

Count Your Blessings



This Lent, you can help us give children a safe and happy childhood. Join us and Count Your Blessings for 40 days.

Day 1

14 February

As the world expresses love today for Valentine's Day, take a moment to remember how Jesus showed love in action.

And think about how you can show love as an action in your life.

Day 5

19 February

We believe there's a star in every child. And that by supporting their mental health and wellbeing, it can shine bright. We help children and young people process their experiences and build resilience to face life's tough times.

Think about five people who've helped your star to shine and thank God for them.

Day 2

15 February

In 1869, the Reverend Dr Thomas Bowman Stephenson saw children living rough under the arches of Waterloo Station. Instead of walking past them, he started a charity to support them. And the rest is history. Today, we continue to provide practical and emotional care and support. We make sure children's voices are heard, and we campaign to bring lasting improvements to their lives.

Spread the word about Count Your Blessings. Donate 10p for every person you tell.

£

Day 6

20 February

Find out more about what's going on at Action for Children by **following us on Facebook, Instagram and X.**

Day 7

21 February

Action for Children gave Angel a safe and loving home at our Rowan Lea Children's Home in Scotland when she was 16 years old. Angel, who has a mild learning disability, now says that the staff at the children's home are like her second family.

Take time today to be thankful for people who come into your life and become family.

Day 3

16 February

More than 4.3 million children in the UK are living in poverty. That's 29% of all children.

Take a moment today to pray for children and families who need help.

Day 4

17 February

Poverty can have a devastating impact on children's lives. Across the UK today, families have to make the awful choice between paying the rent or putting food on the table.

Donate 20p of your weekly food budget.

£

Day 8

22 February

Angel wrote a tribute about how loved she feels by each staff member and why. Here's an excerpt:

"I feel loved when Jenny cooks. I feel loved when walking with Sara. I feel loved when Claire supports me when I'm upset. I feel loved when Mark has banter with me..."

Donate 50p for every time you've felt loved this week.

£

Day
9

23 February

Angel feels strongly about being a voice for care-experienced young people and is passionate about changing the narrative around how young people in care are viewed.

Scan or click the QR code and join our campaign asking for a children's social care system reset.



Day
15

1 March

Today is International Wheelchair Day. We support disabled children and young people to gain confidence and independence. And we're there for their families when they need us.

Take a moment to think about how you could help increase accessibility in your work or community spaces for wheelchair users.

Day
10

24 February

Regular, ongoing support means we can plan our resources and be a vital lifeline for families and children whenever they need us. Whatever the time of year.

Consider becoming part of our regular giving family. Find out more at actionforchildren.org.uk/support-us/make-a-donation/donate-now/



Day
16

2 March

Sara and Chris have opened their home and hearts to over 29 families through parent and child fostering. They've been providing vital parenting support to vulnerable families.

Donate 29p today – 1p for every family Sara and Chris have helped.

£

Day
11

26 February

Take some time today to write down 10 things you're grateful for.

Pray for people struggling right now – may they feel hope.

Day
17

4 March

Parent and child fostering, the kind that Sara and Chris provide, is where families live with foster carers for around three months – but can stay for as long as 18 months. During this time, carers observe the family, sharing essential advice and parenting skills.

Say a prayer today for everyone supporting families to stay together.

Day
12

27 February

Our short breaks give young carers the chance to try fun activities and meet other people going through similar things. They also give them time away from their caring responsibilities.

Donate 20p if you've taken a break today.

£

Day
18

5 March

As well as fostering with Chris, Sara has a varied background supporting children. She told us:

"I've worked in education for a long time. I completed a counselling course which was really useful. It taught me how to relate to others by standing in their shoes, how to really listen and provide the support they need."

Donate 20p for every person in your life that's listened when you needed to talk.

£

Day
13

28 February

Take some time to think about what family means to you.

Pray for children and young people starting life with a new family.

Day
14

29 February

Everyone needs a safe place to sleep. Our Dorset Nightstop services offers young people emergency accommodation and keeps them off the streets.

Donate 20p for every bedroom in your home.

£

Day
19

6 March

Childhood is short and precious. We don't have long to get it right.

Say a prayer for children who are struggling – that they get the support and care they need.

Day
20

7 March

It can be hard to know where to turn for help. Our Parent Talk website offers families down to earth advice, expert information, and the chance to chat to our parenting coaches.

Share our Parent Talk website with any parents and families you know.



Day
21

8 March

Today is International Women's Day – a chance to come together and commit to meaningful change for gender equality.

Give thanks for the women in your life.

Day
22

9 March

Tomorrow is Mother's Day. A time to share love and gratitude to whoever may fill the role of mum in our lives. For vulnerable children, it can be a tough day.

Say a prayer for all mums and anyone who might find Mother's Day hard.

Day
23

11 March

Every child should be able to fulfil their potential. We offer specialist support, education and training that helps young people to thrive.

Donate 10p for every person who helped you when you were young.

£

Day
24

12 March

Take some time today to think about the possessions you're thankful for. And to remember those who don't have what they need.

