

# 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**

In 1869, the Reverend Dr Thomas Bowman Stephenson saw children living rough under the arches of Waterloo Station. Instead of walking past them, he took the time to listen to their stories of child labour, the workhouse, a lack of education, and child prostitution. He started a charity and the rest is history. Inspired by his spirit, we provide practical and emotional care and support. We make sure children's voices are heard, and campaign to bring lasting improvements to their lives.

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

£

**Day 2**

More than 4.3 million children in the UK are living in poverty. On average, that's nine children out of every class of 30.

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

**Day 3**

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 if you went to the shops this week.**

£

**Day 4**

We believe there's a star in every child. It's their boundless energy – their curiosity, personality and imagination. It's the qualities that make them who they are. When a child has the safe and happy childhood they deserve, their star shines brightly.

**Think about five people who have helped your star to shine throughout life.**

**Day 5**

Today is International Women's Day. Last year, working in partnership with Women's Aid, we helped change the law on domestic abuse to make homes safer for children and young people.

**Give thanks for the women in your life.**



**Day 6**

Find out more about what's going on at Action for Children by following us on Twitter, Facebook or Instagram

**Donate 20p if you have access to social media or about to set up a new account**

£

**Day 7**

Daniel, 11, is a young carer and is autistic. He supported his family through a hard time during the pandemic by caring for his sister.

**Say thank you to somebody who has made you feel better.**

**Day 8**

Young carers like Daniel have to take on adult responsibilities far too early. We support young people who look after others across the UK. We give them the practical and emotional support they need.

**Make time to help someone this week.**

**Day  
9**

After spotting that Daniel was struggling, a teaching assistant at his new school referred him to Action for Children's North Yorkshire Young Carers project.

**Think about a teacher or teaching assistant who has helped you and pray for all teachers today.**

**Day  
10**

Action for Children's Young Carers service offers children like Daniel the chance to meet other children and do things they wouldn't usually do, like trampolining, which Daniel loves.

**Donate 20p for every hobby you have that you love.**

£

**Day  
11**

Daniel has become more confident thanks to his close bond with his Action for Children support worker, Natasha, who's "always there" for him.

**Donate 20p in honour of someone you're thankful for.**

£

**Day  
12**

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  
13**

Galina is a foster carer who moved to England from Latvia in 2016 with her family. Galina says: "The best part of being a foster carer is seeing a smile on the child's face".

**Donate 20p if somebody made you smile today.**

£

**Day  
14**

Action for Children has 291 foster homes across the UK. Our dedicated foster carers make sure more than 370 children and young people have a safe and loving home every year. Galina saw an Action for Children fostering ad on the internet and applied.

**Donate 20p if you know a foster carer.**

£

**Day  
15**

Galina's advice to people thinking about fostering is: "Don't be scared, just do it. You can help. Together we can all help lots of children be part of a family."

**Donate 20p if you feel like part of a family.**

£

**Day  
16**

Galina has supported one of her foster children to get a part-time or voluntary job. Together they talk about how he feels about each job and if he thinks he could do it. Galina encourages him every step of the way, until he feels confident enough to do it on their own.

**Donate 20p if you have someone in your life that gives you confidence.**

£

**Day  
17**

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

**Pray for people who don't have a family and for children whose families can't give them the care they need.**

**Day  
18**

Youth homelessness is a growing crisis in the UK. Our Dorset Nightstop services offers young people emergency accommodation and keeps them off the streets.

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

£

**Day  
19**

Half of all adults who are homeless first experience homelessness before they're 21.

**Say a prayer for young people and families who are homeless.**

**Day  
20**

Tomorrow is 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 tap in your home.**

£

**Day  
21**

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 at school or university.**

£

**Day  
22**

Take some time today to think about all the possessions you have you're thankful for.

**Find time during Lent to donate to a charity shop.**

**Day  
23**

We help more than 604,000 children, young people and their families in the UK every year. 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  
24**

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 live to our parenting coaches.

**Take a moment today to pray for parents and families who need a bit of extra help.**

**Day  
25**

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

**Pray for people who don't have family or friends, and for children who feel lonely.**

**Day  
26**

Turn bread and fish into a delicious supper that brings people together and raises money. Invite family and friends to dinner, and ask them to donate in return for a delicious meal.

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

**Day  
27**

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 reunion this Easter**

£

**Day  
28**

75% of adults with lifelong mental health issues first experience symptoms before they're 18. Our Build Sound Minds website gives families advice about emotional health and wellbeing.

**Have a chat with a friend or colleague to find out how they're feeling.**

**Day  
29**

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.**

£

**Day  
30**

Pray that children, young people and families get the help they need, when they need it.

**Make time to reach out – by phone, email or message – to a family member.**

**Day  
31**

Neglect is one of the most common forms of child abuse – it affects one in ten children in the UK. It robs children of their childhood and makes them feel like they're invisible.

**Pray for neglected children today.**

**Day  
32**

On average, five children in every school classroom have a diagnosable mental health condition. The uncertainty, disruption and isolation caused by the pandemic has only made things worse.

**Think about five friends who have helped you through the pandemic.**

**Day  
33**

Today is World Autism Awareness Day. Autism affects everyone differently, so recognising the symptoms isn't always easy. More than 40% of people on the autism spectrum have an anxiety disorder.

**Make time to have a chat with someone today.**

**Day  
37**

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.**

£

**Day  
34**

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

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

**Day  
38**

Think about the places where you feel welcome and safe, and that you're thankful to have in your life

**Pray for people who don't have a safe and happy home.**

**Day  
35**

Every 15 minutes a child is taken into care for their own safety. You can help us change this.

**Donate £20p for every member of your family that wasn't taken into care.**

£

**Day  
36**

Working parents on Universal Credit cut back on heating and eating, with nearly a quarter saying they are likely to replace some meals with breakfast cereal.

**Donate 20p for every hot meal you've had today.**

£

**Day  
39**

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](https://actionforchildren.org.uk/find-your-fundraiser)

**Donate 20p for every person who helped you today in your home.**

£



**Day  
40**

We've been here for vulnerable children for 152 years. And you've 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:**

☐ 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.

Signed: \_\_\_\_\_

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

