

# welcare

*strengthening families since 1894*

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Dear Friends

It hardly seems possible that we will be celebrating Mothering Sunday soon – with an early Easter this year feels like it's galloping by.

Our work is set within a complex landscape of reduced national and local government funding, yet we believe that for our society to flourish, families need to be at the heart of our collective thinking and actions. Please do read these reports from the [Archbishops' Commission on Families and Households](#) (there is also a useful summary). Welcare supports parents and children to avoid crisis, this is why our key preventative actions are so important. Our fantastic team work so hard to continue to deliver practical and emotional support to help parents and families facing multiple challenges to strengthen their family relationships and properly support their children.

One of the ways we help families, especially those struggling with the cost-of-living crisis is by accessing grant funding and opportunities on their behalf. I wanted to share with you how our East Surrey team applied for a grant from Cash For Kids to improve the lives of 75 of our referred children by purchasing items for them that they most need. For some this was sensory toys or equipment, for others a family day out. We also managed to help build precious family memories through obtaining tickets for Ice Skating at Hampton Court – events like these can be prohibitively expensive, so we were thrilled to have been offered 67 tickets from Cash For Kids. You can read more about these opportunities below.

Our case study features Zoya and her daughter Agata and is an especially good example of the work of our amazing Family Support Workers – they use their skill, expertise and patience to provide just the right support in a sensitive and appropriate way linking and co-ordinating different services to achieve the best outcomes for the families we serve.

Our first Lent lunch of 2024 was hosted by St Mary with St Alban church and arranged by our wonderful supporter Margaret Squire. If you would like to host a simple Lent lunch in aid of Welcare it's not too late and you can find out about how we can support your fundraising on our website at [www.welcare.org/fundraise](http://www.welcare.org/fundraise)

Please forward this newsletter to your friends, family or members of your congregations and remember our latest news is shared regularly on social media so please follow and tag us to help raise awareness of our work. All our work raising funds and awareness has a single aim – to enable us to continue to offer practical and emotional support to parents and children and change lives for the better.

Thank you for your continued support, prayers and encouragement to make everything we do possible.

With very best wishes



Anna Khan,  
Welcare CEO



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## OUR LATEST NEWS

### Love Matters



'Love Matters' is the Report of the Archbishops' Commission on Families & Households and focuses on issues which are especially important to everyone at Welcare. Our mission is to work alongside parents to give children secure and confident childhoods and enable them to thrive in the future. There is much in this report which helps inform how we acknowledge that parenting is demanding and how we use the scarce resources of Welcare to make the biggest impact and support parents along the different stages of their journey. The conclusion and recommendations are on P117. You can read both the full and summary reports on our website at [www.welcare.org/love-matters](http://www.welcare.org/love-matters)

The work of Welcare is set within this complex landscape of reduced national and local government funding and responding to the needs of children and families in South London and East Surrey, supporting parents to be the very best parent they can be for their child. There is a lot to read and digest but these reports provide some wider context for the individual family work and group work programmes that our fantastic staff team deliver every day to support the next generation to thrive.

### Families we've helped: Zoya and Agata



Mum, Zoya, and her daughter, Agata, aged 4, were referred to Welcare by her Agata's nursery school.

Agata has a hearing problem which resulted in delays to her speech and language development and additional needs which included hurting herself when she was anxious, constantly demanding attention and not wanting to leave her mother's side. Apart from the brief respite while Agata attended nursery Zoya found it impossible to get anything done during the day.

Zoya worked with Welcare Family Supporter focusing on an individual basis working through the contents of the parenting programme especially strategies for managing behaviour and the FSW also used their professional local knowledge to:

- Arrange a clinical assessment working towards an Education Health & Care Plan (EHCP) this should provide provision for specific speech and language therapy sessions for Agata.
- Practical help and support when the rent was put up and the family were left struggling.
- Access to local funding and opportunities including Welcare's own Families In Crisis funding to provide horse riding for children with disability, a family day out and a trip to the local pantomime.
- A charitable trust provided sensory equipment which had been completely unaffordable and a weighted blanket to help sleep patterns.

This early intervention and support have given mum, Zoya the confidence to address issues that arise for their family and knowledge of local systems. Most importantly she has gained confidence in her ability to be a great parent for her daughter and not become overwhelmed by her Special Educational Needs and Disabilities (SEND).

\*all names have been changed and stock images used

If you would like to make a difference to someone struggling in your local community please spare what you can. We couldn't do the work we do without the valued help of our supporters.  
[www.welcare.org/donate](http://www.welcare.org/donate)

## Cash For Kids



In August 2023 Welcare in East Surrey was awarded £3750 from Cash For Kids to be spent improving the life of 75 of our referred children by purchasing items for them that they most need.

Since being awarded this grant, we have been able to support our East Surrey families in a number of ways, including family days out, buying sensory toys and equipment, buying Christmas presents, and helping pay for warm clothes and household essentials for the winter.

We are delighted to share with you the feedback from some of the families that we have supported through this funding.

### Godstone Farm Day Out

'Welcare paid for tickets for me to be able to take my daughter and her 2 siblings to Godstone Farm for her birthday. It really made her day for us to be able to go out and spend a day out in the sunshine. If it wasn't for Welcare funding the tickets, I wouldn't have been able to afford to take them to Godstone Farm for the day, so it made a massive difference for us all thank you.'



## Chessington World of Adventures Day Out

Welcare worked with another family where the mother has a disability and lives in supported accommodation with a carer. Her daughter does not live with her. Welcare was able to use the Cash For Kids grant to fund a day out for mum, daughter and carer to Chessington World of Adventures. The daughter had never been to a theme park as this was something that was beyond their means. Without Cash for Kids she would not have had this shared experience with her mother.

The Support Worker said, 'She had an amazing time. She was so grateful and happy all day.'



## Hampton Court Ice Skating

As well as providing us with £3750 funding to support the above families, we were also given tickets for a Cash for Kids ice skating event at Hampton Court Palace to gift to a few families. They all had fabulously festive day out and were so grateful for the special family time together at Christmas.

A big THANK YOU to Cash for Kids for enabling us to support families in these ways. It really helps them to have positive and happy memories together and makes a lasting difference to their lives.

To see more of our news from 2024 visit [www.welcare.org/news-listing](http://www.welcare.org/news-listing)

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## EVENTS

**Wednesday 8 May 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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