and families we support. We are delighted to share that we are now halfway through our year long programme of support. At this halfway point we have already distributed **£525,209.09** of support directly to **6,883** children, young people and families across the South East. Barnardo's works in communities across the UK, supporting children, young people and their families, to ensure children have positive childhoods – we want the best outcomes for children, young people and families. One of the most major issues affecting children, young people and their families right now is the cost-of-living crisis, with one in five parents reporting they have struggled to provide sufficient food due to the current cost-of-living crisis, and over a quarter (26%) said their child's mental health has worsened due to the situation. Thanks to your support, we are able to provide the practical support of food and fuel, as without these basic essentials children and families find it difficult to engage in our other work and support activities. This impact wouldn't have been possible without your support – on behalf of everyone at Barnardo's, thank you.



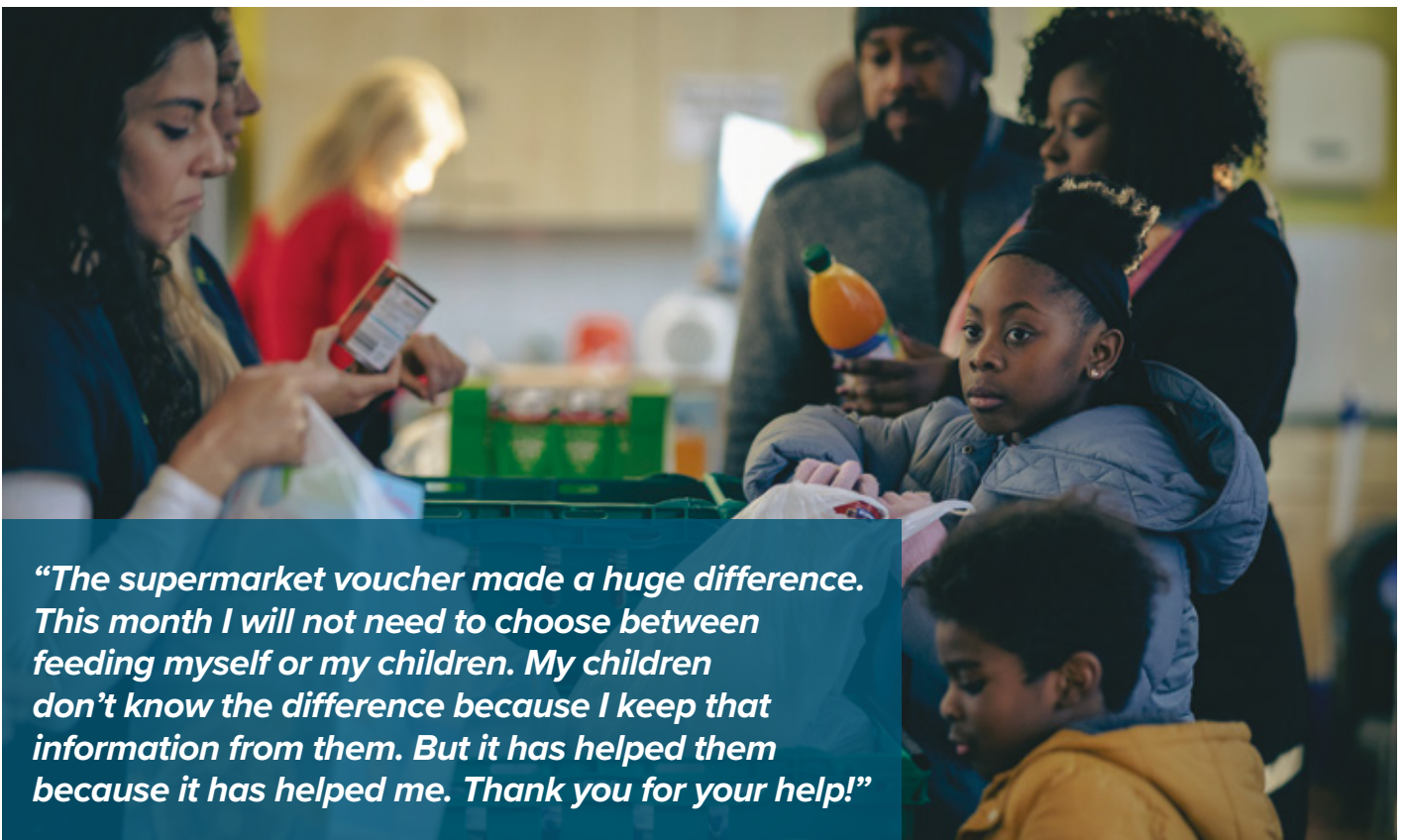
*“This has made a huge difference for us. To be able to purchase some much needed baby items, nappies, a thermometer where she has been unwell, clothing, and also some healthy foods for me while I am breastfeeding. Without this voucher we would have gone without items we really do need.”*

Feedback from a service user who received supermarket vouchers.





