

Impact Report

2015–16

Here now.
Here always.



welcare
strengthening families since 1894

welcare.org



@welcareuk



welcareuk

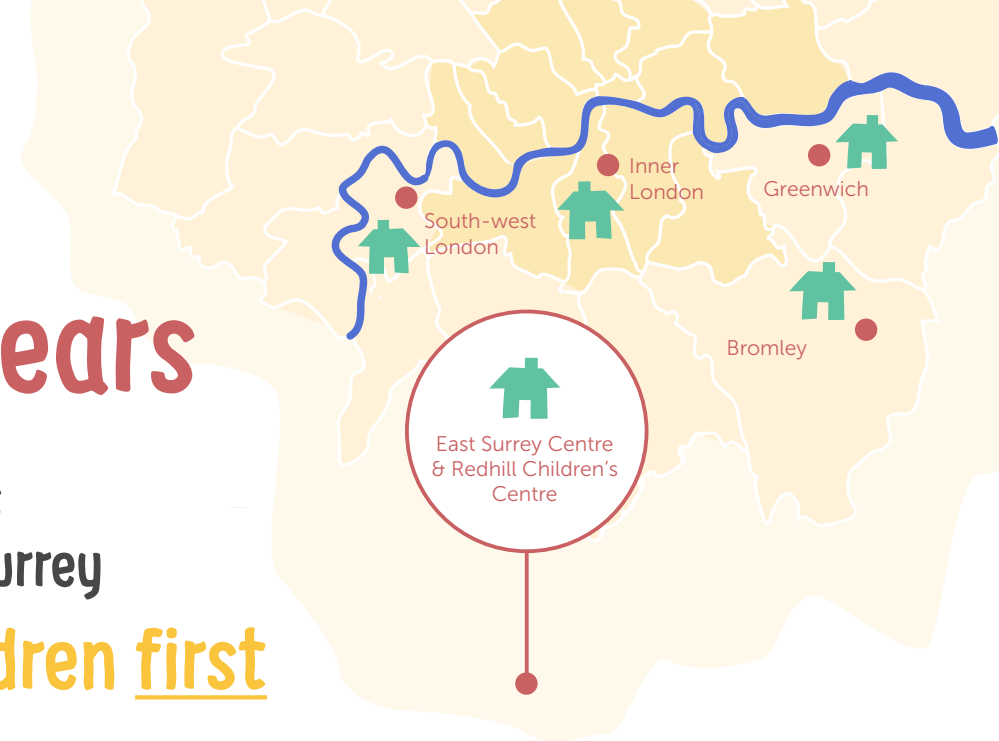
T 020 7820 7910 E info@welcare.org

Who We Are

Welcare has served children & families for **122 years**

We have **5 centres** across South London & East Surrey

We put children first



We are Welcare, a charity that utilises our Christian value base to support children and families in their times of need.

We exist to help families not only to survive but to thrive, empowering them to access opportunities, build support networks and improve their life skills.

We provide practical and emotional support for families with children up to the age of 13. Everything we do is focused on ensuring that children can have the best possible start in life and a positive future.

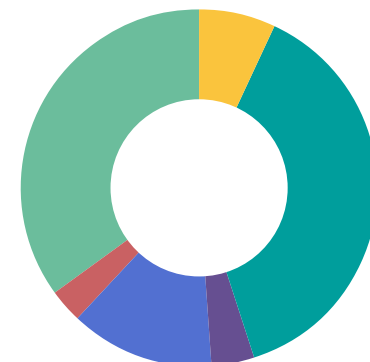
What We Do

We deliver a range of targeted social work and family support services, parenting courses, group work programmes, mentoring services for children aged 8-13 and a Children's Centre in Redhill.

We work with children and families in their own homes, our Welcare centres and other community settings, such as churches and schools, providing practical help and emotional support. Our staff and volunteers' purpose is to build on the positive elements of family lives and to build trust, enabling them to prevent difficulties from escalating.

To us, every child and family is unique and individual. Whatever challenge families who turn to us are facing, we are here for them.

Where we spent our money in 2015-16



- Fundraising & Marketing
- Child & Family Support Services
- Volunteer Programme
- Community Social Work
- Groups & Workshops
- Redhill Children's Centre

Why We're Here

We believe in working preventatively with children and families for long-lasting change.

Today in London and the South-East, children are facing huge difficulties. Increasing benefit cuts and caps, lack of good social housing, increasing incidents of domestic abuse and sexual exploitation, a doubling of reported mental health issues amongst young people since 2009, and unequal access to opportunities are just a selection of the challenges that can be difficult to cope with and make childhood and parenting very hard.

We believe that children thrive when they are raised in communities where families are connected to each other. This is one of the main areas that our staff and volunteers focus on in their work with parents and children. We help those who are isolated to build contact with others and join in local activities.

The Toxic Trio

The toxic trio of mental health issues, substance misuse and domestic abuse are widely recognised as common features in families where harm and risk to children is more likely to occur, and generally result in poorer outcomes for children of all ages.

Mental health



Substance misuse

Domestic abuse

20% of children in the UK have been exposed to domestic abuse

Domestic abuse recovery and prevention is an area we have focused on in the past two years. The majority of families we support have experienced domestic abuse in some form, even when it is not the primary reason that they sought our help.

Our MySpace recovery programme is for children who have witnessed domestic abuse. It is vital that the long term impact on children is addressed to ensure they are safe and equipped to form healthy relationships in the future.

