

# ISPCC Childline



## Autumn Newsletter

ISPCC  
Childline

Because you're always there  
for children - thank you!

Autumn Newsletter 2020



## Thank you for being a champion for children

**Your love for children is powerful. And you  
are urgently needed now.**



You know that no child should have to live in fear. That every child should have a safe place to turn to. And we want you to know that your great heart is helping.

At ISPCC Childline, our purpose is to listen to young

people, empower them, strengthen their resilience, and enable them to live their best possible lives. You are with us on every call.

Childline is for children. And so are you. Our gratitude for you knows no bounds.

*We're available 24 hours a day now, and many more children and young people can reach us. We're able to do that because the public has supported us. If someone gives even what they think is a small amount, it can still make a very real difference, because we are able to answer the call when a child needs us.*

**Sarah, Childline volunteer**



**Inside: The children touched by your kindness**



# What your kindness means: **someone to listen**

When you're feeling lost and frightened, you need kindness like you need air.

Because of *your* kindness, children and young people know they can turn to Childline. Our

volunteers and staff are carefully trained – to listen well, share resources, so children know that someone cares. Some children ring or text back to let us know how they're doing. Many do not.

So we can't always share a happy ending with you. But we can tell you this: Your gifts help!

**You ensure children can find a kind ear, without judgment, to support them.**



"It's ok to feel afraid"

## The monster down the hall

Jack was only 8 when he first called Childline. He and his sisters were living in fear of their big brother, Simon.

Simon was home from college due to Covid-19 restrictions. He spent his days drinking and became violent at night. As they lay in bed, Jack and his sisters could hear Simon crashing around down the hallway. They heard him roaring at their mammy, too.

Jack feared Simon would come for them next.

Thanks to you, Childline was there to support Jack at this critical time. Our volunteer assured him he had a right to be safe and there was help available.

Since that first call, Jack has spoken with Childline three more times. On his most recent call, he told a volunteer that he felt ready to tell his aunt, an adult he trusted, about what was happening at home.



"I'm here"

## Rejected by her own mum... at only 14

Sasha sobbed uncontrollably as she told a Childline volunteer that her mum was threatening to throw her out of the house. She was only 14. She felt so alone and unloved.

Sasha had tried to tell her mum that she feared she was gay. Her mum wasn't happy to hear it and a massive row broke out. Sasha didn't know what to do – it felt like nothing she could do would ever be enough.

The Childline volunteer listened as Sasha described her pain. She gently helped her to see options and gave Sasha a sense of hope.

Towards the end of the call, Sasha thanked us for being there. She said she was going to contact a local LGBT+ youth group in her town, where she could meet other young people and support workers.



## Help with getting well again

Ciara first chatted with a Childline volunteer when she was 12. She said she was ashamed and needed someone to talk to. She felt like she was losing control. Ciara thought she might have an eating disorder. She had been making herself sick.

Ciara didn't know how to tell her foster carers how she felt. They were always kind and helpful. But had both recently lost their jobs due to the Covid-19 crisis and were struggling. She didn't want to add to their stress.

Ciara chatted with Childline over several weeks. She said it helped her to understand why she felt as she did.

Just a few days ago, she was in touch again to let us know she had taken steps to help herself feel well. She told her foster sister, a trusted adult in her life, and started attending counselling.

"You're not alone"

**When Childline began in 1988, children called us on landlines. So much has changed. But Childline continues to listen – via online chat, text and phone. Where children need us, we're there – thanks to you.**



**100%  
INCREASE**

During Covid-19 restrictions from Mar-June, [www.Childline.ie](http://www.Childline.ie) saw a **100% increase** in online users compared to Mar-Jun of last year.

## Our dearest wish: every child has someone to turn to

**Could you help us reach more children?**



**€50**

Will allow Childline to have 20 phone support sessions with children who may be feeling lonely or scared.

**€120**

Allows Childline to deliver a Resilience Developing Session in a school or youth group, helping children build resilience, coping skills, self-confidence.

**€250**

Will fund the cost of 2 weeks' one-to-one therapeutic sessions with a child who has experienced trauma in their life.

*Your gift will be used to listen to and support children.  
Thank you!*



## Children helping children

Across Ireland, children are challenging themselves to raise money for Childline

From marathons, to birthday celebrations, to solos, cycles and more, children across Ireland have been raising funds to keep Childline listening throughout this period of Covid-19 and beyond.



**Iris and Sebastian Moore, joined by Carlos Culligan**  
Siblings, Sebastian (9) and Iris (7) Moore of Sandymount, Dublin, ran a marathon around their block in just two weeks. Their friend Carlos was inspired to complete a marathon of his own around UCD.



**Dylan Dickson**  
Dylan is 9 and a pupil of St. Mary's Primary School. With his mammy, he cycled the 640km distance from Malin to Mizen Head, all within a two kilometre radius of their home.



**Evan Grant**  
Evan is 8 and a Pokémon fan. He set himself a target of cycling 100 kilometres around Maynooth University in just eight weeks with his mum and dad. Even his new baby brother has been cheering him on!

Thank you to all the children with big hearts! And thank you, as well. Your generosity means Childline is always here to support young people.

**Child abuse doesn't stop in a pandemic...**

**But you never give up on a child who needs you**

**Your monthly gift is care when children need you most**

Young people need support every day. And every day, frightened and sad children turn to Childline for help they can trust. This spring, with families home together and under stress, we saw a significant increase in children and young people reaching out for support.



But because you care, we have been able to meet the need. Your steady support each month allows us to be present for each call, or online chat, or text.

**Thank you for every bit of understanding and support we can give to children across Ireland – because of you.**

Due to the confidential nature of the Childline service, names, photos and some details in children's stories have been changed.

If you ever have any queries on the work that we do or how your donation is spent, please contact the fundraising department on 1850 50 40 50.

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## Thank you for your continued support