*“I managed to buy all the toiletries, washing and cleaning products for a few months so the weekly shop is a bit more manageable as the cost of these items is totally unmanageable. This leaves the weekly money for shopping to buy more variable foods. I truly appreciate the help Arun Estates have provided and the difference it has made to our lives for the weeks ahead.”*



*“The supermarket voucher made a huge difference. This month I will not need to choose between feeding myself or my children. My children don’t know the difference because I keep that information from them. But it has helped them because it has helped me. Thank you for your help!”*

*“We are right on the edge of the income bracket, which means we do not qualify for any government assistance i.e., benefits. After a back injury and a child with additional needs, I have had to drop my hours at work. This has meant we have had to use credit cards to get by, this is a real worry as we see mounting debit. The children are missing out on activities, and we are going without basic necessities just to make ends meet. We now have enough money to get through this month without needing to utilise our credit card. Just thank you Arun Estates!”*

## Mia

**Mia lives in Surrey with her two sons, aged 12 and five.**

**Both boys are autistic, with Sam experiencing mental health issues and the youngest, Ben, having challenges at school and at home due to behavioural issues.**

**Barnardo's has been supporting the family through one of its family centres after receiving a referral from Mia's GP.**

Mia said:

*"Life can be challenging at times. I'm a single mum to two boys who are both on the autistic spectrum.*

*Sam my eldest was struggling at school and masking a lot of his feelings. He was then getting overwhelmed and withdrew into himself. He started isolating himself and was angry and aggressive a lot of the time, especially with his little brother.*

*Ben is also autistic but is very extroverted, very strong headed. He has so much energy!*

*"We were struggling as a family so the GP referred us to Barnardo's. It has really changed our lives.*

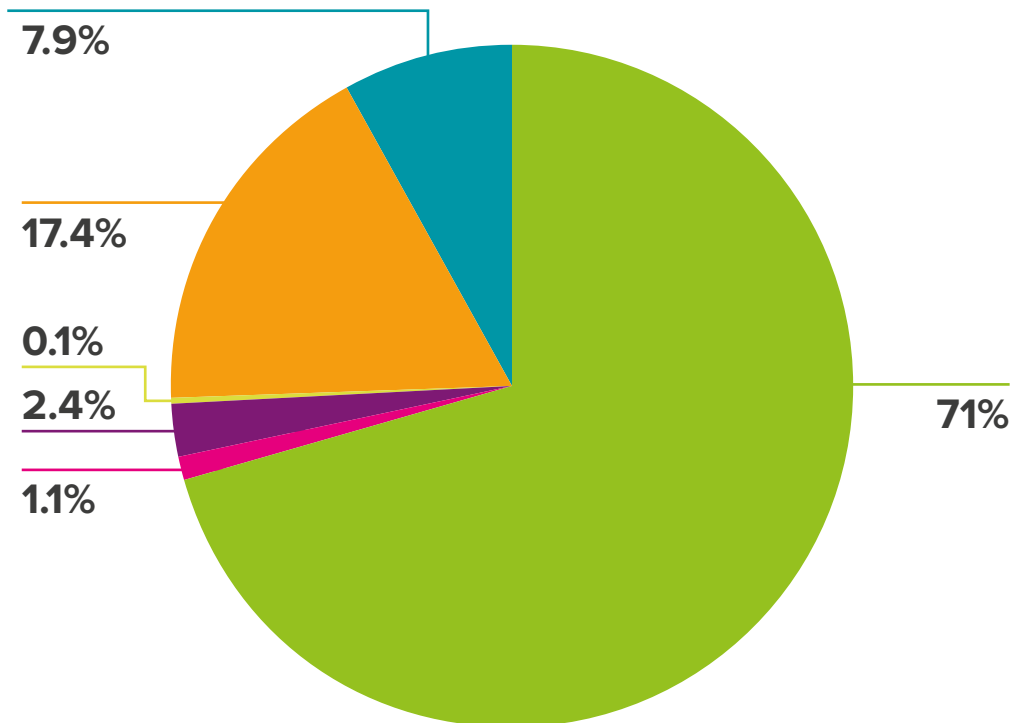
*We've been struggling with the cost of living rise so much – a bag of groceries is costing me twice as much as it did this time last year. I've seen a huge jump in the cost of gas and electric too. Because I'm having to spend more on groceries, I can't always pay the gas bill so am in debt with that. We have the heating on less than we used to try and keep costs down.*

