

welcare

strengthening families since 1894

Dear Friends,

Welcome to our Summer 2026 Newsletter.

I would like to begin by sharing [Lorrae's story](#). It is a powerful reminder that recovery from domestic abuse is possible with the right support. Her story also highlights the vital role played by Welcare staff, whose encouragement helped her gain the confidence to rebuild her life and pursue a career in which she draws on her own experiences to support others.

Lorrae's journey reflects the determination we see in so many of the families we work alongside. You can also read personal stories from other families we have supported, including [May & Jack](#), on our website.

Over recent weeks, we have been preparing year-end reports for the organisations who fund our services. I am delighted to share with you that during the past year we supported **828 families** and secured **£56,395 in grants and additional support** to help improve the lives of children and families. You can read more about our impact data [here](#). Our full Annual Report and Accounts for 2025–26 will be published at the end of July.

We are also planning to take part in **The Big Give 2026 Christmas Challenge** in December. This matched-funding campaign offers a fantastic opportunity to increase the impact of donations, as every public donation made during the campaign is doubled by The Big Give's champion funders. To take part we must first secure pledges for at least £1,000 before 5pm on 28th August with a minimum pledge of £100 (pledged funds would not be collected until January 2027). If you are interested in helping us unlock this future funding by making a pledge, please get in touch and I will share more about our [Big Give Campaign](#) in the Autumn.

Alongside encouraging new supporters, we are keen to build a prayerful community around our work with children and families and share prayer requests, reflections, and reasons to give thanks throughout the year. Protecting the privacy of the families we support remains paramount, and we never share names or identifying details but hope these regular updates will help strengthen the connection between our supporters and the work they make possible. If you would like to join our prayer network, please sign up [here](#) or share it with others who may be interested.

We have a number of supporter [events](#) taking place over the summer, including our team of 10 runners taking part in the London 10K on 12th July. If you would like to help cheer them on, please consider donating through our [JustGiving page](#).

Thank you for your continued support and encouragement and I hope you enjoy a wonderful summer.



Anna Khan,
Welcare CEO



OUR LATEST NEWS

Supporting Survivors to Rebuild Their Lives: Lorrae's Story



A recent [BBC news story](#) has highlighted the remarkable journey of Lorrae Smith, a survivor of domestic abuse who rebuilt her confidence and transformed her future after years of domestic abuse. Lorrae faced severe anxiety stemming from abuse she suffered as a teenager and young adult, but slowly began to regain her confidence after receiving support from a specialist counsellor and Welcare. Welcare is proud to have been the charity that supported Lorrae following her experience of domestic abuse. Through our trauma-informed, person-centred approach, we work alongside women like Lorrae to ensure they are not alone as they rebuild their lives.

Anna, CEO of Welcare, reflects on the significance of Lorrae's journey:

“Lorrae’s story is a powerful reminder that recovery is possible with the right support. With the help of our dedicated team, she found the courage to rebuild her life and pursue a career that allows her to use her experiences to support others. We are incredibly proud of the tenacious, trauma-informed work of our team, and of the survivors of abuse we work alongside every day. Our aim is to create opportunities for people to rediscover their strength and take back control of their lives.”

Today, Lorrae is thriving in her role within the rail industry, where she uses her lived experience to support women and girls who may feel vulnerable while travelling. Her story demonstrates what becomes possible when survivors receive essential support to help them heal and thrive.

Anna adds:

“We wish Lorrae and her family every success for the future. Thank you for sharing your story and inspiring other women in similar situations to seek help and support.”

Welcare remains committed to standing beside survivors at every stage of their journey, offering hope, strengthening resilience, and helping women, girls and families rebuild their futures with dignity and confidence.

Families We've Helped: May & Jack



Gemma is the mother of two children, May (11 years) and Jack (5 years). The family were referred by their Local Authority for early help support due to concerns around safety, emotional wellbeing and parenting pressures. May and Jack have different biological fathers. Jack has contact with his father, Grant, while May's father, Steve, was in prison at the time of referral and due for release. Gemma had recently been diagnosed with ADHD and was beginning medication, while managing high levels of anxiety and stress.

