COUNT YOUR BLESSINGS

Lent 2016
An increasing number of Methodists observe Lent by giving something up. This year I am challenging our people to observe Lent by abstaining from alcohol, and to use this time of prayer, reflection and abstinence to support Action for Children putting the usual monies for alcohol to the very excellent work they do. If you are a teetotaller like me you may wish to hold back from a regular treat. I love chocolate cake and shall abstain from eating or buying them and send my money also to the Action for Children, ‘Count your Blessings’ project. I wish you a blessed Lent and joyful Easter.

Steve Wild,
President of the Methodist Conference.

GIVE IT UP FOR LENT

Action for Children works with many children and families who are often facing some impossible choices like whether to pay their rent, their heating bills or spend the money on food. Some parents forsake food in order to feed their children. Could you give up something during Lent, to help Action for Children continue this amazing work? Ask your family and friends to sponsor you for making a sacrifice for a day, a week or even the whole of Lent.

Contact us for a sponsor form or set up an online page by visiting virginmoneygiving.com/giving search for Action for Children and select ‘Count your Blessings - Give it up for Lent’ from our events list.

GUILTY PLEASURES
Give up something sweet like chocolate, cake or biscuits. Why not give up bad habits like biting your nails?

UNPLUG AND PLAY
Turn off those technological devices and spend time doing activities. Put away your mobile phone, turn off your television and stop playing computer games. Why not spend some quality time playing, reading, doing crafts or an outdoors activity instead.

FOR THE GROWN UPS
Could you go without caffeine or alcohol during Lent? Or be creative, stop wearing a watch, swap the car for public transport or take up something new for Lent.
Lent 2016

COUNT YOUR BLESSINGS

Action for Children has made a promise to the UK’s most vulnerable and disadvantaged children: to always be there for them. Donations from generous people like you mean we’re able to keep this promise. We invite you to take your action for children this Lent, after Shrove Tuesday, by simply donating what you can based on how much you are blessed each day.

1 How many pancakes did you and your family eat yesterday? Donate 5p for every pancake you and your family made yesterday.

Today’s donation

2 Sundays are not counted during the forty days in Lent so each Sunday represents a ‘mini-Easter’. Donate 10p for every Sunday during Lent.

Today’s donation

3 Across the UK 4 in 10 disabled children live in poverty and particularly high levels of stress and isolation. Donate 10p for every person you have had a conversation with today.

Today’s donation

4 Action for Children promotes social justice by lobbying and campaigning for change. If you have read a newspaper today, donate the cover price.

Today’s donation

5 Action for Children recently launched a campaign calling for people with a special quality – something that they call #stickability. It means believing in yourself, and sticking around for #stickability.

For more information on fostering someone, and sticking around for #stickability.

Calling for people with a special
donating 10p.

Today’s donation

6 21 is the average age the public think young people should leave home, but 33% of young people leave care is 18. Donate 20p for everyone over the age of 21 in your household.

Today’s donation

7 Many supporters save their small change for Action for Children in a home collecting box. Please call 0300 123 2112 if you would like a box of your own.

Today’s donation

8 Over a week has passed. Donate 10p for everything you miss that you’ve given up for Lent.

Today’s donation

9 A balanced diet is important for children and adults alike, and our family centres have fruit bowls ready for children who visit. Donate 10p for each piece of fruit you’ve eaten today.

Today’s donation

10 Many neglected children wear clothes that aren’t suitable for the colder weather. Donate 20p for every winter coat you own.

Today’s donation

11 Managing money is an essential life skill. The young people we support have missed years of school or lacked the family environment to learn basic skills, from budgeting to paying bills. Donate 5p for every time you’ve used a credit card today.

Today’s donation

12 Neglected children may not have any toys to play with. If you have a toy box in your home donate 50p.

Today’s donation

13 Contact with family and friends is very special. Donate 20p for every time you speak to a friend on the phone today.

Today’s donation

14 Step out for Children walks are a great way to get your local community involved and aware of the work of Action for Children. To find out more about organising your own Step Out walk, call us on 0300 123 2112.

Today’s donation

15 Each year Action for Children holds Byte Night, a sleep out for IT professionals, to raise money and awareness of homelessness. Donate 20p for every bed in your home.

Today’s donation

16 We successfully campaigned for a national web portal for reporting neglect so the public can report concerns and be aware of the work of Action for Children. To find out more about organising your own Step Out walk, call us on 0300 123 2112.

Today’s donation

17 To find out more about what’s going on at Action for Children view our Facebook page and “like” us or why not follow us on Twitter.