*"The support we've had from our Barnardo's worker Jacqui has been brilliant. As part of this we received some funding for an i-pad for Sam thanks to Arun Estates. I can't tell you what a difference it's made to our lives. It means Sam can now do his homework properly, whereas before he was finding it really difficult to learn and was missing out on the work he should have been doing at home. He was then getting angry and frustrated. So wasn't just affecting Sam, it affected the whole house. We were in this cycle we couldn't seem to get out of.*

*"The boys seem so much more happy and confident now and are much closer. Things are calmer and we actually enjoy spending family time together. I'm so happy to see them play with each other now, and Ben looks up to Sam. Their bond has gotten stronger. The donation really has been brilliant for us and has made life so much better. Thank you so much."*



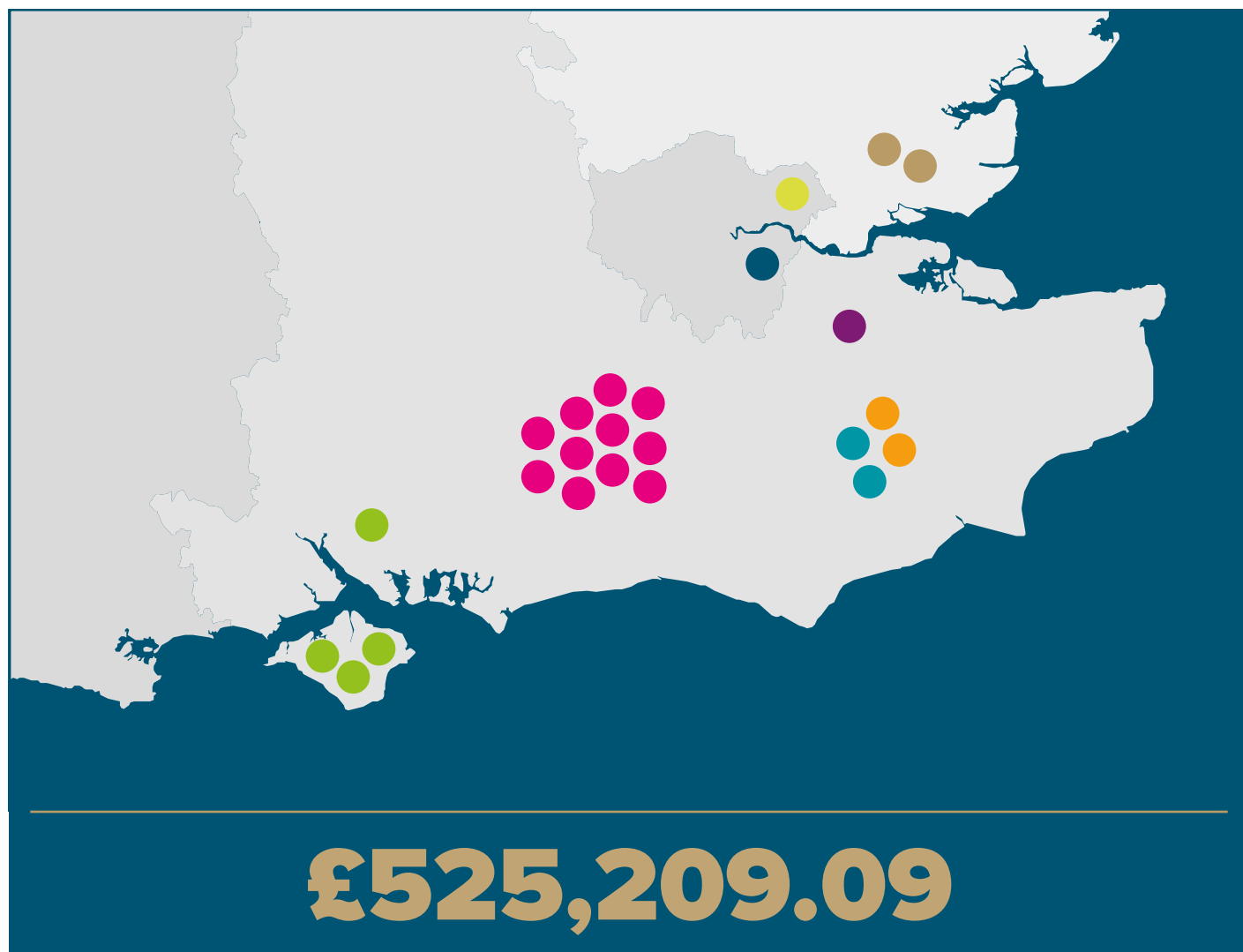
# Your impact



	 Food Vouchers	£372,950.00
	 Clothing	£5,908.47
	 Information Technology & Devices	£12,640.55
	 Fuel	£539.91
	 Mental Health and Wellbeing	£91,551.58
	 Furniture & Equipment	£41,618.58
<b>Total</b>		<b>£525,209.09</b>

# Your impact – Breakdown of Spend by Location

For the full list of Barnardo's services in your local community, please see the appendixes at the end of the report.

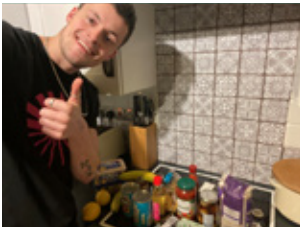


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|--|---------------------------------|
| ● Essex – £99,524.72                                     | ● Surrey & Sussex – £110,725.89 |
| ● Hampshire & Isle of Wight – £232,269.18                | ● Kent – £47,320.22             |
| ● Family Placement (South East) – £10,260.00             | ● East London – £16,625.00      |
| ● Employment, Training & Skills (South East) – £3,559.58 | ● South London – £4,924.50      |



# Thank you Arun Estates from Brighton and Hove Make Trax Young People who benefitted from your generosity and your fundraising!

**Make Trax** – Supporting 15-25 year old young people that are Not in Education, Employment or Training (NEET) or at risk of becoming NEET into suitable education, employment or training opportunities. Increasing confidence, resilience and self-esteem through mentoring, work experience, volunteering, educational opportunities and qualifications.



*“It really helped lift a bit of financial pressure for me and my Mum. We used it for a big food shop and it made a real difference. It costs so much to heat the house at the moment and having some food costs taken care of was really great.”*

