

**welcare**

*strengthening families since 1894*

## **Our Services**

**Greenwich**



***Working to prevent the children of  
today from becoming the troubled  
families of tomorrow***

# Who Are Welcare?

Welcare is a registered charity that works to provide practical and emotional help and support to strengthen families who are experiencing difficulties. We recognise the value of good parenting and offer help, advice and support to achieve it.

We work with the whole family, providing non-judgemental and honest advice and guidance, helping to empower families to overcome the challenges they face.

Our Greenwich service offers support for parents and families with children up to 13 years old.

## **At Welcare we offer:**

- Group work addressing practical and emotional issues around parenting
- Family work involving parents and children together
- Crèche for parents attending one of our groups
- Advocacy with other agencies, e.g. housing, community resources, etc.
- Solutions Focused Brief therapy
- Practical and emotional help



‘Welcare understood us completely and always offered advice to make us feel optimistic about our future’

**Molly, a single parent with 4 children**

### **Services at our Greenwich centre include:**

- Group work supporting parents with learning disadvantages
- Individual and family sessions which build on family strengths and encourage independence
- Parenting advice to help encourage confident parenting and find long-term solutions
- Support to help develop children's' confidence and improve behavior
- Our social worker may act as a key contact with children's specialist services to help ensure cohesion in the support received

### **How to access our services:**

We currently only take referrals from professionals and other organisations, so please discuss with your care worker if you feel you could benefit from Welcare's support in your family. Professionals are welcome to contact us regarding referring or with further questions using our contact details on the back of this leaflet.

Parents and professionals alike can find out more about our services and work by visiting our website at [welcare.org](http://welcare.org).

We assess each case as we receive it, and provide the necessary support or signpost to other relevant local services. We work alongside the Early Help Assessment model, recognising and building on strengths of children, young people and families.

Our Services in Greenwich  
0208 854 3865

**What concerns can we help with?**

Isolation

Financial difficulties

Parenting problems

Issues with your child's behaviour

Depression & stress

Mental health issues

Relationship difficulties

The impact of domestic abuse

Low self-esteem or loss of confidence

We aim to provide a positive, confidential and helpful service. Welcare is committed to a policy of equal opportunity which respects the identity, rights and values of individuals and promotes the welfare of families. We welcome any comments you wish to make on our service.

'You have helped us in so many ways  
and you would never know how  
overcome I am with your support'

**Amir, a parent helped by Welcare**

'Thanks for all you have done ...for  
everything'

**Claire, aged 10**

Being a parent can be tough -  
would you and your family  
like some support?

Welcare can help.

Families can be faced with all  
kinds of challenges and  
sometimes you may feel like you  
are struggling to cope.



We can support you and your family, helping you  
to build positive parenting skills and be a more  
confident parent.

We work with parents and children, and in  
partnership with other agencies, to improve the  
quality of family and school life.

To find out more about any of our services simply  
call:



0208 893  
9123

# welcare

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## Welcare in Greenwich

Contact us for more information  
about our services

Email: [greenwich@welcare.org](mailto:greenwich@welcare.org)

Call: 0208 854 3865

Website: [www.welcare.org](http://www.welcare.org)

248-266 Nightingale Vale  
Woolwich Common  
London  
SE18 4HN

Welcare is a Christian charity which works with children and families in need irrespective of faith, culture, abilities or life choices. We seek to provide services in response to local needs which encourage self-help and build communities.

commissioned by



**Southwark Diocesan Welcare is a Charity  
registered in England & Wales**

Registered Charity Number: 1107859

Company Number: 5275749

Registered Office: 19 Frederick Crescent,  
London, SW9 6XN

President: The Bishop of Southwark  
Chair or Trustees: David Atterbury Thomas  
Chief Executive: Anna Khan