

welcare

strengthening families since 1894

Dear Friends

With evening darkness falling earlier and children returning to school it really is the beginning of autumn. That means our newsletter and round-up of the last few months is due!

Our wonderful staff team planned several fun events during the summer giving children and their families memories and experiences they will never forget. The Summer Holiday Programme in Lambeth provided 'the best week of my life' for one participant. You can read more about this and the Popular Park Picnics in Memorial Park Redhill below or on our website at www.welcare.org/news. The photos provide a glimpse of the positive and supportive atmosphere and the wide variety of fun activities available for everyone. We secured grants from Cash for Kids to improve the lives of 75 families. Tickets from Merlin's Magic Wand provided memorable days out with extra support from our Families in Crisis and other funding pots providing travel costs and other extras (like ice creams) which can make a traditional day out, especially for larger families prohibitively expensive.

I am pleased that Chris Elliott, our chair of trustees has written a short piece for the newsletter. Chris' enormous commitment, skill and support to me and other staff, trustees and supporters is much appreciated. He shares his reflections on his first two years with Welcare and introduces new trustees, Archdeacons Allie Kerr and Greg Prior.

We have now updated the Caring Dads page on our website at www.welcare.org/caring-dads and are pleased to be able to run two groups, one in central London starting on 20 September and one in Redhill, Surrey starting on 16 November. These groups increase men's awareness of abusive or neglectful behaviour and enable them to take responsibility for their actions.

In other news our dedicated Friends' groups are busy organising the 2023 Walk for Welcare in Charlton Park on Saturday 23 September and on Saturday 30 September there will be a fundraising Quiz Night at St George's church hall, Bickley. Our next Working Together With You event – a termly invitation to a networking and opportunity to meet the team at our Redhill Family Centre will take place on 26 September.

I look forward to seeing many of you at the Service of Thanksgiving which will take place at Bromley Parish Church at 11.30am on Monday 13 November. All are very welcome to attend the service and to enjoy the delicious lunch afterwards.

Finally – please do follow us on social media and, if you can share our latest news, events, and stories. With your help, we can build a strong and resilient supporter base and increase awareness of our work. Our most recent campaign encourages nominations in the Benefact Trust Movement for Good Prize Draw – you can still nominate Welcare at www.benefactgroup.com/movement-for-good (using our charity Number 1107859). Over the next year we plan to increase our involvement in The London 10K run and The Big Give 2024. We are also planning a new campaign "Leaving a Legacy to Welcare" – more information coming soon.

With sincere thanks for your support of our work,

Best wishes



Anna Khan,
Welcare CEO



OUR LATEST NEWS

South London Summer Project 2023



This year has proved to be another successful Summer Project in Lambeth, South London.

We had a fantastic week filled with lots of fun activities, including a super sports days on Monday, a visit a brand new giant soft play and agility course on Tuesday, a treasure hunt followed by tie dying on Wednesday, baking and clay mug making on Thursday, and finally to top off a brilliant week, a picnic in the park in the beautiful sunshine.

We would like give a massive THANK YOU to all the Welcare staff who put so much effort into making the week so fantastic, and the generosity from Sherbourne in the Community for granting us funding to enable us to support these children and families in this way.

Popular Park Picnics



This August we had another year of success with our Picnics in the Park with around 120 families attending the two events at Memorial Park, Redhill.

Both days were gloriously sunny and there were plenty of fun activities for every age, from a play area for babies to arts and crafts for older children. Particular favourites included the brilliant bubble games and super sand play.

We were especially fortunate to have Raven Housing with their smoothie bike on the first day and SES Water on the second, providing parents with practical ways save both money and the environment.

This was a free event that enabled local parents to connect with one another and build new relationships, as well as providing affordable fun over the summer holidays. The children really enjoyed playing with each other, sharing toys and making new friends. Many of the parent's commented on how much fun they had, particularly meeting new people and feeling a sense of being part of a community.

A huge thank you to the Welcare and Red Oak staff and volunteers who facilitated the days, the supporters from SES Water and Raven Housing who shared their knowledge and expertise, and of course, the fabulous families who attended each of the days. Your hard work, enthusiasm and energy made both occasions enjoyable, and full of fun and memories. We can't wait till next years picnics!

Reflections from the Chair of Trustees



I have been Chair of Trustees for around 2 years now during which time I have got to know a lot about Welcare and the fabulous work that is done supporting families and their children. It has been a time of change; we have relocated our head office to share premises with the Southwark Diocesan Board of Education which is strengthening our relationship with them and enhancing our potential to work in schools.

We have seen several changes in our Board of Trustees where we have said goodbye to some old friends who have either completed their term of office or gone on to other things. We have welcomed new colleagues who have brought a strong level of expertise. We have welcomed The Venerable Allie Kerr who is Archdeacon of Bromley. We have an office and representation in Bromley as well as amazing support from our Friends and Parish Reps who do so much and raise a meaningful amount of money every year to support our work. Since joining the Board it has been my ambition to have a Trustee from Bromley and so I look forward to working with Allie in the future.