Callum, aged 23 – Supported by the Make Trax service

*“This was an enormous help at a very difficult time – thank you very much!”*



*“I’ve just received my voucher for this week’s shopping. I’m ever so grateful. The voucher has helped*

*me this week to provide home cooked meals. Budgeting for 4 children has become so hard with inflation and I’ve suffered with my mental health bringing up 4 children alone due to a marriage breakdown. Having this voucher has helped my children because I can afford home cooked meals rather than frozen cheap alternatives. We can now buy more ingredients to spend time together cooking our meals as a family. Thank you so much.”*



*“Here is everything I was able to get from Tesco. I am so grateful for the voucher as it helped me to get food and stock up on the*

*expensive things like laundry stuff that I wouldn’t usually be able to afford. It also helped me get my daughter new clothing as she’s growing fast.”*

*“Your support has helped massively, it’s helped me get some fresh food and school supplies. It’s meant that my daughter can have school shoes. THANK YOU! It’s really helped me & my children.”*

## Carrie

**Working in partnership with the Arun Estates network has been a massive lifeline for families such as Carrie's.**

**Mum to four children, Carrie who lives in Hampshire, received a £200 supermarket voucher to help with escalating food costs over the Easter holidays.**

**Carrie's children are aged 13; 10; four and 20 months old. A 16-year-old family member is also now part of Carrie's family having moved in at the start of the year.**

**One of Carrie's daughters, Gabrielle, has recently been diagnosed as being on the autistic spectrum. Carrie balances part time work with supporting her daughter's needs, along with bringing up the rest of her family.**

Carrie said:

*"We first started getting support from Barnardo's around four years ago. Our Barnardo's worker supported us as Gabrielle had challenging behaviour and was being constantly excluded from school. Gabrielle struggles to regulate her emotions and gets very angry. We were in a vicious cycle, there was no let up. It was tough at home and very upsetting for everyone. We were really struggling.*

*"Barnardo's has been fantastic and really helped us to cope. Our worker, Sarah, has been a real lifeline for us. Gabrielle has built a really strong connection with her and is confident and happy to meet Sarah. Gabrielle's behaviour has improved thanks to Sarah, she seems calmer and happier. This has helped our family as a whole.*

