

welcare

strengthening families since 1894

Dear Friends,

I am pleased to launch our [Families in Crisis](#) campaign for 2025. We rely on your support, particularly at this time of year when our thoughts turn to the needs of others, please share the campaign widely with your friends, families, and congregations, and help us bring some festive cheer to the families Welcare staff support every day.

Our holistic family support work plays a vital role in breaking the cycle of poverty one of the key themes discussed at the November [JPIC Conference](#). I have also prepared a summary of the forthcoming end, in April 2026, of the two-child benefit cap and the likely impact this will have on some of the families we serve. This newsletter also features [George and Lisa's Story](#). George, who has a diagnosis of autism, was displaying aggressive behaviours that were severely affecting family life. His mother, Lisa, who lives with Multiple Sclerosis, was struggling to cope. This real-life case study (with names changed) illustrates our compassionate, holistic approach in action, combining practical support, such as securing grant funding for utility bill arrears with tailored interventions to reduce violence in the home. We introduced positive parenting strategies suited to George's needs, created a safety plan, and liaised with the school and CAMHS to address George's wellbeing and sleep difficulties, and supported Lisa with budgeting, meal planning, and housing issues. Emergency funding was secured for both utility debts and sensory equipment to help George sleep – just one example of a family we supported in the last year.

In early September, we were delighted to welcome Rebecca Paul, MP for Reigate, to our Redhill Centre. We took the opportunity to thank members of the congregation at St Margaret's, Chipstead, for their hard work in refreshing our outdoor play area. One of the volunteers, who is also a dentist, continues to collaborate with us to [improve dental health](#) and promote good oral hygiene among young children.

To help make all this work possible, we will be fundraising at the [Anglers Pub](#) in Teddington on the evening of Thursday 11 December. For our supporters in south-east London, we will also be at [The Glades](#) in Bromley on Thursday 18 December from 11.00am to 1.00pm. All our latest news, events, and stories are shared on social media, so please keep following, tagging, and sharing your engagement makes a tremendous difference throughout the year and helps us reach new supporters.

As we enter the season of expectation and preparation I would like to thank you for your prayers, generosity and support over the past year.



Anna Khan,
Welcare CEO



OUR LATEST NEWS

Families in Crisis at Christmas



In place of giving a gift this year, please donate to our Families in Crisis appeal. All donations will go directly towards tackling the increasing cost of living for the families we work with.

To learn more and donate visit: www.welcare.org/ficatchristmas

How Welcare helps Families Break the Web of Poverty

The web of poverty

Poverty extends far beyond lack of financial resources. When people cannot afford essential needs like heating and nutritious food, it can be daunting to seek help, particularly when compounded by feelings of low self-esteem and lack of social support. This can lead to a sense of isolation and disconnection from the community, leaving individuals questioning their sense of belonging.

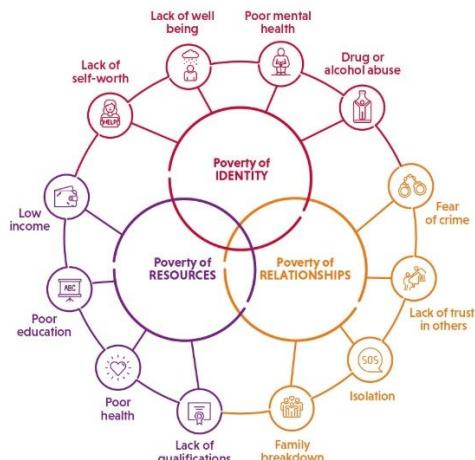
It can be helpful to imagine poverty as a web of interconnected challenges that significantly impact an individual's or a community's ability to thrive.

This includes:

Poverty of identity is when people lack self-worth and a belief in their ability to overcome challenges. This can lead to low self-esteem, a lack of resilience and aspiration, poor mental health and low emotional well-being.

Poverty of resources is a lack of essential resources such as money, skills, qualifications, housing or health needed to achieve a good standard of living. This extends beyond material possessions to include opportunities, choices, and the ability to participate fully in society.

Poverty of relationships is characterised by social isolation, lack of belonging, and limited access to supportive networks and resources, depriving people of vital connections and opportunities for growth and well-being.



Welcare was pleased to take part in the Diocese of Southwark's Justice, Peace and Integrity of Creation (JPIC) Conference in November. The event offered a valuable opportunity to highlight the mission taking place through action, compassion, and service by the church and faith-based organisations across our communities in south London and East Surrey.

The keynote speaker was Bishop Bob Wickham, CEO of the Church Urban Fund. With thanks to the Church Urban Fund, I am pleased to share the "web of poverty" diagram, which reflects much of Welcare's work and underpins the approach behind our annual [Families in Crisis](#) appeal.

Among the many aspects of our work that make me particularly proud is the practical support we offer to children and families — support made possible thanks to your generosity.

The web of poverty stretches far beyond a lack of financial resources, when people cannot afford essentials such as heating or nutritious food, asking for help can feel overwhelming, especially when accompanied by low self-esteem or limited social support. This can result in isolation and a sense of disconnection from the wider community, leaving individuals questioning their place within it.

