

# COUNT YOUR BLESSINGS

HOW

ACTION FOR CHILDREN

WORKS

## Day 1:

Action for Children began in 1869 when a Methodist Minister, Thomas Bowman Stephenson, decided to take action and give homeless children on the streets of London a safe place to call home.

**Donate £1 for every place you've called home.**

£ \_\_\_\_\_



## Day 2:

Action for Children does what's right, what's needed and what works. For every £1 we spend, 85p goes directly towards helping children and families, and – with rising levels of poverty, abuse, and neglect – it's vital that this is the case.

**Make time today to do a good deed for someone you encounter.**



## Day 3:

Regular donations are essential, helping us to provide the stability that vulnerable children and young people need, and allowing us to protect them where necessary. Our regular supporters provide a stable source of funds to carry out long-term work, and keep our vital projects running.

**To consider becoming a regular donor visit [actionforchildren.org.uk/donate](http://actionforchildren.org.uk/donate)**



## Day 6:

In 2018, Action for Children directly helped 301,000 disadvantaged children, young people and families across the UK through 550 wide ranging services.

Take the time this week to find a volunteering opportunity in your area.

**Visit [actionforchildren.org.uk/volunteer](http://actionforchildren.org.uk/volunteer) for more information.**

## Day 5:

Take some time today to reflect on what you do for your family, friends or community. Think about any personal changes you might want to make during the 40 days of Lent.



## Day 4:

Small change can make a big difference! Home collection boxes raise up to £500,000 every year. Let us know if you would you like an Action for Children small change box for your home.

**Please call 0300 123 2112 to order your collection box.**



## Day 7:

Hundreds of children and family centres up and down the country give isolated parents the chance to meet others – and the early support they need to get on with being a great parent.

**Donate 50p if you're planning a family reunion this Easter.**

£ \_\_\_\_\_



## Day 8:

Up and down the country, support for families is disappearing and children are bearing the brunt. Our goal is to act early so that children get the best possible start in life. To help us support more children, sign-up to our Best Start in Life campaign and spread the word to friends and family.

**Visit our website to find out more and sign our petition: [actionforchildren.org.uk/beststart](http://actionforchildren.org.uk/beststart)**



## Day 9:

Every year hundreds of families, schools and children's centres raise money for Action for Children by signing up for our **Giant Wiggle** fundraising event.

To find out more about this fun-filled activity visit [actionforchildren.org.uk/giantwiggle](http://actionforchildren.org.uk/giantwiggle)

**Donate 50p if you've ever read The Very Hungry Caterpillar™.**

£ \_\_\_\_\_



## Day 16:

It is estimated that, in the last year, around 1.3 million young people aged 16-24 have slept rough or in an unsafe place, and just under 300,000 are doing so on any one night. Bye Night is our annual sleep-out event to raise awareness and funds for children at risk of homelessness.

**Donate 20p for every bed in your home.**

£ \_\_\_\_\_

## Day 15:

Write down the names of five people you've encountered over the course of your life, who have helped you in some way. If you can, reach out to one (or more) of them and say thank you. Take a moment to say a prayer for Action for Children staff and volunteers who keep the services running.

## Day 14:

Action for Children advocates on behalf of disabled children and young people. Four out of ten disabled children live in poverty. Community short breaks allow disabled children to have fun and learn new skills while families get a respite from having to deliver 24-hour care.

**Donate 50p for every holiday you've taken or planned this year.**

£ \_\_\_\_\_



## Day 17:

Action for Children services include Dorset Nightstop, which provides emergency accommodation for homeless young people aged 16 to 25-years-old. Just £5 a month could pay for emergency overnight support for a young person living on the street.

**Find time this week to make a donation to your local homeless shelter.**

## Day 18:

Beyond a safe place to call home, we also help children get back into education or work. Our community Swap 'n' Shop and employability programmes are just two of the ways in which we help to do this.

**Donate 20p for every job you've had.**

£ \_\_\_\_\_

## Day 19:

Our incredible London Marathon runners raised over £100,000 last year. If you fancy taking on a challenge – from the Great North Run to cycling Ride London – we'd love to hear from you.

**Visit [actionforchildren.org.uk/challenges](http://actionforchildren.org.uk/challenges) or call 0300 123 2112 for more information.**



## Day 26:

Child neglect is the most prevalent form of child abuse in the UK, affecting 1 in 10 children. The best way to tackle neglect is to start with prevention. We always try to act quickly before small problems escalate.

**Donate 50p for any problem tackled today.**

£ \_\_\_\_\_



## Day 25:

Take some time to think about a person in your life who is a source of support to you, and who you are thankful to know. If you can, make some time to contact them this week and show you appreciate them.



## Day 27:

"Sometimes no-one believes you. No-one comes to your house to see what's going on. So no-one might know or can tell from the outside." Chloe, young person

**Contact your local fundraiser to see how you could make a donation to your local family or children's centre.**

## Day 28:

Neglect robs a child of their childhood. Data from all our services across the UK shows that 74% of children at risk of neglect experience an improvement in family life due to improved routines. Our work changes lives.