*"The recent price increases have been another challenge we're having to face. The cost of food has just gone up so much. I do shop around and go to the cheapest supermarkets but it just feels like it's costing a fortune to feed us all. Gabrielle has issues with food, her meals need to be very bland. She eats a lot of chicken which is expensive.*

*"Gas and electric prices have also gone through the roof. Gabrielle takes two showers a day which is costly. To try and keep costs down, we just don't have the heating on any more. All the kids have blankets they wrap up in when we watch the TV at night, and when they're in their rooms they are actually in bed, under the covers, trying to keep warm.*

*"Honestly, the £200 supermarket voucher from Arun estates was a real lifeline. It came at a time when I needed it most – the school holidays. The kids are at home so there are no free school meals for two weeks. It meant I could stock up on food and buy all the kids a small Easter egg, a luxury which would not have happened otherwise. They were so pleased to get an Easter egg, it was lovely to see.*

*"Because I didn't have to worry about the food bill that week it allowed me to pay some arrears off my council tax and pay something towards my fuel bill too. I am so very grateful for this, it took the pressure off for a little while and has been a massive help."*



## Shelley

**Shelley lives with her four children. They are aged 15, 11 and three years old. She also has a six-month-old baby. Shelley is supported by Barnardo's family services in Hampshire.**

**The family recently received a £200 supermarket voucher from the Arun Estates funding. Shelley used the voucher for much-needed food over the half term holidays.**

Shelley said:

*"I can't tell you what a massive relief it was to be given the voucher. I was in tears when it arrived. We were all just overjoyed. I can honestly say it allowed us to have a much better school holiday than I was expecting as I didn't have to worry about providing food for the children. It took the pressure off for a time.*

*"We've all noticed the cost of food and heating going up such a lot. The children eat a lot – they're growing – so how I can feed them is always on my mind. The eldest gets free school meals so when they're not at school, that support isn't available. The school holidays were coming, and I was really worried about how I was going to provide the food they need. My shopping bill has gone up by about £50 a week, it's a real struggle to find that money from somewhere else.*

*The worry does affect my mental health, especially when I know the school holidays are coming up. I scrimp and save as much as I can so we can all eat in the holidays.*

*Heating costs are a worry too. I don't heat the whole of the flat anymore, the electric is just too expensive to have on. We do have a gas fire in the front room which I use for an hour and a half a day to warm things up a bit.*

*"I am so grateful for all the help we get from Barnardo's and for the voucher that came just at the right time. Thank you so much. It really made a massive difference to us all."*



**THANK**

**YOU**



# Appendixes

## Your Impact – Breakdown of Spend by Location and Service Descriptions.

This is the full list of Barnardo's services with your local community, with your support we've been able to go above and beyond to provide the essential basics such as food and fuel to thousands of children, young people and families.

### Essex – £99,524.72

**Essex Child & Family Wellbeing Service** – The Essex Child and Family Wellbeing Service provides an integrated service, for 0-19 (25 – for those with Special Educational Needs and Disabilities) which comprises of parenting programmes, family support and the healthy child programme – including all mandated development checks, health visiting, school nursing and community engagement. Delivered from a network of family hubs across all 12 districts in Essex.

**Essex Advocacy (Mental Health)** – Provides support and advocacy for children accessing mental health support in both community and inpatient settings to ensure they can have their voice heard in their treatment journey.

**Essex Military Corrective Training Centre Family Support** – Provides support to children and families where a parent is incarcerated whilst serving in the UK armed forces.

**Essex GAP Homes** – Supported accommodation project for young people leaving care.

### Hampshire & Isle of Wight – £232,269.18

**Frankie** – The Frankie Counselling Service offers therapeutic counselling to children up to the age of 18, who are victims of child sexual exploitation, sexual abuse or female genital mutilation. The counsellors work with the individual at their own pace, helping them to explore their thoughts and feelings and understand their past experiences.

**The Hampshire Special Parenting Support Service (HSPSS)** – The HSPSS provides parenting programmes for parents and carers who have children aged 5-17 who; have a diagnosed Autistic Spectrum Condition, have a diagnosis of Attention Deficit Hyperactivity Disorder, are experiencing mild-moderate conduct disorder, have behaviour that challenges or are teenagers displaying anti-social behaviour including child to parent violence. Our parenting programmes offer opportunities to share experiences through discussion and evaluations. We encourage parents/carers to share their child/young person's views and wishes to help us understand and consider their point of view.

**Isle of Wight Family Centres Early Help Service** – Offering services for families with children 0-19 including parenting advice and support and evidence-based parenting programmes and signposting to appropriate services. We also provide specialist parenting programmes for Autistic Spectrum Condition and Attention Deficit Hyperactivity Disorder.