Some of the issues facing the young people we support:

- Poverty**
- Inadequate housing & living conditions
- Depression, anxiety, self-harm
- Family breakdown
- Domestic & sexual abuse
- Online & offline bullying
- Learning difficulties
- Pressures of materialism
- Body image & gender identity
- Substance misuse
- Reliance on social media
- Unequal opportunities
- Academic pressures
- Increasingly sexualised culture



and 1 in 6 men in England and Wales will experience domestic abuse in their lifetimes and **8% will suffer domestic abuse in any given year**

"MySpace helped me to not get mad a lot. Not to lose my temper. It helped me talk about my feelings"

Maria, 9

I believe in Welcare's work and...

I would like to make a single gift of

£25 £50 £100 Other

Please find enclosed my cheque/postal order

Or please debit my:

Visa Mastercard American Express

Name on card:

Card No.:

Valid: Exp:

Security Code: Issue No:

Please do not send cash in the post.

Or... I would like to make a regular gift of

£5 £10 £25 Other

Frequency: monthly quarterly annually

Starting on:

and thereafter until further notice by Standing Order.

Name of Bank:

Acc. No.:

Sort Code:

Bank Address:

Make your gift worth 25% more, at no extra cost to you! *giftaid it*

I am a UK taxpayer and would like Welcare to reclaim the tax on this donation and any others I have made in the last 4 years and any future donations I make.*

*I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Please let us know if your tax circumstances or name and address details change so we can update our records

BANK INSTRUCTION: Southwark Diocesan Welcare, NatWest Bank PLC, London Bridge Branch, PO Box 35, 10 Southwark Street, London SE1 1TT. Account Number: 65621115 Sort Code: 51-50-03

At any time you are free to alter the payment amount or frequency or cancel a standing order.

Signature: _____

Date: _____



Would you like more information about Welcare?

Fill in your details and return to us via at:
Welcare, 19 Frederick Crescent, London SW9 6XN

Or our freepost address (no stamp required):

FREEPOST WELCARE

nothing else needs to be written on the front of the envelope.

Personal details

please complete in BLOCK capitals

Title:	First name:
Surname:	
Home address:	
Postcode:	
Email address:	
Telephone No:	

Your support changes families lives—thank you. Your details are always safe with us, we will never share them and we will not bombard you.

You can change your mind at any time. All our emails have an unsubscribe link or you can contact us on 0207 820 7910 or email us at info@welcare.org.

I'd like to hear more about the following areas:

Services Volunteering

Fundraising & Events Finances

I am happy to be contacted by:

Post Email

Telephone SMS

2015/16 at a glance

167 families & 344 children received direct, intensive support

904 children & families attended groups, programmes and activities

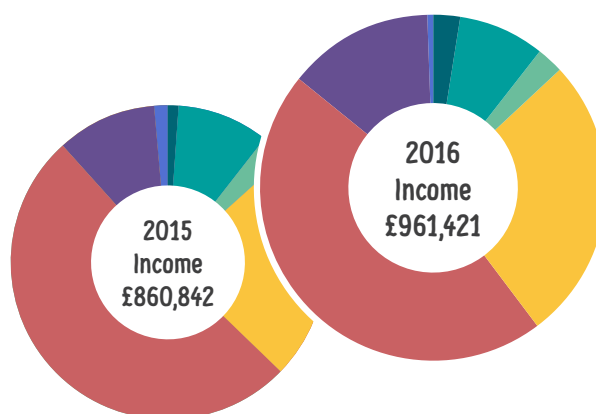
Our services were delivered by **13 frontline family support staff**
including **4 qualified social workers**

Our staff are supported by dedicated volunteers. Last year we benefited from the support of **200 volunteers**
giving over **3,552 hours** of support

Our volunteers add to our work in a wide range of ways, such as mentoring young people, providing practical advice to parents, assisting with groups, helping in our offices and assisting at fundraising events.

All our volunteers play a vital role in empowering children and families to build positive lives.

Income for the year of **£961k** shows an increase of **£93k**
compared with the previous year's total of **£868k**



Where our money comes from

- Individual Giving
- Churches & Organisations
- Fundraising Activities
- Trusts and Foundations
- Local Authority Funding
- Investment Income
- Other

For every £1 you donate, we spend 93p on helping families



Highlights for the Year

- Awarded a 4 year *Big Lottery Reaching Communities* grant
- Relaunched our services in Inner London, covering the boroughs of Lambeth and Southwark
- Achieved Ofsted Good rating for Redhill Children's Centre
- Launched our Individual Giving Scheme to secure a sustainable future ensuring Welcare will be Here Now, Here Always
- Awarded the *Investing in Volunteers* benchmarking standard, demonstrating an excellent volunteer training and management programme



A huge thank you to all those who have supported our work in the past year.

Thank you to each of our donors, volunteers, supporters, partners, colleagues and funders. You have helped to make sure that Welcare truly is here now, here always to serve the most vulnerable children and families in South London and East Surrey.

Registered Office: 19 Frederick Crescent London SW9 6XN
President: The Bishop of Southwark | Chair of Trustees: David Atterbury Thomas | Chief Executive: Anna Khan
Southwark Diocesan Welcare is a Charity registered in England & Wales. Registered charity no. 1107859. Company limited by guarantee. no. 5275749.

All figures have been extracted from Welcare's Annual Report & Accounts 2015/16 which are available on our website: welcare.org