

welcare

strengthening families since 1894

Dear Friends,

The recent spring sunshine has been such a tonic after the winter gloom, and I trust our March newsletter will provide further cheer and encouragement.

We are excited to share that we have been selected as one of three charities to benefit from [Bishop Christopher's 2025 Lent Call](#). We also have a range of resources available if you are interested in hosting a [Lent lunch](#) or perhaps taking on the challenge of training for the [London 10k](#) on 13th July. In addition, our dedicated supporters are organising several exciting [events](#) in the coming months, including a theatre evening on 10th April and a Rock Choir concert on 21st June. Please check our website for regular updates on news, events, [funding successes](#) and our ongoing work.

At the heart of our mission is the desire to support families in overcoming life's challenges and to help children build secure, confident futures. Our incredible Welcare team continues to offer both practical and emotional support, working to assist parents and families facing multiple challenges. One of the ways we help, particularly during this ongoing cost-of-living crisis, is by accessing grant funding and other opportunities on behalf of those we support. You can read more about how we helped [one grandmother](#) and our partnership with [Feed London](#) here.

All our efforts—whether raising funds or increasing awareness—are driven by a single purpose: to ensure we can continue providing essential support to both parents and children, and ultimately, transform lives for the better. We are always delighted to have the opportunity to share our work with partners, and we recently had the pleasure of welcoming [three international students](#) to our Redhill centre.

I don't often share staff news, but I would like to take a moment to acknowledge the retirement of [Kate Silcock](#), who has served with unwavering commitment and compassion for 19 years. We are deeply grateful for her dedication to the mission of the charity.

Thank you, as always, for your continued support, prayers, and encouragement. Your generosity makes everything we do possible.

With very best wishes,



Anna Khan,
Welcare CEO



OUR LATEST NEWS

Bishop Christopher's 2025 Lent Call



Each year, the Bishop's Lent Call raises funds for local community projects in Southwark and their Link Dioceses in Zimbabwe and Jerusalem, as well as calling parishes to a time of prayer and contemplation.

The Bishop's Lent Call for 2025 is raising funds for Welcare's CapeAbility in Schools programme which helps children and young people recover from trauma and encourages their mental wellbeing.

You can find more information on this year's projects [here](#).

Lent Lunches



As we begin Lent, a very important time in the Christian calendar, many of us are wondering how to mark the occasion. Why not have a Lent lunch and raise funds for Welcare?

[Read more](#)

London 10k



Do you want to help local children and families thrive? Why not join **Team Welcare** for the Saucony London 10K?

[Read more](#)

Families we've helped: Alice's Story



Alice and her two grandchildren, Michael, aged 12, and Henry, aged 7, were referred to Welcare by Henry's primary school. When the two children were very young, due to their mother's addiction issues, Children's Social Services assessed that they could no longer remain in her care and Alice was given primary care of them and they have been living with her ever since under a Kinship Care Order.

Henry is a very active child and is also selectively mute. Alice was struggling to manage his behaviour in the family home, in particular his sleep routine, and wanted support in creating positive boundaries and routines for him and his brother. Alice herself was struggling with several complex health conditions and was unable to work. Although she was a wonderful carer to the children, due to being unable to work and because the children were in her care under a Kinship Care Order, she received no financial support for them so was unable to provide all essential items that the children needed.

The Family Support Worker worked with Alice on introducing positive strategies and techniques to help with routines and boundaries, as well as advice on how to support the children emotionally and encourage their self-esteem and self-confidence. When it came to exploring the children's sleep routines it was noted that Michael was sleeping on a mattress on the bedroom floor, and Henry was sharing his grandmother's bed. The family were all impacted by the lack of suitable beds, and this was having a detrimental effect on their physical and emotional wellbeing. Due to the family's tight budget, they had been unable to afford new beds, however, Welcare was able to secure funding to purchase a set of bunk beds for the children. This meant that both the children could move back into their shared bedroom and have a bed each, and Alice got her bed and bedroom space back. The family were all able to get a much better night's sleep, and Alice was able to begin to work with Welcare to improve the children's sleep routines.

As Alice wasn't receiving financial support for caring for the children, to help her become more financially stable, the Family Support Worker helped her complete an application for DLA benefits. As well as reviewing Alice's benefits to help her in the future, Welcare was able to secure tickets through Merlin's Magic Wand for the family to visit The London Aquarium, along with tickets to a theatre show, which gave them the opportunity to build some fun family memories together. They all thoroughly enjoyed both the family days out, particularly as they hadn't been able to do these kinds of trips before because their budget was so tight.

To support Alice further with parenting and to give her tools to manage their behaviour and routines, Alice was signposted by the Family Support Worker to a local Kinship Carers support group, her local Carers Centre, and will be attending the next Strengthening Families, Strengthening Communities parenting programme facilitated by Welcare.

Since Welcare worked with the family, Henry's School has reported seeing an improvement in his emotional wellbeing and behaviour, and when they see Alice she looks well and much happier. Before Welcare's support Henry struggled to speak with adults at school and would only engage with other children, however, school has said that he is now starting to respond and engage in conversations with adults in school, which has been a huge help in his learning.