Our staff team works closely with community partners to support families through practical assistance. We apply to grant-making trusts and statutory sources to secure funding that helps children and families thrive, this support has included help with utility bills, beds and carpets for the home or even help to move home. Thanks to the generous support of local churches, we also provide supermarket vouchers, enabling families to buy fresh produce, milk and cleaning products.

Crucially, however, our support goes far beyond meeting immediate needs. Through one-to-one sessions and group programmes, we help families build connections within their community and equip parents with the tools and confidence they need to be the best they can be for their children.

Bright Smiles at Welcare!



Welcare Redhill brought plenty of smiles to Messy Play and Happy Tots on 25 November, as families took part in two engaging oral-health education sessions designed especially for toddlers and their carers. There was hands-on learning, practical demonstrations and plenty of fun.

These sessions couldn't be more timely. Across the UK, tooth decay remains the most common reason for hospital admission among children aged 0–5, with thousands of under-fives requiring treatment every year. By helping families build healthy habits early, Welcare hopes to play a small but important part in turning those statistics around.

Led by Kat Wicksteed, a volunteer dentist from The Dental Aid Charity the sessions focused on simple steps families can take to protect young teeth. Kat guided parents and carers through essential advice on oral-health routines, healthy diet choices and the correct tooth-brushing technique—complete with a giant demonstration mouth to make learning memorable for even the youngest attendees.

Thanks to the wonderful support from BrightBites Charity, each family also received a selection of resources to take home, including:

- Booklets, stickers and posters
- A toothbrush and toothpaste for every child
- An interactive PowerPoint presentation to support learning
- The ever-popular demonstration mouth model for hands-on practice

The atmosphere was lively and supportive, with children eager to explore the materials and caregivers keen to learn tips they could put into practice straight away. The take-home packs were especially appreciated, helping families continue good habits long after the session ended.

We are delighted to share that Kat Wicksteed has generously offered to volunteer her time on an ongoing basis, enabling Welcare to host these oral-health sessions every term. This rolling programme means more families will have regular access to expert guidance in a relaxed, friendly setting.

Families We've Helped: George & Lisa



George (6 years old) was referred to Welcare by his school after staff became concerned about his behaviour and the impact on his mum Lisa's health. George has a diagnosis of Autism and displayed

challenging behaviour that severely affected family life. Lisa, who lives with Multiple Sclerosis, was struggling to cope as George's aggression escalated. He would hit, kick, and punch her, even in public, and had caused injuries requiring hospital treatment. At times, George ran into traffic when overwhelmed, adding to the family's stress.

Life at home was chaotic. George played on his games console day and night, running up hundreds of pounds in debt, and slept only 3–4 hours each night. His school attendance was poor, and he refused to bathe or eat anything other than fast food. The family had been living in unsuitable emergency accommodation for two years, leaving Lisa exhausted and isolated.

On top of this, Lisa was experiencing ongoing abusive behaviour and coercive control from George's father, despite their separation years ago. He continued to harass and intimidate her, adding to her emotional strain and sense of vulnerability. Welcare made referrals for Lisa to an Independent Domestic Violence Advisor (IDVA) and to the Multi Agency Risk Assessment Conference (MARAC) to ensure her safety and provide coordinated support. Lisa was also supported in obtaining a non-molestation order against her ex-partner.

Welcare worked with Lisa to help her feel confident in parenting George while meeting his specific needs, reduce violence in the home, and ensure both felt safe and supported. We introduced positive parenting techniques tailored to George's needs, created a safety plan, and referred to social services for additional support. We established routines and boundaries at home, liaised with school and CAMHS to address George's wellbeing and sleep difficulties, and supported Lisa with budgeting, meal planning, and housing issues. Emergency grant funding was secured for utility debts and sensory equipment to help George sleep.

Three months later, life looks very different. Lisa describes the home as much calmer, and George has not been violent towards her during this time. He now sleeps at 10–11 pm after the Wi-Fi is turned off, and Lisa cooks healthy meals at home. George attends school full-time and arrives on time every day. Lisa feels more confident, manages her finances, and has been offered alternative accommodation.

Lisa says, "Welcare made such a difference—life is happier and calmer for us."

George is on the CAMHS priority list for sleep support and has started bathing using sensory-friendly adaptations. He spends less time on his console, enjoys days out, and is attending friends' birthday parties for the first time.

To see more of our news from 2025 visit www.welcare.org/news-listing

EVENTS

Thursday 11th December 2025 8pm
Carol Singing at The Anglers, Teddington
The Anglers, 3 Broom Road, Teddington, TW11 9NR

Thursday 18th December 2025 at 11am to 1pm
Carol Singing at The Glades, Bromley
Glades Shopping Centre, High Street, Bromley BR1 1DN
Thursday 11th December 2025 8pm

To enquire about any of our events please get in touch with us at
fundraising@welcare.org or 020 7820 7910



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to support the work of Welcare**
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