I am also delighted to have The Venerable Greg Prior, Archdeacon of Croydon on the Board. I know his experience as a school governor and his passion for school ministry will be invaluable as we develop our child and family well-being programme in schools.

It is an absolute delight to be a part of Welcare. The work that the team does on a day-to-day basis brings change to the children and families they work with. I thank everyone for everything they do and for the enthusiasm they have.

Chris Elliott

Capability in Schools



Welcare staff have piloted a Child and Family well-being programme in partnership with schools in Lambeth and Redhill. This partnership is supported by the Southwark Diocesan Board of Education (SDBE) and enables community family support services to be delivered from schools. During the year we have secured additional funding to expand the programme.

What Welcare can offer schools in the partnership

- A professional, confident and creative support service delivered by qualified and trained staff including management by an experienced senior social worker
- **#CapeAbility for Schools** - aimed at pupils facing difficulties with social and emotional wellbeing, or at risk of school exclusion
- Individual Family Support - includes our established professional and community links to support families to access local support, emergency funds and support navigating statutory services
- Evaluation –we will use MyStar and Family Outcome Star+ to measure the impact made.

Families we've helped: Isabel and Grace



Isabel*, aged 9, and her sister Grace*, aged 8, were both referred to Welcare's pilot school group programme by their school's pastoral team. There was a history of domestic violence and parental conflict, and they were each struggling to recover from the trauma in different ways.

The older sister Isabel had witnessed the violence from her father to her mother and needed a space where she could make sense of the distressing events she had been exposed to. Grace, the younger sister, had not witnessed the violence but was struggling with the loss of her father since he had left the family and had not had any contact with his daughters since. The school had

arranged counselling for the mother to address her trauma but wanted to work in partnership with Welcare to support Isabel and Grace.

Welcare offered each of the children a place in different school group programmes held at their school. The school group programme is a trauma-informed programme which aims to improve the social and emotional well-being of primary school children who have underlying anxiety and wounds caused by Adverse Childhood Experiences (ACEs) which can often fuel preventing meaningful change. These groups would allow each of them to explore their experiences and feelings with their peers, who may have had similar experiences, and not feel so isolated and alone.

In the group, Welcare staff used a combination of Cognitive Behaviour Therapy (CBT) techniques, art & craft, and group work activities to help each of the children to understand their emotions and the impact of their trauma and loss. For Isabel, we were able to support her with her feelings of anger and fear from witnessing her father's abuse and help her gain a better understanding of what a healthy relationship looks like and that her father's abuse was not her fault. For Grace, we supported her with her feelings of sadness and loss and helped her rebuild her confidence and self-esteem and express her overwhelming feelings.

When the group ended, Grace gave the group a 10/10 for how well she felt listened to by Welcare and a 9/10 for how helpful she found the sessions, and her gain in confidence was clear when she said, 'In my group, I learnt how to show what I feel inside and share it'.

Through our partnership work with Isabel and Grace's school, we were able to support their family through the trauma and loss of their father's abuse and subsequent leaving of the family home. Both children and their mother were able to navigate their challenging home situation and had overall improved emotional well-being and resilience.

*names have been changed and a stock photograph used

Co-op Local Community Fund

We are delighted to have been chosen to be part of the Co-op Local Community Fund. From October 2022 to October 2023 Co-op members can raise money for us when they shop just by swiping their membership card. If you have a Co-op membership card go on line and select Welcare as your chosen cause. It is free to be a Co-op member and you can collect rewards for yourself at the same time. Visit www.coop.co.uk/membership

For more information on fundraising visit our website at www.welcare.org/fundraise/ or contact us at fundraising@welcare.org or 020 7820 7910

To see more of our news from 2023 visit www.welcare.org/news-listing

EVENTS

Saturday 23 September 2023 at 11am
[Walk 4 Welcare at Charlton Park](#)

21 Cemetery Lane, London SE7 8DZ

Come and join our Greenwich Friends for their annual Walk 4 Welcare around Charlton Park. All welcome.

Ring 020 7820 7910 or email fundraising@welcare.org for details

Tuesday 26 September 2023 at 12.30-2pm
Working Together With You at Welcare Family Centre, Redhill

24 Warwick Road, Redhill RH1 1BU

Want to find out more about what Welcare does? This is the perfect opportunity to visit the Welcare Family Centre in Redhill and meet the East Surrey team. Ring 01737 780 884 or email redhill@welcare.org for details

Saturday 30 September 2023 at 7pm
Friends of Welcare in Bromley Quiz Night

St George's Church Hall, Bickley Park Road, Bromley BR1 2BE

Join our Bromley Friends for a fun evening of learning and laughter. Tickets £7 each, tables of 6 to 8 people.

For more information or to book contact Christina 07908 695 270 or email christinas.world@yahoo.co.uk

Monday 13 November 2023 at 11.30am
Bromley Service of Thanksgiving

Bromley Parish Church St Peter & St Paul, Church Road, off Market Square, Bromley BR2 0EG
Our annual service celebrating the work of Welcare in Bromley and giving thanks for all the hard work of our loyal supporters and dedicated Welcare team. All welcome.

Ring 020 7820 7910 or email fundraising@welcare.org for details

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