



Dear Friends,

Welcome to our first newsletter of 2017, which we hope will inform and inspire you about our work with the children and families we support and keep you up-to-date with news from our volunteers, fundraisers and centres.

Lent begins tomorrow, Wednesday 1st March, and we are looking forward to the lunches being held in aid of Welcare across all our service areas. Each of our centres is hosting a Lent Lunch and a number of supporters are too, in their homes and at local community centres.

Mothering Sunday is on 26th March and we are encouraging our church supporters to raise awareness

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of and to pray for our work in their churches on that day. We will soon have materials up on the website that can be used for this and a presentation that can be adapted as required.

We continue our individual regular giving campaign to ensure that Welcare truly is *Here now, Here always* to serve the most vulnerable children and their families in South London, Bromley and East Surrey. If you would like to join our growing army of regular donors please visit welcare.org/herealways.

Thank you as ever for your support and interest in our work. Without you we wouldn't be able to help the thousands of families who turn to us in their times of need.

Best wishes,



Anna Khan
Chief Executive

For a hard copy of this newsletter, please visit our [website newsletter archive](#) or call 0207 820 7910.

How We Have Helped

In the 3 months between 1st October and 31st December 2016, we worked intensively with 113 individual families, positively impacting the lives of 267 children. This shows an increase in figures compared to the same period in 2015, which were 67 and 141 respectively.



In addition, 357 families and 412 children have accessed support from our Redhill Children's Centre, by attending groups, parenting programmes, workshops and signposting to other support services.

The results of our measurement tool, Outcome Star, reports show that 81% of families reported an improvement as a result of Welcare's intervention during the past year.

Key Dates

Lent

1st March-15th April 2017

Mothering Sunday

26th March 2017

Virgin Sport British

10K London Run

9th July 2017

Volunteer Training Dates

Effective Volunteer Training

Saturday 11th March

Volunteering with Families Training: Part One

Friday 24th March

Volunteering with Families Training: Part Two

Tuesday 28th March

Child & Adolescent Development

Thursday 20th April

All training takes place at: Welcare Central Office, 19 Frederick Crescent, London, SW9 6XN. Training sessions are for Welcare volunteers.



Help us continue to make a difference for even more families who turn to us in need



[> Find the volunteer role for you](#)

Donate today ➡



Family Support Worker, Debbie Eldridge, receiving a cheque from Waitrose, Putney for our work in South West London

Centre Focus: South West London

In each issue we will spotlight one of our centres to help you get to know our work a bit better...

Our South West London Child and Family Support Service is based at Parkway House in East Sheen. We provide support for children and families living in the boroughs of Richmond and Wandsworth. The team consists of 2 full time members of staff - Fay Morris, the Service Manager, and Debbie Eldridge, the Family Support Worker. Fay and Debbie are supported by 6 volunteers; comprising of 4 Child Mentors, an Admin Assistant and a Family Helper.

The team offers a range of services, including one-to-one parenting support, group work for both parents and young people, community outreach, accredited courses, volunteer mentoring, advice, advocacy and signposting. We often put together a package of services that is unique to each family that comes to us, combining different elements of support. Our outreach work, based several days a week in local community centres, helps families access support in the community. The team works closely with local professionals and other voluntary and community organisations to ensure that children and families locally receive the appropriate support dependent on their needs.

Welcare in SW London has become one of the key partner agencies for a number of food banks across Wandsworth and Richmond. Recent intervention at local food banks

has enabled two families who were being affected by domestic abuse to safely make the transition to an abuse and violent-free environment, where the parents and children are now emotionally and psychologically thriving.

We deliver a group work recovery programme called MySpace for children who have been impacted by domestic abuse and their parents. MySpace is Welcare's delivery of a recognised and accredited 12 week programme. The programme is delivered in targeted areas and involves partnership with local schools and professionals. We delivered a MySpace programme at a school in Ham this past summer. After attending, children showed a significant change of 83% in their confidence and self-esteem, and a 33% increase in educational attainment and learning.

Amazing Supporters

In December, at the invitation of Margaret Squire, one of our dedicated supporters, the SW London team (joined by CEO Anna Khan) dusted off their vocal chords and their snazziest Christmas jumpers and spent an enjoyable evening carol singing. Singing alongside members of St Mary and St Alban's Church choir, and thanks to the generosity of patrons of The Anglers Public House in Teddington, they managed to raise a fantastic £248! The landlord was so impressed with our vocal abilities he has subsequently nominated Welcare to be the beneficiary charity of a Comedy Evening which the pub will be hosting later in 2017. More details to be revealed soon!

Our important work in South West London continues to be recognised by the generous giving of a number of churches who choose to contribute to Welcare through their annual giving. Supermarket and clothing vouchers kindly donated by supporters have enabled families to meet the needs of their children, especially when there is a shortfall in benefits, they are fleeing domestic abuse, or for purchasing school uniforms. A generous donation of £395 was also presented to Welcare by Waitrose, Putney Exchange and their customers via the Community Matters scheme. We have also be so grateful to have received grants from the Barnes Workhouse Fund and the Richmond Parish Lands Charity in support of our work.