There was a history of domestic abuse from Steve towards Gemma, and his upcoming release raised significant concerns for both Gemma and May. During his imprisonment, May's paternal grandfather maintained contact, which Gemma described as controlling and emotionally harmful, leaving May feeling pressured. Both Gemma and May felt strongly that any future contact with Steve should take place in a

supervised setting. Despite previous incidents of forced entry, there was insufficient evidence to secure a non-molestation order, increasing Gemma's fear due to Steve knowing her address. Housing options were explored, but the immediate focus was on improving safety within the current home.

There were also challenges around Jack's contact with his father and his father's partner, particularly around boundaries, routines and respect for Jack's wishes. Gemma felt undermined in her parenting and worried that Jack was not being listened to when he expressed discomfort.

Support focused on helping the family feel safer and more confident. Gemma engaged in one-to-one parenting sessions to strengthen boundaries and respond to her children's emotional needs. May received individual support to explore her feelings about contact and accessed emotional resilience sessions at school. Gemma was supported to have open conversations with May about her father's release, and received guidance around co-parenting communication with Jack's father.

Multi-agency work took place involving the school, housing provider and probation. A sanctuary scheme assessment was completed to improve home safety, and probation conditions were put in place requiring any contact from Steve to be pre-arranged. Gemma was supported to assert boundaries with May's grandfather and accessed counselling through a Welcare referral.

As a result, Gemma feels more confident in her parenting and reassured in her decisions. Family routines are now established, May feels safer and more protected, and Jack's relationship with his father better reflects his needs.

"I feel that me and my family have been able to grow, learn and gain much more stability. I can now see a happy future. My children have a better mummy. My daughter is now safe in relation to her father and has a clearer understanding of boundaries with him. Thanks to the support from the family support worker, I can see that it's okay to put routines in place, and this has made a real difference for us. I have gained the support I needed to be the best mum I can be."

*all names have been changed and stock images used.

London 10k



Team Welcare is once again taking on the [Saucony London 10K](#) to raise vital funds for our work. This fantastic fundraising event will take our runners 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. It is sure to be a wonderful day!

Our dedicated runners include Trustees, staff, friends, family members, and long-standing supporters—like the amazing Sue, who has run the 10k for Welcare for many years.

If you would like to cheer them on, please donate generously through our [JustGiving page](#). With your support, we can reach even more families and help children look forward to a brighter, more hopeful future.

Visit welcare.org/london-10k for more details.

Our Impact 2025/26

We are delighted to share our impact data with you for 2025/26.

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May 2026

A Summary of the Year 2025 to 2026

Welcare is a charity supporting families with children up to age 13 across South London and East Surrey. Founded in 1894, we work alongside parents and carers to help children grow up secure and confident. Each year we support over 800 families through practical help, 1-to-1 support, and group programmes. We work with those facing challenges such as domestic abuse, family breakdown, mental health difficulties, low income, and social isolation, using a preventative approach to strengthen relationships and wellbeing.

We intervene early to reduce harm and build resilience, helping families create safe, nurturing home environments. Thanks to our dedicated supporters, we continue enabling children and families to thrive.

★ Welcare's Achievements ★

We worked with 828 families



535 children attended group work programmes



16 parents attended parenting courses



8 fathers completed the Caring Dads programme



299 families received individual 1:1 support



£56,395 was given as added value


e.g. crisis grants, household items, support with energy costs

83% of families reported positive changes from working with Welcare



52 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:

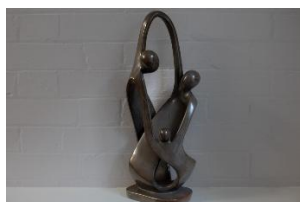
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Southwark Diocesan Welcare is a charity registered in England & Wales. Registered charity no. 1107859. President: Bishop of Southwark

Prayer Request Sign Up



If you would like to join our prayer network, please sign up or share it with others who may be interested.

Visit: welcare.org/prayer-suggestions

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

EVENTS

Sunday 12th July
Piano Recital by Pianist Geoff Mussard
St Francis Church, West Wickham, BR4 0PA

Sunday 12th July 2026
London 10k, Central London

Saturday 19th September 2026
Walk for Welcare, Charlton Park
Charlton Park, 21 Cemetery Ln, London SE7 8DZ

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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welcare.org/legacy

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