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Here always.

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welcare  
strengthening families since 1894

Dear Friend,

I am delighted to introduce the first edition of the Welcare e-newsletter which we hope will inform and inspire you about our work, provide you with information about the children and families we support and keep you up-to-date with news from our volunteers, fundraisers and centres.

We will make this a regular publication, three times each year, and we will include regular case studies and new ways that you can support our work to help us reach even more families. We want this newsletter to be valuable to you so please send us feedback and suggestions for items that you would like to hear more about and also share it with your friends and colleagues.

With my thanks for your support and interest in all that we do and my very best wishes to you and your family for Christmas and 2016.



Anna Khan  
Chief Executive

[welcare.org](http://welcare.org)  
[welcare.org/donate](http://welcare.org/donate)  
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## Key Dates

**Southwark Cathedral  
Christmas Market**

Friday 4th - Sunday 6th  
December

**Effective Volunteer  
Training**

Tuesday 23<sup>rd</sup> February

**Welcare South East  
London Volunteer  
Get-Together**

Thursday 25<sup>th</sup> February

**Volunteering with Families  
Training: Part One**

Thursday 3 March

## How We Have Helped

*In the 6 months to the end of September 2015 we worked intensively with 76 individual families, impacting on 158 children.*



*In addition to this over 500 children and families have benefitted by attending groups and programmes, and from signposting across all our centres.*

## Big Lottery Funding Awarded to Welcare

We are so thrilled to announce that we have been awarded a four year grant by the Big Lottery Reaching Communities Fund for the development of our Child and Family Support Services. After a long application process Chief Executive, Anna Khan, returned from annual leave to receive a call from their grants officer giving us the good news!



This funding enables us to re-launch our child and family support services in the inner London boroughs of Lambeth and Southwark providing a range of practical and emotional help to vulnerable parents and their children up to the age of 13. Not only do we know how great the need for our services are in this area, but Welcare has a strong history of working as an inner London organisation so we are looking forward to be able to expand our support to those that need us in the area.

We have also been awarded a grant to employ a Family Support Worker in Bromley to help develop and expand the role of volunteers in the borough. The additional support given by our growing volunteer base allows us to reach a greater number of children and families impacted by domestic abuse, poverty,

### Volunteering with Families Training: Part Two

Saturday 12<sup>th</sup> March

### Safeguarding & Case Recording Training

Friday 18<sup>th</sup> March

All training dates are based at: Welcare Central, 19 Frederick Crescent, London, SW9 6XN and are for Welcare volunteers undergoing training.



## 60 Second Interview!

Pat Bowden has been volunteering with Welcare for four years. We had a quick chat with her about her experience...

### Why Welcare?

*"Because it was children and families and my career was with children and families as a Family Support Worker for Bromley local authority"*

family breakdown and mental health problems to progress and rebuild their lives.

## Investing in Volunteers Award

At Welcare, our volunteers are a key, treasured part of our service delivery. Over the past three years we have developed an innovative and comprehensive programme to engage, support and recognise the role they play.



As such we are so pleased to have been awarded the Investing in Volunteers award by the United Kingdom Forum (UKVF). This award not only demonstrates the strength of our volunteering recruitment, training and ongoing support, but also recognises the fantastic impact that our past, current and future volunteers have on the children and families that they help us to support. Our assessor particularly commented how valued our volunteers feel at Welcare and how well staff and volunteers worked together.

To find out more about the Investing in Volunteers award and process you can visit [www.investinginvolunteers.org.uk](http://www.investinginvolunteers.org.uk). To read more about how we achieved the award and how we will be growing our volunteer programme, and to see a summary of our report visit [welcare.org/volunteer](http://welcare.org/volunteer).

**Our volunteer programme is going from strength to strength. Find out more about our current volunteer vacancies and volunteering at [welcare.org/volunteer](http://welcare.org/volunteer).**

**How did you discover us?**

*“Through the local Voluntary Service in East Surrey”*

**What do you do for us?**

*“All sorts! I help to sort food and clothes, do laminating and other admin jobs, and help out with Merstham Playlink and the Toy Library. Although I’ve got a vision impairment, it doesn’t stop me from performing all the tasks I do”*

**What do you love about being a volunteer with Welcare?**

*“The flexibility. You can choose your hours and your days and how often you work - once a week, once a month” Pat actually volunteers three times a week for us!*



## How Eva Found Her Voice

Eva came to us aged nine years old from a very volatile, unstable background. Her mother, Ruth, had moved the family away from an abusive home environment to a new area so they could start a new life for themselves. At home Eva appeared to be content and happy. However at school it was a different story, where Eva was shy and quiet, and rarely shared her emotions.