Looking ahead in 2017

With Lent approaching we are hoping a number of Lent lunches will be hosted for Welcare in South West London and supported by our church representatives. If you are planning or thinking about hosting a Lent lunch and need information or resources, please contact us on 020 8893 9123.

We are now planning our next MySpace domestic abuse recovery group, which will be delivered in the Barnes area of Richmond and is kindly being funded by the Barnes Workhouse Fund.

We are also delivering family support services from St Paul's Community Centre, 23 Inner Park Road, Wandsworth, SW19 6ED. Our office is open on Mondays and Tuesdays 9.30am-5.30pm. Telephone on 07554 453 521.

A BIG thank you to Revd Heinz Toller, Sam Egan, Community Centre Caretaker, and the committee of St Paul's, Wimbledon Park for providing this work space for us to use to deliver family support and group work services. They have made us feel very welcomed.

We are always looking for volunteers to support the service delivery of our child and family support service in Wandsworth and Richmond. If you have thought about volunteering or want to know more about volunteering at Welcare, please contact our Volunteer Manager, Paul Vitty, on 020 7820 7910 or visit our website for more information: welcare.org/volunteer.

If you would like any further information about Welcare in South West London please do not hesitate to contact us at swlondon@welcare.org or on 0208 893 9123.

[**> Find out more about our centres**](#)

Volunteering at Welcare

Over the Christmas period, volunteers from across our centres were able to get together and enjoy Christmas lunch. A great time was had, giving volunteers the opportunity to socialise with each other and share their experiences, and for Welcare to show our appreciation for all the work and support they have given over the year.

Over the coming year we will be building on the lasting positive impact our volunteer team has made to Welcare and the families that we support. 2016 saw the number of hours our volunteers give increase by over 400 hours, giving a total of 3,870.5 hours of their time. We are so grateful for all of our volunteers' dedication, hardwork and commitment, and look forward to welcoming more volunteers at Welcare.

This January, we were excited to see our first new mentors begin supporting our Inner London service. By giving a few hours every two weeks to spend time with a child aged 8 to 13, our mentors can make a significant positive influence. Mentors give their time and may take part in a range of fun activities, such as watching a film, playing sports, talking about music or exploring a museum or gallery. We are still recruiting mentors for Inner London and are especially keen to recruit more male mentors.

Soon we will begin asking staff to nominate local volunteers for the long list in preparation for our Volunteer and Supporters Awards at our Annual Meeting 2017. We will keep you updated once the nominees are shortlisted.

[**> Find out more about volunteering with Welcare and view our vacancies**](#)

Christmas Cheer Across Our Centres

As always, this Christmas period our generous and thoughtful supporters, donors and volunteers came out in full force to help make it a special occasion for our service users.

At our Bromley centre, local churches donated vouchers in excess of £1,300 and toys, with Parish Reps, volunteers and staff organising and distributing these gifts to over 30 families that we work with. A Toy Service was held at Bromley Parish Church to give service users the opportunity to choose and collect items. The atmosphere in the hall was very emotional - service users touched not only by the gifts but by all the help Welcare had given them. Thank you so much to the Parish Church for hosting and refreshments, to all our Parish Reps, Friends and volunteers for planning and helping to organise the donations, and to all our service users who came on the day and made it a fun and social event.

This year Welcare in East Surrey decided to do something a bit different at their Christmas party. To help children attending the centre understand the joy and value of giving, and as a thoughtful way to support single parents, the team created Parent Gift Bags.



With the support of volunteers, two boxes of gifts were organised, one for men and one for women. The gifts were mostly donated by local churches. Each child was invited to take a paper bag, fill it with a gift of their choice for their parent or carer, and then decorate the bag. The child could also choose a Christmas decoration and a cracker to put in, ready for opening on Christmas Day. The children had big smiles on their faces as they proudly gave their decorated bags to the adults. Parents were very surprised by the bags and said it was unexpected and extremely special to receive a gift from their children.

Thank you so much to all those churches, individuals and organisations who donated vouchers, toys and gifts this Christmas, and thank you to all the volunteers and supporters who helped us to plan choosing days, organise gifts and to distribute them on the day.

We are so grateful for all that each one of our volunteers and supporters do to support Welcare's service users, staff and each other - whether it be financially, by volunteering their time regularly or occasionally, or through prayer. You are all an inspiration to us and we want to say a heartfelt thank you!

Successful First Year for Welcare in Inner London

Since commencing services in April 2016, our Inner London service has developed quickly. Child & Family Support Service Manager, Hannah Franklin, has been building and nurturing relationships with local professionals, churches and other voluntary organisations, and the referrals are coming in rapidly.

A MySpace group work programme is currently being delivered from our office in Lambeth, working with 7 children and their parents. We have also recently been awarded a grant from the Child and Adolescent Mental Health Service in Lambeth to deliver a weekly drop-in group and participatory photography workshop for young people for one year. The grant will allow us to employ an additional full-time Family Support Worker to help deliver our work in Lambeth.

At the start of this year the first Volunteer Mentor was matched with a young person at our Inner London service, with more volunteer interviews taking place in February and March. This is a really exciting and crucial time for our support with families and children across Lambeth and Southwark, and we look forward to developing this work to meet the ever growing need.

