

welcare

strengthening families since 1894

Dear Friends,

I'm delighted to welcome you to our Summer 2025 Newsletter and share some of the latest updates from Welcare. Together, we're making a significant difference, and I want to take this opportunity to celebrate all that we've achieved.

As we mark Volunteers' Week, I would like to extend my thanks to everyone who has given their time, energy, and expertise to support our work. While the phrase "we couldn't do it without you" is often heard, it is true and we are grateful to each of you. Your contributions make a real difference. Below, you'll find links that highlight just a few of the many ways your support has had a positive impact this year.

For those looking to get more involved, we have several exciting fundraising events coming up. These are great opportunities not only to support our work but also to bring new people into the Welcare family:

- [Rock Choir Concert](#) – 21 June in Beckenham
- [Afternoon Tea](#) – 26 June at Shooters Hill Golf Club
- [London 10K](#) – 13 July, with just 3 places left for Team Welcare

Simply follow the links to find out more or sign up/purchase a ticket

In the year ending 31 March 2025, our dedicated team supported 838 families and secured £41,116 in grant funding for families, which has enabled us to expand our reach and family services we offer. You can read more about our impact in the flyer on our [website](#). Our full Annual Report and Accounts will be available at the end of July.

At the heart of our work is a commitment to working with families facing adversity, offering support with both skill and sensitivity. The story of [Imran](#), and the positive outcomes of our Caring Dads programme, is just one example of the life-changing work we do together.

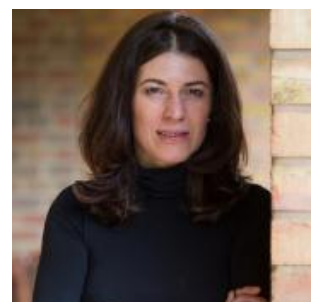
We are also seeking to build a prayerful community around our mission. We regularly share prayer suggestions, expressions of thanks, and reflections. Naturally we respect the privacy of the families we support and we never share names or situations where individuals could be identified. We hope that our prayers will strengthen the connection between our supporters and the work we do. If you'd like to join us, please sign up via the link below—and feel free to share with others.

[Sign up for Welcare's Prayer Suggestions e-letter](#)

With sincere thanks and very best wishes for a wonderful summer.



Anna Khan,
Welcare CEO



OUR LATEST NEWS

Rock Choir



Rock Choir, the UK's leading contemporary award-winning choir, are having a concert for Welcare on Saturday 21st June. To purchase tickets, please visit welcare.org/rockchoir to purchase tickets.

They will be singing many popular songs and it is sure to be a fun-filled experience with something for everyone to enjoy! There is also a bar with interval drinks available.

Why not come along to this fantastic event and sing-along, or even dance-along, to some wonderful live music, all whilst helping to support local vulnerable children and families!

We look forward to seeing you there!

Travel & Parking

- The nearest station is New Beckenham.
- Bus 352 stops outside the venue/ church
- Bus 54 stops nearby
- Parking is free at weekends so no restrictions in the surrounding roads

Afternoon Tea



Join our fantastic Greenwich supporters as they enjoy afternoon tea at the beautiful surroundings of Shooters Hill Golf Club.

Places are £26 per person. This is a fundraising event for Welcare in Greenwich, the cost of the ticket includes a contribution to the cost of the tea and a £20 donation. To purchase tickets, visit welcare.org/afternoon-tea-2025

For more information or to book tickets by phone, please contact either:

Andy Floyd: Tel: 07984 375 323 Email: andygfloyd632@hotmail.com
OR **Sue Floyd:** Tel: 07804 124 747 Email: suefloyd740@hotmail.com

Travel & Parking

There is free parking in the Golf Club grounds.

The 89 and 486 buses stop at the top of Shooters Hill, and the golf club is a 5-minute walk away.

The nearest stations are Welling and Woolwich Arsenal.

London 10k



Do you want to help local children and families thrive? Why not join **Team Welcare** for the [Saucony London 10K](#) on 13th July 2025!

This is a fantastic event. The route takes you past London's best landmarks, with live bands, DJs and cheering fans motivating you along the closed-road route that takes you through central London.

We will provide a T shirt, help setting up a Just Giving page and celebratory drink near the Embankment at the end of the race!

If you are interested in running for us, please visit welcare.org/london-10k to sign up.

Our Impact

We use a cloud-based relational case management system called Lamplight to record family case files securely and this has enabled us to embrace working more flexibly, improved workflow and more comprehensive reporting. This includes capturing advice and support offered and the added value we bring to the children and families we serve through grant funding including crisis funding, supermarket vouchers individual client grants and accessing family fun days out and experiences.

Below is a snapshot of what welcare staff achieved for children and families in 2024-25 and their tireless passion to 'go the extra mile' for the families who turn to us for help and support.

Our output or (volume of work) and outcomes are reported each quarter to trustees and individual trusts, foundations, and funders. We use Triangle Consulting's Family Outcome Star+ to measure our impact, or the difference we have made to the life of a family and MyStar to capture the voice of the child and our impact on children.

welcare
welfare@welcare.org.uk

A Summary of the Year 2024 to 2025

May 2025

Welcare is a charity working with families and children up to the age of 13 throughout south London and East Surrey. Our mission is to work alongside parents and carers to give children secure and confident childhoods and to enable them to thrive in the future.

Thanks to the financial and prayerful support of your parish and congregation Welcare has been able to continue its mission to provide practical and emotional support to enable children and families to thrive.

Thank you!