**TrustTalk2** – The TrustTalk2 counselling service provides therapeutic counselling to children and young people aged 0 – 18 years, who are victims of child sexual exploitation and sexual abuse. Offering children and young people the opportunity to explore any emotional health and wellbeing difficulties they are experiencing with specifically trained and qualified counselling therapists.

### **Family Placement (South East) – £10,260.00**

**South East Fostering and Adoption** – There are thousands of children in the UK currently waiting to be placed with foster carers or adoptive families. We aim to help as many of them as possible. If a child can't be looked after by his or her birth parents, they will be fostered or adopted. We are the largest not-for-profit fostering and adoption agency in the UK and have over 100 years' experience of placing children with families. We find, train and support carers and adoptive families so they can transform children's lives.

### **Employment, Training & Skills (South East) – £3,559.58**

**JOBS Project** – The service supports care leavers and young people that are Not in Education, Employment or Training (NEET) or at risk of becoming NEET, into employment through a 10-week course to give young people all the skills and knowledge they need for a job.

**Make Trax** – Supporting 15-25 year old young people that are Not in Education, Employment or Training (NEET) or at risk of becoming NEET into suitable education, employment or training opportunities. Increasing confidence, resilience and self-esteem through mentoring, work experience, volunteering, educational opportunities and qualifications.





## Surrey & Sussex – £110,725.89

**B You** – The service celebrates the potential neurodiversity of children that present with traits of ADHD and children who have a diagnosis of ADHD. This term time only service goes into state primary schools in Surrey to complete 1 hour group sessions with groups of up to 6 referred children over a 6-week period working on transition, anxiety, self-esteem and self-awareness.

**Community Wellbeing Team** – The Community Wellbeing Team offers support to young people, aged 6-18, across Waverley, Woking, Surrey Heath and Spelthorne in Surrey. The aim of the service is to support emotional health and wellbeing, giving children and young people a central voice in decisions about their care and recovery.

**Surrey Criminal Justice Liaison & Diversion Service** – A service to support young people who have been in or been affected by the criminal justice system, offering support and opportunities.

**Project SOLAH (Safe Online At Home)** – A service to support young people who have been identified as being involved in uploading/distributing of Child Sexual Abuse material, supporting both parents and young people to remain safe online.

**Surrey Positive Parenting Service** – The service supports children (6-18 years old) who have a diagnosis of, or who are awaiting a diagnosis of ADHD. We have two skills building programmes, The Parent Factor in ADHD is for parents/carers of children that have an ADHD diagnosis (8-week skills building programme) and the Nurturing Programme, delivered with ADHD as a clear focus, is for those parents/carers awaiting a diagnosis for their child.

**Surrey Positive Parenting Service: Under 5's Parenting Service** – The service supports children under 6 years old, who have a diagnosis of, or who are awaiting a diagnosis of ADHD/ ASD.

**Surrey Family Centres** – Family centres support families with children aged 0-11 to find a solution to the parenting and relationships challenges they face and to grow in confidence to manage future difficulties. The aim of the family centre is to help families build their own resilience and support network.

**Surrey Positive Parenting Service: ADHD 1:1 Support Service** – The service supports children (6-18 years old) who have a diagnosis of, or who are awaiting a diagnosis of ADHD. This support and advice are delivered in an 8-week programme, supporting service users to gain confidence and skills to raise self-esteem and build resilience.

**Brighton & Hove Link Plus** – This service provides Short Breaks and Fostering for children and young people with Special Educational Needs and Disabilities (SEND) in Brighton.

### **Kent – £47,320.22**

**Barnardo's Meadows School (Kent)** – Specialist day school for day students aged 7-19 with social, emotional, mental health and behavioural difficulties and a statement of special educational needs. Many students who attend Meadows School have been out of mainstream school for a long time, in some cases they have been excluded from multiple schools. We enrich our students time and education at Meadows School with opportunities, qualifications and well-being support, and empower them to make healthy and beneficial decisions for themselves and to have positive futures.

### **East London – £16,625.00**

**Bow and Wetherell Nursery** – this service provides childcare provision and nursery education to children aged between 3 months and 5 years.

### **South London – £4,924.50**

**Kickstart Service** – provides support to care leavers transitioning to independent living, including advice, supported lodgings, help getting a job. The Service provides a combination of 1:1 and group support sessions aimed at increasing and improving young people's independence skills, community integration, self-confidence and mental health.