With mum, Ruth's, approval, Eva's school arranged for her to take part in Welcare's MySpace course, held at her school. Our MySpace community group work programme aims not just to explore the issues of witnessing domestic abuse during the 12 week programme but to make a long-lasting impact. In the group, she was given the opportunity to be heard and to share her experiences with other children who had been through the same things as her. Eva was much more vocal and responsive in her MySpace group than she was during school time, and clearly showed the need to discuss, process and understand the negative experiences she had endured.

**Read more about Eva and the stories of some other families that have been helped by Welcare at [welcare.org/our-services/family-stories](https://welcare.org/our-services/family-stories).**

## #Giving Tuesday

Today - Tuesday 1 December - marks a global antidote to the excesses and consumerism of Black Friday and Cyber Monday, with a united call to action to support the charities you care about.



#GivingTuesday is an opportunity for everyone to come together to show the world why it's good to give. Anyone can take part in this special day celebrating generosity. Whether making a donation, finding out about our volunteering opportunities or by spreading the word of our work on social media at the start of the Christmas shopping season, #GivingTuesday is a

chance for everyone who believes in helping others and in giving something back.

If you are on social media why not take this opportunity to like us on Facebook or follow us Twitter to keep updated on our work @welcareuk.

## Individual Giving



We are launching our new individual giving scheme to ensure that we can always be here for those that need us.

We are looking forward to building on the initiative of the Bromley Friends and launching the Individual Giving scheme across all of Welcare as a simple way to support our work in all areas.

Publicity for the campaign has now been completed and printed, our social media platforms have been updated as has our website, and we will be sending out a mailing to our supporters in the new year to ask if they will join us in ensuring Welcare can plan for a future of being here for all the children and families who rely on us to assist them in their times of need.

Donors will be asked to give a minimum of £5 a month to be part of our official individual giving scheme. This will really help us plan for a stable future for the charity. We have heard from our supporters that this is a way many of you would like to contribute to our work. We'd love it if you could also spread the word amongst your families, friends and colleagues and help us get people signed up to support Welcare!

## Putting the FUN in fundraising!

### Lent Lunches

For the third year we will be encouraging our fantastic supporters, volunteers, friends and colleagues to support us this Lent by holding a fundraising Lent Lunch in aid of Welcare! Whether its for a small group of friends in your home or a larger gathering in your church hall, and everything in between, this is a great social and fitting way to raise funds to help families experiencing difficult times.



Its an early start to Lent on Wednesday 10th February, and we will have Lent Lunch fundraising packs to help you spread the word of your event, including

posters, a banner, balloons and gift aid envelopes, to make it as easy as possible for you. If you would like to hold a Lent Lunch in 2016 please contact us at [fundraising@welcare.org](mailto:fundraising@welcare.org).



### **Businesses Supporting Welcare**

We have recently had two teams of volunteers from Towers Watson, the professional services company, in to help out at our Redhill Centre. One of the teams helped us to get ready for a Toy Choosing event for families and the other team sorted out our harvest donations so that we can make up foodbags for families in need throughout the year. A big thank you to Towers Watson for their continuous support!

We have also received support from three Waitrose stores and three Asda stores this year as a result of their community token schemes. In total this has raised £1,180! These community-led donations make a big difference to our work locally and help to raise awareness for Welcare. If you are ever passing by a Waitrose or Asda please do pop in and fill in a form. They are very short and quick to fill in, and the stores are always looking for local charities to champion.

### **Our Friends Groups**

As always, thank you to our wonderful fundraisers and parish representatives for all you do to support us. Its been a fantastic year of events, awareness raising, community socials and fundraising - we would not be here without your support. We will be highlighting some of their fantastic achievements in our next newsletter.

You can find more about the fantastic support we get from businesses, churches and our Friends on our News page.

### **The Magic of Christmas**

As always we have received wonderful support from local churches, schools and companies to help make the Christmas period more enjoyable for the children and families we work with.



We have received vouchers, Christmas crackers, hampers, toys, cleaning products, Christmas puds and many more items that will help to brighten the holiday period for families who are experiencing difficulty. Thank you so much to all those churches, organisations and individuals who have provided these generous gifts this year and to all our volunteers and Friends that have helped, and continue to help, us to distribute them to our service users to make their Christmas time special.



## Our Centres

Bromley  
Greenwich  
Redhill  
Richmond  
Wandsworth

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*Welcare is a family-focused charity based on Christian values that is dedicated to helping children and families overcome challenges in their lives and build towards a better future.*

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