★ Welcare's Achievements ★

| | | | |
|--|--|---|--|
| We worked with 838 families | | 503 children attended group work programmes | |
| 52 parents attended parenting courses | | 15 fathers completed the Caring Dads programme | |
| 255 families received individual 1:1 support | | £41,116 was given as added value | |
| 75% of families reported positive changes from working with Welcare | | 51 parish churches supported our work in the last financial year | |

For more information on our work: welcare.org

Or to watch our supporter video: welcare.org/supportervideos

Or you can follow us on social media:

/welcareuk @welcareuk.bsky.social welcare_uk

Welcare is a charity (company no. 1030664) (London, England). Registered office: 14 Woodley Road, Brixton, London SW9 6JG. A registered charity (no. 1030664) and Wales 0107859, and a company limited by guarantee registered in England. No. 02057566

Families we've helped: Imran's Story



Imran is the father of 11-year-old Amir and 13-year-old Nadia. He is also stepfather to 4 children, including 11-year-old Umar who has a physical disability. Imran is heavily involved in the day-to-day care of Umar.

Following childcare proceedings, the courts concluded that Imran had been abusive to both Amir's mother and Umar's mother and recommended that Imran self-refer to Welcare's Caring Dads programme. In his referral and screening interview, Imran shared that his reason for attending the programme was work on developing his insight and understanding into his past harmful behaviours and develop ways of improving his communication with their mother as well as his relationship with his children. He was particularly interested in building a more nurturing and child centred style of parenting, focusing on prioritising his children's needs over his own.

Imran was open about his historical issues with drugs and alcohol which impacted his mental health and ability to parent his children. He worked hard to change his relationship with drugs and alcohol and at the point of referral he said that he had not used drugs or drank excessively for 2 years. This had given him a completely different mindset, improved his mental health and made him want to be a better father to his children and stepchildren.

At the end of the programme, Imran agreed that he would like to share his experience of the group and was interviewed by Welcare. We asked him the following questions, and you can read his insightful responses below.

What were your expectations before coming to Caring Dads?

Coming to caring dads I thought I could use the programme to learn more about how to improve myself. For the three years before going on the course I had been working on my flaws and past behaviours. Whilst doing this, I started to open up to growth and healing and started to be able to move forward in my life, and I wanted to continue this journey.

How have you found the course?

I found the course hugely educational, but it was also an emotional rollercoaster for me, but for all the right reasons. I came into the course thinking to myself that I only needed to make a few minor tweaks on my approach to fathering and that I was much further along my parenting journey than perhaps I was. I can now safely say that the course opened my eyes and my head to a much more child focused way of parenting. It has made me a better father and stepfather, and my partner has been very impressed that the course has made me open up and take control of my past mistakes so that I can move on from them.

How has the course impacted your relationship with your children?

The course made an already strong and beautiful relationship with my step kids even better, and I have used the lessons from the course in my relationships with them. I was also open and honest with my son Amir about the course and why I went on it and why it would help. Amir responded amazingly even telling me he was proud of me and that he couldn't wait to see the best version of me. Before this I never really knew how to approach the subject with him, but Caring Dads gave me confidence in being able to do this.

What did you find most difficult?

There was a session on week 15 or 16 where we had to role play and act out how we would approach the conversation with our children if they asked about the course and why we were on it. I put myself forward to talk about my daughter, Nadia, who I have not had contact with for 4 years. This was very emotional for me and opened up feelings which, if I'm honest, I had locked away. As difficult as it was, it was positive because it made me finally tackle the situation head on, and I now understand that if it is difficult for me, then my daughter will also find it very difficult. As a father, I need to be there to help her deal with this as caring, tender and supportively as she deserves.

What would you say to a dad thinking about coming to a Caring Dads course?

DO IT! Please be open and honest, there is no judgement. The staff are extremely knowledgeable, and they are great people and guides. You only get out of the course what you put in. The bond between the fathers is amazing as you are all on similar journeys. Don't be scared and remember that this course is designed to make you a better person and father for your children. All of this can only be good.

What have you enjoyed most about the course?

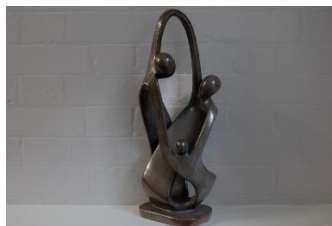
I have loved everything about the course. The bond made between the other fathers and the relationships built with everyone at Welcare, and helping other dads when we are asked to give each other feedback.

Is there anything you are doing differently now as a result of coming to Caring Dads?

I have changed the way I listen to my son, Amir, and my stepchildren when I speak with them. I have learnt to pay more attention to their interests and actively ask them positive questions about themselves. I also use the thoughts, feelings and actions triangle most days, and now I try to put others first and my respond to them with thought through answers.

On a final note, I would like to thank everyone at caring dads for their help and I wish the programme all the success it deserves. If I would have known about this programme earlier in my journey, I know it would have helped me so much. The work you do for dads is amazing.

Sign up for Welcare's Prayer Suggestions e-letter



We are seeking to build a prayerful community around our mission. We regularly share prayer suggestions, expressions of thanks, and reflections. To sign up, visit: welcare.org/prayersignup

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

EVENTS

Saturday 21st June 2025

Rock Choir

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

Thursday 26th June 2025
Afternoon Tea at Shooters Hill Golf Club
Shooters Hill Golf Club, Eaglesfield Road, SE18 3DA

Sunday 13th July 2025
Saucony London 10k
Starting point: 101 Piccadilly, London, W1J 7JT

Saturday 8th November 2025 at 10am to 4pm
The Justice, Peace and Integrity of Creation Conference
St John's Church, Waterloo Rd, London SE1 8TY

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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to support the work of Welcare
welcare.org/legacy

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