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Dear Friends

I am pleased to introduce our new supporter video which was premiered at the service of [Thanksgiving in Bromley](#) on 13 November. It provides an insight into our work and features information about our annual [Families in Crisis Christmas Appeal](#). Please take a look and share widely! Each family we work with has different needs, and by donating to our campaign you enable our staff to support children and families in the ways they need most and, if we can, to bring a little festive cheer. You can read more about one family we helped, [Kim](#), and the moving poem she sent to thank her dedicated family support worker.

I am delighted to welcome two new team members. Firstly [Natalie Walters](#) who has joined the trustee team. Her experience as Head of Justice, Peace and Integrity of Creation within the diocese of Southwark will be a great asset to Welcare. Secondly Katie Toal has joined the staff team as our Head of Practice. It has been wonderful to get to know her and work on finalising our [CapeAbility In Schools programme](#). You can read more about Katie and her first few weeks [here](#).

Finally, we have two festive opportunities for Welcare supporters to join us for carol singing – both events have become a Welcare tradition and for me mark the start of Christmas season. Please come and join us at the [Anglers Pub in Teddington](#) and for south east London supporters we will be at [The Glades in Bromley](#). All our latest news, events and stories are shared on social media so keep following, tagging and sharing our news. It all helps raise awareness throughout the year.

On behalf of the staff and trustees, I wish you peace and joy this Christmas

With sincere thanks and best wishes

Anna Khan,  
Welcare CEO



## OUR LATEST NEWS

### Welcare Film



We are delighted to launch the new Welcare film which brings to life the work that we do through the words of our staff and the families we help.

To view the video visit [www.welcare.org/supportervideos](http://www.welcare.org/supportervideos)

### Families in Crisis



In place of giving gifts this year, please donate to our Families in Crisis campaign.

All donations will directly go towards tackling the increasing cost of living for the families we work with. Your financial donation will allow our staff to provide the right kind of support to the children and families we work with, and help them access essential items that they need. This could include Christmas gifts but also to help with the rising cost of energy, and with other essentials like supermarket vouchers, warm clothes, school shoes, a travel card, or even the cost of a man with a van to move a family out of unsuitable accommodation.

[www.welcare.org/campaign/christmas-appeal-donate-to-families-in-crisis](http://www.welcare.org/campaign/christmas-appeal-donate-to-families-in-crisis)

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## Families we've helped: Kim



Kim\* and her three children, Leo\* (aged 13), Sophie\* (aged 9), and Mason\* (aged 5) were referred to Welcare by their Local Authority following 18 months of domestic abuse from the children's father to Kim. All three children had witnessed the abuse and the whole family needed support to overcome their challenges and build healthier and more positive relationships with one another.

Welcare was able to help the family in a number of ways, including Kim attending a Strengthening Families, Strengthening Communities course, 1:1 support for Sophie and Mason in their school, all three children attending our Summer Project week, and tickets through Merlin's Magic Wand for the whole family to go to Chessington World of Adventures.

Welcare successfully worked in partnership with other supporting organisations to help the family understand the impact of the abuse from the children's father and create closer relationships. After we finished working with them Kim shared this wonderful poem she had written about her experience and all the different emotions she has felt. It is heartfelt, very well written and really gives the reader insight in to the impact of domestic violence.

### ***Now I am free***

*It started with a slap which I let slide by,*

*to my face he told me lies.*

*He made me feel like I was the ugliest women alive*

*But it's the emotional abuse that will stay with me for life.*

*Trapped, abused and love bombed for years I couldn't escape,*

*the last straw was when I was head butted in my face,*

*hurt bruised and in pain was the day I walked away.*

*Unless you've been in my situation you will never understand, but here I stand strong,  
beautiful, independent not relying on a man.*

*I will never forget all the years of silent treatment,*

*but at least I have my three beautiful children now that's my biggest achievement.*

*I am on a healing journey rebuilding my self-esteem to recover from PTSD.*

*No longer will my babies hear the screams of their mother,*

*I am grateful they no longer need to suffer.*

*Being trapped, manipulated, and feeling alone he made me hate my own home.*

*We had to flee and now we are free it took me years to understand this man was controlling me.*

*I am far from perfect who is?*

*No woman on earth deserves this.*

*This is a different pain I can not explain.*

*The psychological impacted this has done to my brain.*

*It's caused me to ruminate and have flash backs when will this pain fade away?*

*I have learnt the way I was treated was not normal.*

*Isolated from family and friends so many functions I didn't attend,*

*that's because I had to pretend,*

*and come up with a lie,*

*If I didn't leave, I could have died.*

*Over the months I have been empowered by strong women my mum, sister, friends, social and support workers.*

*Hand on heart thank you all for helping me pull through without you all I wouldn't know what to do.*

*Now it's time for the CP review I always wonder how my children must feel.*

*Hurt, confused, and not knowing what to do,*

*It must be horrible being stuck in-between us two.*

*They have me their mother someone to talk to.*

*To express their feelings and emotions,*

*Only if they knew that they are my rock and why I stand here so strong.*

*The truth is,*

*Inside I am weak, but I shall speak.*

*I am brave, strong, and blessed I will never let a man abuse and control me again.*

*I am grateful for my little family to my children mummy will always be here for you all.*

*Now it's our time to flourish and thrive.*

*I will love you all till the day I die. xxx*

\*all names have been changed and stock images used

To see more of our news from 2023 visit [www.welcare.org/news-listing](http://www.welcare.org/news-listing)

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## EVENTS

### **Thursday 14 December 2023 at 7.30pm** **[Carol Singing at The Anglers, Teddington](#)**

The Anglers Pub, 3 Broom Road, Teddington, TW11 9NR

Come and join the choir and congregation of St Mary with St Alban Church singing our favourite Christmas carols at The Anglers. All welcome.

### **Wednesday 20 December 2023 at 11am-1pm** **[Carol Singing in The Glades](#)**

The Glades Shopping Centre, High Street, Bromley BR1 1DN

Come and join us as our wonderful Welcare in Bromley supporters sing our favourite carols in the shopping centre. All welcome

### **Monday 22 January 2024 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](mailto:redhill@welcare.org) for details

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[www.welcare.org](http://www.welcare.org)

Southwark Diocesan Welcare is a Charity registered in England & Wales.

Registered office: 24 Warwick Road, Redhill RH1 1BU.

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