

## Want to do more?

- **Request a Speaker** - Welcare staff and trustees are always happy to speak about our work to church or community groups
- **Make a donation**, please visit our donations page [welcare.org/donate](https://welcare.org/donate) where you will also find information about Gift Aid
- **Organise a Fundraising event** - If you would like to organise any type of event or sponsored activity to raise funds for Welcare please contact [fundraising@welcare.org](mailto:fundraising@welcare.org)
- **Attend an event** - Our dedicated Friends' Groups organise a range of events throughout the year – they provide vital income to support our work and are a lot of fun too! – visit [welcare.org/events](https://welcare.org/events)
- **Sign up to our quarterly eNewsletter** containing updates about our work, case studies about the families we have helped, and local events. Please sign up here [welcare.org/newsletter-sign-up](https://welcare.org/newsletter-sign-up)
- **Pray for our work** - our work is underpinned by prayer from our individual and church supporters. Our prayer wall is available on our website [welcare.org/prayer-wall](https://welcare.org/prayer-wall)
- **Become a Parish Rep** - We aim to have a Welcare representative nominated for each Anglican Church in the three deaneries in the borough of Bromley. Parish Representatives keep churches and PCCs updated about our work and are a vital conduit of information. Email [info@welcare.org](mailto:info@welcare.org)
- **Tag and follow us** on social media



Thank you for your support



**Welcare Bromley**  
(serving south east London boroughs)

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### Parents and children we have helped

**"I have learnt to speak. Before this I wasn't very good at speaking to other people, but now I feel confident."**

**"I have learnt how to control and express my emotions much better."**

**"I can attend groups by myself and not just wait outside the door. I can speak up for how I feel and do not keep as much inside as I used to. I am beginning to trust people and I am believing in myself."**

**"Being taught parenting skills for both of us has been a blessing and just letting our son have a voice, makes him feel involved and valued as a person."**

**Read more family stories**  
[welcare.org/families-weve-helped](https://welcare.org/families-weve-helped)

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**welcare**  
strengthening families since 1894

## Welcare in Bromley: How we help families with children up to the age of 13



Help us to support parents in Bromley  
and south east London to give  
children secure and confident futures

## Who we are

Welcare is a charity working with parents and children up to the age of 13 in South London and East Surrey. Our services are driven by our Christian values, and we strive to empower families and change lives for the better, offering practical and emotional support to overcome challenges. Our services are available to children and families of all faiths and none, our sole aim is to help those in greatest need.

The children and families we support face difficult situations due to domestic abuse, parental conflict, mental health, emotional well-being issues, social isolation or the challenges caused by loss of income, and the cost of living crisis.

## What does Welcare provide?

- Individual one-to-one family support and co-ordination of targeted help for families needing a multi-agency response
- Group work programmes for parents including Strengthening Families Strengthening Communities
- Caring Dads – a group intervention programme to help fathers improve their relationship with their children
- MySpace - our accredited domestic abuse treatment and recovery group for children and their non-abusing parent
- Helping families access emergency and grant funding to provide immediate support
- Families & Schools Together (FAST) – a partnership with schools to build confidence and emotional well-being through group work programmes and support for the whole family.

## Become a Friend

The Friends are a group of supporters from the community who value the work that Welcare does and choose to support that work by a regular donation, being involved in fundraising activities and attending events.

### Benefits of being a Friend:

- Knowing you are making a difference and improving the lives of children and families in your community
- Receive updates about Welcare's work with stories from service users via a quarterly newsletter
- Being directly involved in fundraising events and helping to raise the profile of Welcare
- Meeting other Friends, Supporters and Parish Representatives



**For more information or to become a Friend  
please email [info@welcare.org](mailto:info@welcare.org)  
or call 020 7820 7910**

## What is special about Welcare?



- We are the family support charity supported by Anglican churches in the deaneries of Bromley, Beckenham and Orpington in the Diocese of Rochester.
- We have a distinguished history serving our local community throughout South London and East Surrey since 1894.
- Our services are supervised by experienced social workers. With their expertise we can support families in complex and challenging circumstances while managing all aspects of safeguarding.
- We are a professional, confident and creative service. We believe in the importance of support networks and our strong community links enable us to work collaboratively to access local services including sources of grant and emergency funding to help families at times of crisis.
- We deliver interventions and group work programmes that have been evaluated and are proven to be successful in making a long-lasting difference to the lives of parents, children, and young people.
- We support the whole family.