From working with Welcare Alice says that she is much more confident about managing routines and boundaries in the family home. She feels much less stressed and everyone in the family is

feeling much happier and settled. Sleep, which was such a big issue for the whole family, has now significantly improved.

Thank you to The Benefact Trust



We are delighted to announce that The Benefact Trust has awarded us a total of £20,000 in funding over the next two years. This generous contribution will play a vital role in expanding our essential *Strengthening Families* project across Southwark and Lambeth.

The funding has been granted through their *Community Impact Grants Programme*, which 'supports initiatives that make a positive and transformative impact on lives and communities. This programme empowers Christian organisations across the UK and Ireland that are doing incredible work in tackling major social issues.'

Thanks to The Benefact Trust's support, we will be able to provide even more help to families through the following programmes:

- 1:1 Family Support
- Practical Support
- Capability in Schools – a 9-week early intervention group programme delivered in schools for children with emerging social and emotional support needs.
- Caring Dads – a group programme aimed at improving the parent-child relationship, specifically for men who have either abused or neglected their children, or exposed them to abuse of their mother.
- Strengthening Families, Strengthening Communities (SFSC) – an inclusive, evidence-based parenting programme designed to promote positive parenting skills that lead to better outcomes for children.

We are excited about the opportunity to collaborate with The Benefact Trust and look forward to sharing the success stories of the families we support.

Feed London at Christmas



We are delighted that our partnership with Feed London continues to be a great success! In London, more than 400,000 children face school holiday hunger. As a charity working with vulnerable children and families, we are very aware of how difficult holiday hunger can be and are continually thinking of ways that we can support our children and families who are struggling in this way.

Through our partnership with [Feed London](#), we are able to offer our families a lifeline over the school holidays in the form of food boxes filled with fresh healthy seasonal ingredients, recipe

cards and supermarket vouchers. For the 2024 Christmas holidays, we were gifted 20 food boxes which we were able to distribute to our south London families who were most in need.

It was a very busy day for our dedicated staff team who travelled all over south London in the peak of winter to deliver the boxes, but all worth it in the end to help the families create wonderful memories of delicious shared meals during the festive season, and for the children to have full tummies in some of the darkest days of the year!

We look forward to continuing to partner with Feed London and support even more children and families in 2025!

**pictured above is Katie, our Head of Practice, wrapped up warm and happy to be delivering food boxes!*

International Social Work Students Visit Welcare



Three international Social Work students from Kingston University – Adebola, Cintia, and Sarah – attended the *‘Working Together with You’* event at Welcare in Redhill in February 2025.

The event aimed to showcase our services and provide insight into the needs of children, young people, and families locally. This is a crucial element of our collaborative approach to supporting families.

As in previous years, the event attracted a diverse group of professionals from both statutory and voluntary sectors. The students engaged in a lively discussion on the importance of partnership working, which is essential not only for Welcare, but across all sectors involved in safeguarding and supporting vulnerable families.

The positive feedback from both the students and other professionals underscored the value of such events for sharing information and fostering collaboration. The students remarked that the event helped them better understand the UK’s Family Support and Social Work context, and they greatly appreciated the opportunity to participate.

We look forward to continuing our collaboration with Kingston University’s Social Work Teaching Partnership.

Kate’s Retirement



On 20th March, Kate Silcock will retire after 19 years of committed and compassionate service as Centre Administrator for our Redhill Family Centre. Many of you – supporters, former staff, and trustees – will want to join in expressing our thanks for her exceptional contributions and unwavering loyalty to our work and mission.

Kate has been a cornerstone of Welcare in East Surrey, combining her administrative and financial expertise with a deep, visible passion for supporting children and families. It's impossible to walk through the doors without being greeted by her warm smile! Kate's commitment to the wellbeing of the families we serve has always been more than just a job – it's been a vocation.

We have been incredibly fortunate to have had Kate as a colleague. Beneath her professional skills lies a strong personal faith and connection to the community, which has been evident in everything she does. And, as if that weren't enough, Kate's husband, Jo Silcock, has also generously volunteered with Welcare over many years, assisting with routine maintenance and even creating our first database to record the unique number of children and families we serve.

Kate's presence will be sorely missed, but we all wish her a long, happy, and healthy retirement.

To see more of our news from 2025 visit www.welcare.org/news-listing

EVENTS

Sunday 23rd March 2025 at 11:45am

[Lent Lunch, Teddington](#)

Teddington Parish Hall, Langham Road, Teddington, TW11 9HF

Saturday 5th April 2025 at 10am to 4pm

[Woolwich Episcopal Area Lay Conference](#)

Ark All Saints Academy, 140 Wyndham Road, London, SE5 0UB

Thursday 10th April 2025 at 7:45pm

[Labour of Love, Bromley Little Theatre](#)

Bromley Little Theatre, North Street, Bromley, BR3 1SD

Sunday 4th May 2025 at 10am to 3pm

[Fun Run & Sports Festival](#)

Priory Park, Bell Street, Reigate, RH2 7RL

Saturday 21st June 2025

[Rock Choir](#)

St Paul's, Brackley Road, Beckenham, BR3 1RB

To enquire about any of our events please get in touch with us at fundraising@welcare.org or 020 7820 7910



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