**Donate 50p for every hot meal you will have today. £ \_\_\_\_\_**

## Day 24:

£10 could pay for a one-to-one counselling session for an abused child. There are various ways that supporters can raise money for Action for Children. Having a clear out of unwanted clothes is just one great idea.

**Call our Supporter Care team on 0300 123 2112 to organise a delivery of Clothes Aid bags to your local church or workplace.**

## Day 20:

Think about the places where you feel most welcome and safe, and that you are thankful to have in your life. Pray for those who do not have a safe and stable home.



## Day 23:

The Blues Programme, funded by Royal Mail, is an internationally acclaimed evidence based 'blues busting' course for teenagers aged 13-19, which aims to reduce the signs of adolescent low mood and negative thoughts and promote prevention.

**Donate 10p for every person you've spoken to today.**



## Day 30:

Take time today to think about a happy childhood memory you are thankful for.

**Say a prayer for children and young people living in unsafe or dangerous living situations.**

## Day 33:

Struggling families across the UK have to make the choice between paying the rent or putting food on the table. Just £3 a month could pay for a child to have a healthy and nutritious dinner.

**Donate 50p for every trip made to the shops this week.**

£ \_\_\_\_\_

## Day 11:

Action for Children has been finding stable, loving homes for children who need them for 150 years. We're always on the lookout for loving, supportive and determined people to offer children a permanent place to live. Could you give a child a loving home or recommend a friend?

**Visit [actionforchildren.org.uk/fostering](http://actionforchildren.org.uk/fostering) for more information about fostering with us.**

## Day 12:

Action for Children works with and supports young carers across the UK, offering practical and emotional support to ensure they enjoy life and achieve, just like their peers. We provide regular breaks, access to fun activities, and opportunities to meet other young people in similar situations.

**Donate 20p for every break you take during the day.**

£ \_\_\_\_\_



## Day 21:

Build Sound Minds is a campaign to build better mental and emotional wellbeing in young people. We share resources and guidance for parents, from Action for Children's mental health services team.

**Visit [buildsoundminds.org.uk](http://buildsoundminds.org.uk) for more information.**

## Day 22:

75% of adults with lifelong mental health issues first experience symptoms before they are 18. We work hard to make a positive impact on the emotional wellbeing of children and young people in the UK.

**Make time this week to reach out to a family member, friend or colleague.**

## Day 31:

An estimated 3.7 million children in the UK live in poverty. Children born into poverty miss out on opportunities enjoyed by their peers.

**Donate 50p if you've ever owned a toy box**

£ \_\_\_\_\_



## Day 35:

Think about a possession or object you have that makes your life more convenient.

**Take a moment to say a prayer for those who live below the poverty line.**



## Day 38:

From volunteering at our '1869' pop up retail shops, to helping out at a local children's centre, there are many ways to give your time and make a difference for Action for Children.

**To find out more about volunteering with us please visit [actionforchildren.org.uk/volunteer](http://actionforchildren.org.uk/volunteer)**



## Day 29:

Throughout the year, Action for Children holds various events, supports different campaigns and inspires supporters to fundraise in various ways.

**To find out more about what's going on at Action for Children and how you could get involved, take time today to follow us on Twitter, Facebook, Instagram or YouTube.**

## Day 39:

From bake sales to sponsored walks, there are lots of great ways to raise money for Action for Children.

**For inspiration, download our fundraising pack at: [actionforchildren.org.uk/how-to-help/fundraising-ideas](http://actionforchildren.org.uk/how-to-help/fundraising-ideas)**

## Day 40:

Action for Children has supported vulnerable children for 150 years. With your support, we continue to work towards our ambition that every child who needs help, gets help.

**Today we simply want to say thank you.**



### TOTAL AMOUNT RAISED:

□ Count Your Blessings £ \_\_\_\_\_

We value your support and we promise to respect your privacy and keep your details safe in accordance with the Data Protection Act (1998). Your data will not be given or sold to any third party and only kept and used for the purposes of Action for Children's work.

You can change the way we keep in contact at any time by simply emailing [ask.us@actionforchildren.org.uk](mailto:ask.us@actionforchildren.org.uk) or calling 0300 123 2112.

I am happy for Action for Children to contact me via:  
 Phone  Email  SMS  Mail

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.

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

**Gift Aid declaration**  
 I would like Action for Children to claim Gift Aid on any donations I have made within the last four years, this donation and all donations I make in the future until further notice. I confirm I have paid or will pay an amount of UK Income Tax and/or Capital Gains Tax for each year (6 April one year to 5 April the next) that is at least equal to the amount of tax that all charities or Community Amateur Sports Clubs that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand that Action for Children will reclaim 25p of tax on every £1 that I give.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

