

welcare

strengthening families since 1894



#CapeAbility

In Schools



Funding Proposal

#CapeAbility in schools

Addressing children's poor mental health

In the last three years the likelihood of a young person having a mental health problem has increased by 50% (The Good Childhood Report 2022, The Children's Society) and today 5 children in every class are likely to have a mental health problem. The number of children experiencing mental health challenges has increased from 1 in 9 in 2017, to 1 in 6 in 2020 (NHS). It is now more important than ever that the most vulnerable children in society have access to support and appropriate early interventions.

1 in 8 children are unhappy at school

1 in 9 children have low well-being

1 in 9 children said they did not cope well with changes because of the Coronavirus pandemic

(The Good Childhood Report 2022, The Children's Society)

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Addressing children's poor mental health

Children who are referred to our #CapeAbility in Schools programme have experience of:

- Trauma – including exposure to domestic abuse
- Isolation and loss of social skills
- Neglect
- Unexpected separation of a family unit
- Impact of social media and increased screen time
- Emotionally based school non-attendance
- Adverse Childhood Experiences (ACEs)

'I liked how we talked about feelings and problems without making it uncomfy.' - Matthew, aged 7



How are we going to solve the issue?

The #CapeAbility in Schools Programme is a school-based 10-week group work programme to build the emotional health, well-being and resilience of children in school years 3-5 (ages 7-10). It uses characters who display positive mental health characteristics to make the programme fun and engaging.

#Courage



#Care



#Compassion



Welcare aims to intervene early and address the root causes of the underlying anxiety and harm caused by Adverse Childhood Experiences (ACEs) which can often fuel inter-parental conflict and prevent meaningful change. All Welcare staff are trained to approach conflict through a trauma-informed lens which requires trust, transparency and sensitivity. Welcare staff use a combination of Cognitive Behaviour Therapy (CBT) techniques, art and craft to explore trauma, group work and role play.

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How are we going to solve the issue?

Our #CapeAbility in Schools Programme is fully integrated into the school's pastoral system and supports aspects of the 'behaviour and attitudes' judgement of schools through the OFSTED inspection. Groups take place in school for between 8-10 children over 10 weeks. Through our programme the children will:

- develop healthier coping mechanisms
- learn to navigate challenging situations more effectively
- accept the changing nature of friendships
- improve their emotional well-being and resilience and the ability to achieve their potential.

'I have enjoyed the group because we are able to explain ourselves without people interrupting.'

- Aaliyah, aged 9



How do we know our programme works?

Welcare piloted a group work programme in 5 schools from 2021-23 and, with support from a pro bono consultant from The Cranfield Trust, conducted a thorough review of the programme in consultation with the children, parents, Welcare staff and participating schools. Capturing the Lived Experience of the children was an especially important part of the process.



Worry Monsters designed by Zain, aged 10

This activity helps children discuss & understand their worries.

The result of this review and analysis of the impact is our refined and extended 10-week #CapeAbility in Schools programme which focuses on building emotional health, well-being and resilience in children impacted by challenges exacerbated by the Coronavirus pandemic.



How do we know our programme works?

We measure the impact of our work with children using MyStar – a generic sector tool used to qualitatively assess impact. Welcare aims to achieve a minimum of 80% of children recording an improvement in their:

- Feelings & Behaviour
- Friends
- Confidence and Self-esteem



Superheroes, designed by a group of Year 5s

This activity helps children recognise their strengths & abilities and how they can use them to solve problems positively.



What is the cost?

	2024/25	2025/26	2027/28	Total
Funding per year	£250,000	£300,000	£400,000	£950,000
FSW FTEs*	4.5	5.25	6.8	
Children supported	1049	1198	1522	3769
Cost per child	£238	£250	£262	
Schools engaged	22	25	32	
Cost per school	£11,000	£12,000	£13,000	

*Family Support Worker (full-time equivalent)

Can you help by pledging?

£11,000 would fund delivery of #CapeAbility in one school for a year.

£27,500 would fund, train and support 0.5 new members of staff to deliver the #CapeAbility In Schools programme.

£55,000 would enable Welcare to recruit one new member of staff to deliver the programme for one year.

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Why Welcare?

Welcare has a long and distinguished history working with children and families in South London and East Surrey. We were founded in 1894 as the Diocesan Association for Friendless Girls and our services are driven by our Christian values. We work with people of all faiths, and none, to empower families to change lives for the better, offering practical and emotional support to overcome challenges.

'Welcare has helped me to trust others more and be more confident with my friends.' - Sophie, aged 11



Welcare's Wonderful Team

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Why Welcare?

We have a multi-disciplinary team, including experienced family support workers and child counsellors. All our individual and group work services are supervised by experienced social workers. This enables us to work with children and families in complex and challenging circumstances while managing all aspects of safeguarding. We offer a holistic service of individual and group work programmes with targeted interventions to improve emotional well-being and help children and families thrive. Our established networks and community connections allow us to signpost families to other appropriate support or provide a multi-agency response.

Case Study & Supporting Article

- [Isabel & Grace's Story](#)
- [Pandemic set back social and emotional growth of children in England, study finds](#), Sally Weale Education correspondent for The Guardian, August 2023

Why Welcare?

Welcare offers a range of services including:

- **Individual one-to-one family support** - listening to the needs and concerns of the whole family and co-ordination of targeted help
- **Group work programmes** - accredited and evaluated parenting programmes, domestic abuse recovery groups for children and the Caring Dads programme for men who have neglected their children or exposed their family to domestic violence.
- **Providing practical support** - access to emergency and grant funding and help to find a way forward for the whole family.

'Welcare has helped me learn that it is okay to have worries, and how to show how I feel and share it with others.' - Taylor, aged 9

For more information please contact

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