[> Click here if you are interested in becoming a Volunteer Mentor at our Inner London Service](#)

New Materials

We have recently produced a brand new volunteering leaflet and a new MySpace leaflet. Both of these can be found on our website, but can also be accessed here:

[> Volunteering Leaflet](#)

[> MySpace Leaflet](#)

Some sad news for our Greenwich Centre

We are very sorry to announce that the Royal Borough of Greenwich has terminated funding for our Early Help Parenting Programmes from the end of March 2017. This was due to the constraints on local authority spending, not the quality or volume of work delivered, which has been widely praised by the local authority, professionals and families that attend the service.

We are now actively seeking charitable funding to launch our Child & Family Support Service for the borough of Greenwich from September 2017. We do not want to close our Greenwich centre as the need for our services and demand across this borough is

enormous. We will soon be setting up a **Crowdfunder** page to help us raise this desperately needed funding -if you or anyone you know can help in the meantime, please call: 0207 820 7910 or email info@welcare.org.

We thank all our staff, volunteers, supporters, fundraisers and local colleagues for their support and hard work - without it we could not have helped the children and families that we have done, and that we hope to continue to help from September 2017 onwards.

Our brilliant Friends of Greenwich group, who exceptionally raised nearly £12,000 last year, are increasing their fundraising efforts in 2017 to help raise the funds we need to restart our services in September. If you'd like to find out about their events and how to attend visit the [Supporter Events in Greenwich page](#).



British 10K London Run 2017

Do you have plans to get fit in 2017? Are you building up towards your first half-marathon or marathon? Or do you just want to have a great, fun day in London running (or jogging!) alongside your friends and 26,000 others?

We have guaranteed places for the second year in the British 10K London Run and we'd love you to be part of our team! Each year this race is a sell out so register early to ensure your place. This 10K is ideal for all abilities, whether you run competitively or if it's your first event.

How to join Team Welcare:

- Join our team to get a guaranteed entry place for just £25 and by pledging to raise a minimum £150. Sign up now to secure your place!
- If you prefer to enter the event yourself and fundraise for Welcare without a minimum fundraising target, register directly with Virgin Sport by visiting their website. Then email us to join Welcare's team and receive the same help and

support as our other runners. While there is no minimum sponsorship if you join our team this way we will do all we can to help you raise as much as possible

However you join our team, we will offer you the same high level of support. We'll be with you every step of the way!

Come and help support our runners on the day!

If one of your friends or family is running, or you'd like to volunteer on the day to be a part of our cheer team, please email us: fundraising@welcare.org or phone: 0207 820 7910. We would love to see you there and we will provide you with a Welcare t-shirt, banners and cheering aids. You'll get a great buzz from the event and really help push #TeamWelcare to that finish line!

If you'd like to print out a poster or put one on your social media account to help us promote the event and build your team, [click here to download a poster](#).

> [Yes! I want to join #TeamWelcare!](#)

Welcare Chair of Trustees Steps Down

On behalf of the trustees, staff and supporters we would like to express our heartfelt thanks to David Atterbury Thomas who has completed six years as Chair of Welcare. David was previously the Honorary Treasurer and a former trustee of Welcare in Lewisham. He led Welcare through the mergers in 2005 and 2010, as well as through a challenging period of transition following significant local government cuts, using his finance and accountancy skills to help the charity in numerous ways. David maintained a very strong sense of the mission of the charity and will be greatly missed by us all. We will be publicly thanking David at our 2017 Annual Meeting.

Host a Lent Lunch in Aid of Welcare in 2017

Lent 2017 runs from 1st March to 15th April. Pick your favourite soup, your favourite people and support us this Lent by holding a fundraising lunch in aid of Welcare! Whether it's for a small group of friends in your home, a group of colleagues in the break room or a larger gathering in your church hall, this is a great social way to raise funds for local families in need.

Download your [fillable poster](#) and [donation form](#) now to get started or request a fundraising pack which will include a banner, posters and leaflets to help you spread the word about your event and make your lunch run smoothly.

> Get your free fundraising pack now

If you would rather take a hands-off approach and attend one of the Lent Lunches being run by our various centres and supporters, just visit the centre's page on our website for more details.

Mothering Sunday 2017



This year Mothering Sunday is on 26th March, and we'd like you and your church to mark the day by raising awareness for Welcare.

Last year the initiative raised over £300 for the charity, and with talks in a number of churches, helped to inform congregations about the work Welcare does in their local areas.

We will be producing a resource pack and presentation to help you to do this. If this is something you would like to get involved with, please contact fundraising@welcare.org for more information. The resources will be up on our website in the next week.

Thinking about holding your own cake sale, coffee morning or sponsored walk? We can provide you with promotional materials, posters, banners, balloons and more. Contact us at fundraising@welcare.org, call 0207 820 7910 or visit our website to find out more:

> Raise funds for Welcare your way



Our Centres

Bromley
East Surrey

Redhill Children's Centre
Greenwich
Inner London
South West London

welcare.org

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. We work across South London, Bromley and East Surrey.



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