

welcare

strengthening families since 1894

Dear Friends,

Welcoming the arrival of spring with its longer, lighter and (we hope) drier days I am delighted to share our March 2026 Newsletter with you.

True to the British tradition of discussing the weather, we began the year with a fascinating look back at the [Great Storm of October 1987](#). Our thanks go to Bob Ogle for his captivating talk, and to Sheila Brown and our Bromley Parish Reps and Friends for organising such a well-attended event raising over £1,000, a tremendous start to our 2026 fundraising.

There is much more to look forward to in the months ahead. Our events calendar is growing, including the [St Mary with St Alban Lent Lunch](#) on 29th March, with further details available on our website. There is still time to host your own [Lent Lunch](#), and we have six places remaining for the [London 10K](#) on 12th July. Whether you feel inspired to take part or simply help spread the word, we would be so grateful for your support.

Our dedicated and professional staff team continues to support parents and families facing multiple and complex challenges. We are committed to strengthening family relationships and helping children flourish and at a time when many households are still impacted by the ongoing cost-of-living crisis. One vital way we help is by securing grants and accessing funding and opportunities on families' behalf. Alongside this, our [Families in Crisis Appeal](#) which raised just over £4,000 in 2025, enables us to respond swiftly and flexibly when no other help is available. On behalf of all my colleagues I am deeply thankful to everyone who gave so generously and encouraged their church community to support us.

In this newsletter, you can also read how we supported [Shannon and her three children](#) after a devastating house fire. It offers a glimpse into how Families in Crisis funding made it possible for us to pay for the collection charges of donated furniture and help the family begin to rebuild their lives.

Finally, I am very pleased to welcome [two new trustees](#) to Welcare: the Reverend Rachel Curley of St Nicholas, Chislehurst, and Patrick Williams, Headteacher of St John's School, Angell Town. On behalf of all those who benefit from our work, I thank them for offering their time, skills and commitment to strengthen and develop our support for children and families.

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



Anna Khan,
Welcare CEO



P.S. We are now recruiting a [part-time Fundraising Officer](#) to focus on grant and trust applications. If you know anyone in your network who is an excellent fundraiser and would like a part-time role working from home, please share this exciting opportunity.

For more information visit: welcare.org/jobs

OUR LATEST NEWS

Host a Lent Lunch



As Lent begins many of us look for meaningful ways to mark the period and honour the traditions of fasting and almsgiving. Many people choose to give something up, but others choose to *add* something instead: a new habit, a kind act, or a charitable activity and a Lent Lunch is a wonderful way to share simple food and hospitality in your community.

This year, we invite you to add something positive by hosting a **Lent Lunch for Welcare**. All Lent Lunch donations will go towards our [Families in Crisis Appeal](#). Our Families in Crisis Appeal helps families face the cost of living crisis with dignity and bring real hope when it's needed most. Donations 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.

Lent Lunches are simple to organise and incredibly rewarding. They offer a chance to connect with friends, family or colleagues while raising funds to support families in your local community. The idea is straightforward: serve a simple lunch (usually just soup and bread, in the spirit of Lent), invite people to join you, and ask for a donation to Welcare. You can host at home, at church, or even at work.

To learn more: www.welcare.org/lent

Talk on The Great Storm of 1987



With thanks to Bob Ogle, along with our Bromley Friends and Parish Representatives, we raised over £1,000 from a wonderful talk on the Great Storm of October 1987.

Bob Ogle was editor of *The Sevenoaks Chronicle* when the Great Storm struck England. Overnight, ancient forests and woodland were devastated, and Sevenoaks famously became "One Oak". Bob went on to produce *In the Wake of the Hurricane*, which became a national best-seller, and the storm proved to be a life-changing event for him.

Listening to Bob speak about the impact of the storm, what has been learned since, and new approaches to rewilding and tree conservation made for a fascinating afternoon. The talk was enriched with personal reflections and shared anecdotes from those of us who remember the storm only too well.