Find time during Lent to donate to a charity shop.

Day
25

13 March

Across the UK, we helped 765,905 children, young people and families in 2022/23. We want every child and young person to have a safe and happy childhood, and the foundations they need to thrive.

Donate 20p for every safe and happy place you've called home.

£

Day
26

14 March

Siobhan*, 26, fled an abusive relationship with the father of her son Aidan to make a new life in a new area. Action for Children stepped in with parenting support when Aidan struggled to adjust.

Say a prayer today for people facing abuse.

Day
27

15 March

Siobhan had to go onto Universal Credit in September 2020 but still found it hard to make ends meet. She couldn't afford a new toddler bed for Maia, 3, when her old one broke. So Action for Children stepped in again and provided her with a new bed.

Donate 20p for every bed in your home.

£

Day
28

16 March

Siobhan told us:

"I used to have a big issue of asking for help, I was so shy and I was worried about being judged - but there is no judgment and only help."

Ask for help when you need it today. You'll be showing others that it's ok to need support.

Day
29

18 March

Every 15 minutes a child goes into care in the UK. We're there to support them.

Donate 15p for every day this week.

£

Day
30

19 March

Writing your will is important, whatever your age or stage of life. It helps protect your loved ones, leave a lasting legacy and give you a feeling of meaning and purpose. Last year, over 20% of the donations we received came from gifts in wills.

Scan or click the QR code and find out how you can support Action for Children in this special way.



Day
31

20 March

It's International Day of Happiness. And we believe every child deserves a safe and happy childhood.

Donate 50p for every person in your life that makes you happy.

£

Day
32

21 March

Use your worship as an opportunity to talk about Action for Children's work and why it's so vital.

You can find inspiration and resources at: [actionforchildren.org.uk/countyourblessings](https://www.actionforchildren.org.uk/countyourblessings)





22 March

It's World Water Day. But for many of the families we work with, heating and hot water is a luxury they can't always afford.

Donate 20p for every time you used hot water today.

£



27 March

Small change can make a big difference. Home collection boxes raise about £500,000 every year. Let us know if you'd like an Action for Children small change box for your home or church.

Call 0300 123 2112 to order a collection box or donate 20p if you already have one.

£



23 March

At our warm and welcoming children's centres, parents can get together and find the advice they need. This means they can get on with being a great parent.

Donate 20p if you're planning a family gathering this Easter.

£



28 March

Our 'All Worked Out' report revealed that work doesn't necessarily provide a route out of poverty and hardship for many families.

Donate 20p of your bills budget and say a prayer for families struggling to pay for essentials.

£



25 March

Think about a person in your life who's a source of support – someone who you're really happy to know.

Get in touch and tell them you appreciate everything they do.



29 March

Your support makes what we do possible. And there are lots of ways you can help – from fundraising and volunteering to campaigning for change.

Your local fundraiser is here to help: **actionforchildren.org.uk/find-your-fundraiser**



26 March

Our community short breaks give disabled children the opportunity to try something different, have fun and pick up new skills. They also give families a much-needed break.

Donate 20p if you've taken or planned a holiday this year.

£



30 March

We've been here for vulnerable children for over 150 years. And the Methodist Church have been by our side every step of the way. We're incredibly grateful for everything you do.

So today we simply want to say 'thank you'.

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Total amount raised: £

Gift Aid declaration

If you are a UK taxpayer and would like to help Action for Children claim valuable extra funds – at no further cost to you – then please tick the box below and return this Gift Aid Declaration to: **Supporter Care, FREEPOST REUY-EGCU-ZKZL, 3 The Boulevard, Ascot Road, Watford, WD18 8AG.** Or email it to **ask.us@actionforchildren.org.uk.**

Please tick:

I'd like Action for Children to claim Gift Aid on this donation, any future donations I make, and those I've made in the past four years. I confirm I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

Name:
Address:
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Date today: / /

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Please notify us if you want to cancel this declaration, change your name or home address, or if you no longer pay sufficient tax on your income and/or capital gains.

Tel: 0300 123 2112 Email: ask.us@actionforchildren.org.uk
Action for Children, 3 The Boulevard, Ascot Road, Watford, WD18 8AG
actionforchildren.org.uk

As a valued supporter, we would love to send you regular updates about our work – including heartfelt stories, exciting events, and information about how you can continue to support vulnerable children and young people in the UK.

You will hear from us by post or by telephone, unless you choose to opt-out:

No, I do not want Action for Children to contact me by: Phone Post

We would also like to keep in touch with you in the following ways.

Yes, I'm happy for Action for Children to contact me by:

Please Tick: Email Text Message

You can change your preferences at any time by calling 0300 123 2112

or emailing **ask.us@actionforchildren.org.uk.**

For more information on how we keep your data safe please read our

Privacy Policy at **actionforchildren.org.uk/privacy.**

At the end of Lent, please give the money you collect to the person who gave you this sheet or send a cheque made payable to Action for Children to:
Action for Children, 3 The Boulevard, Ascot Road, Watford, WD18 8AG
Please include this return slip.