Today’s donation

18 In March, children up and down the UK will be doing the conga in The Giant Wiggle for Action for Children, in partnership with The Very Hungry Caterpillar™. If you’ve been lucky enough to read this wonderful children’s book please donate 10p.

Today’s donation

19 Early support for children means preventing and helping to prevent crises, or stopping problems arising in the fir st place. By reaching out early, we can reduce the number of neglected children, improve their health and boost their life chances. Donate 30p if you have had a hot meal today.

Today’s donation

20 Many children and young people have never been on a holiday. Donate 10p if you have been or are going on a holiday this year.

Today’s donation

21 We successfully campaigned to make the criminal law on child neglect to protect children from emotional abuse. In serious cases of neglect a child may not even know when their birthday is. If your birthday falls during Lent donate £1.

Today’s donation

22 Do something rewarding this Lent and consider leaving a gift in your will to Action for Children. Your legacy could help us be there for vulnerable children and young people. To find out more please call 0300 123 2112 or email legacies@actionforchildren.org.uk

Today’s donation

23 Some of our family centres have special computer courses for parents to improve their IT skills. Donate 20p if you have used a computer today.

Today’s donation

24 Every year Action for Children has runners at the ultimate endurance test and one of the most iconic running events in the world – The London Marathon. Visit our website for more details.

Today’s donation

25 Action for Children works with many children and young people who are facing some impossible choices like whether to pay their rent or spend the money on food. Why don’t you arrange a lunch and invite your friends along in return for a contribution to Action for Children? Donate 5p for every food item on your shopping list this week.

Today’s donation

26 Action for Children staff offer families advice on eating healthily on a budget. Donate 5p for each different type of vegetable you eat today.

Today’s donation

27 Action for Children has street children participating in the 100-mile Ride London Cycling event raising funds for vulnerable young people. For more information visit our website.

Today’s donation

28 Our innovative youth arts programmes encourage young people to express their feelings through art. Donate 5p for every picture displayed in Your Children’s Hour theme was ‘unplug and play’ – encouraging young people to spend time with the children in their lives by doing activities that didn’t involve technology. Donate 20p if you have done a jigsaw puzzle today.

Today’s donation

29 Easter is coming – Donate 10p if you have bought an Easter egg so far this year (and another 10p if you have already eaten one!)

Today’s donation

30 Every July we hold an Annual Reunion where our old boys and girls and the staff that looked after them in our homes meet up. It’s a day of sharing memories and reconnecting with their ‘extended family’. People travel from all over the UK and overseas to be reunited and reminisce with those they grew up with. Donate 30p if you meet up with an old friend during Lent.

Today’s donation

31 Give 10p for every book you lend to a friend during Lent, and write a note of warm wishes as a bookmark.

Today’s donation

32 Children need to be able to play but not all families have the luxury of having their own garden to enjoy. Our children’s centres give a safe space for families to play. Donate 5p for every different type of bird you see today.

Today’s donation

33 Toys only require a child’s imagination and are very well loved at Action for Children services. Renewing these items can be expensive. Donate 5p for every toy you own in your home.

Today’s donation

34 Adequate heating and hot water can be a real luxury for some families. Donate 20p if you have had the heating today or enjoyed a warm bath or shower.

Today’s donation

35 Neglected children may spend little or no time with their parents or carers. Donate 50p if you have been on a family outing during Lent.

Today’s donation

36 Why not organise a Great Easter Bake Off. Everyone loves home-made cakes and you can ask for donations to be made to Action for Children in return.

Today’s donation

37 Last year our National Children’s Hour theme was ‘unplug and play’ – encouraging young people to spend time with the children in their lives by doing activities that didn’t involve technology. Donate 20p if you have used your laundry today.

Today’s donation

38 A sign of neglect can be children regularly wearing dirty clothes. Donate 30p if you have used your laundry today.

Today’s donation

39 Some of our family centres have special computer courses for parents to improve their IT skills. Donate 20p if you have used a computer today.

Today’s donation

40 Methodist churches raise thousands of pounds for Action for Children each year. Well done on taking your action for children this Lent. Without you we wouldn’t be able to help as many children and young people as we do.

Today’s donation

Total raised: £

Total Amount Raised:

☐ Count your Blessings £

☐ Give it up for Lent £

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 sold or passed 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 or calling 0300 123 2112.

I am happy for Action for Children to contact me via:

☐ Phone ☐ Email ☐ SMS ☐ Mail

Please complete both sides of the form.
Action for Children
3 The Boulevard
Ascot Road
Watford
WD18 8AG

Action for Children supports and protects the young and vulnerable as they grow up. We make their lives better: now, tomorrow and every day.

actionforchildren.org.uk

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: 

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