Our thanks also go to Sheila Brown for organising such a successful event and for getting our fundraising for 2026 off to such a strong start.

London 10k



Be part of something amazing! Sign up today to run the [Saucony London 10K](#) and join **Team Welcare** in supporting vulnerable families in South London and East Surrey.

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 have six places remaining for the London 10K on 12th July. Whether you feel inspired to take part or simply help spread the word, we would be so grateful for your support.

To learn more or sign up visit: welcare.org/london-10k

Two New Trustees



We very pleased to welcome two new trustees to Welcare: the Reverend Rachel Curley of St Nicholas, Chislehurst, and Patrick Williams, Headteacher of St John's School, Angell Town.

Families We've Helped: Shannon and her three children



After a devastating house fire caused by a faulty tumble dryer, Shannon and her three children, Shayla (13), Kayley (10) and Ryan (7), suddenly found themselves living in temporary accommodation. The fire destroyed their flat as well as many of the children's treasured belongings, including their much-loved pets. At this point, the children were already on a Child Protection Plan due to severe domestic abuse perpetrated by their father. Shannon had been using alcohol to cope with the trauma she had experienced, and she was simultaneously going through a difficult court process in which she testified against him. He was later found guilty and sentenced to 10.5 years for the abuse inflicted on her.

Shannon was receiving support from a substance misuse service and her IDVA (Independent Domestic Violence Advocate), but Social Care recognised that the family needed additional help to process their experiences and rebuild a sense of safety. They referred the family to Welcare for Domestic Abuse Recovery Toolkit support for both Shannon and the children. There were also practical needs to consider.

Once their flat was refurbished and they were able to return home, it became clear that they had almost no furniture, flooring or curtains. The home felt bare and unsettling, a painful reminder of what they had lost.

Welcare's support plan focused on helping the family process their trauma and re-establish stability. Shannon took part in ten one-to-one sessions using the Domestic Abuse Recovery Toolkit, where she had the space to reflect on her journey, understand her triggers, and begin rebuilding her self-esteem. Seven sessions were provided for the children. Shayla engaged individually, while Kayley and Ryan initially attended together because of their close relationship. After assessment, some individual sessions were offered to increase engagement and give each child room to explore their feelings safely.

To address the family's practical needs, grant applications were submitted for essential furniture. Welcare's Families in Crisis funding also enabled the collection of furniture donated by a friend of the family, helping the family begin to make their flat feel like a home again.

As the sessions continued, Shannon became more reflective and conscious of the positive changes she was making. With her alcohol use reducing and a supportive space to focus on her mental health, she was increasingly able to be emotionally present for her children. School attendance improved, communication within the family strengthened, and the children began to understand that they were not to blame for what had happened. They were able to talk more openly about their experiences without shame or confusion, including their complex feelings toward their father.

Rebuilding their home environment had a powerful emotional impact. With a new sofa, wardrobe and under-bed storage, the flat began to feel safe, warm and familiar again rather than a stark reminder of their trauma. This sense of physical stability helped reinforce the emotional progress they were making.

There were challenges along the way. Shannon experienced two relapses where she was noted to have alcohol on her breath, and during the programme Kayley began opening up about her own mental health struggles, which became a significant concern. Safety planning was put in place, and both Shannon and Kayley were referred for longer-term therapy through specialist domestic abuse services to ensure ongoing support.

Reflecting on the experience, Shannon said she felt consistently respected and valued by Welcare. She shared that "having someone to talk to with no blame on me" was the most helpful part of the support. She said that the intervention made "a big difference" for her and her children.

To see more of our news from 2026 visit www.welcare.org/news-listing

EVENTS

Friday 27th March 2026

Lent Lunch, St Mary's, Welling

St Mary's Church, Sandringham Drive, Welling, DA16 3QU

Sunday 29th March 2026 at 12 to 2pm

Lent Lunch, St Mary with St Alban, Teddington

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

Friday 8th May 2026 7pm

Quiz Night, St Thomas, Charlton

St Thomas Church, Woodland Terrace, Charlton SE7 8EW

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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