

Here now.  
Here always.



## Dear Amy

I am pleased to present our latest newsletter showing some of the ways we have supported children and families in the last four months.

Recent highlights have included the launch of the new Children's Garden at our Redhill centre and our Annual Meeting and Volunteer & Supporter Awards Ceremony. It was wonderful to be able to celebrate the dedication of our volunteers and supporters over the past year. We were delighted to welcome Bishop Karowei to present the awards and meet our inspiring volunteers and supporters.

Our fundraising partnership with the Brandenburg Concert series continues. Please join us for a performance by candlelight at St Martin-in-the Fields, Trafalgar Square on

## Connect With Us



Saturday 25<sup>th</sup> November. This is the perfect winter evening event to reflect on the approaching festive season. I do hope you will be able to join us on the 25th November. See below for more details about the event and how to purchase tickets.

With my very best wishes and thanks for your support of our work,



Anna Khan  
Chief Executive

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

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## How We Have Helped

*In the 3 months between 1st July and 30th September 2017, we worked intensively with 120 individual families, having a positive impact on the lives of 236 children. Our Redhill Children's Centre also supported an additional 343 families.*



*The impact on families measured using Family Outcome Star Plus, shows that 81% of families reported an improvement as a result of Welcare's intervention during the past year.*

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

Donate today ➡

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## Impact Report 2016-17

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## Key Dates

**Bromley Service of Thanksgiving**  
Tuesday 21st November 20

**Spem in alium by candlelight  
Brandenburg Concert**  
Saturday 25th November 2017

**Lent**  
14th February - 29th Mar 2018

**Mothering Sunday**  
11th March 2018

**UN Day of Families**  
15th May 2018

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## Volunteer Training Dates

**Volunteering with Families: Part One**  
Thursday 19th October

**Volunteering with Families: Part Two**  
Friday 27th October

**Safeguarding & Case Recording**  
Saturday 21st October

**Safeguarding & Case Recording**  
Wednesday 1st November

We are pleased to present our latest Impact Report for 2016-17. The Impact Report summarises our key achievements and the incredible work that has taken place in our centres over the past year and our plans for the coming year. You can read the full report by clicking on the image below.



[> Read the full report here](#)

For a hard copy of the report, please email [fundraising@welcare.org](mailto:fundraising@welcare.org) or call 0207 820 7910

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## Welcare's Annual Meeting and Volunteer & Supporter Awards 2017

The second Annual Meeting took place on 29<sup>th</sup> September in the Garry Weston Library at Southwark Cathedral. Our new Chair of trustees, Cherry Murdoch, welcomed guests and thanked former chairman David Atterbury Thomas for his skill and wisdom in steering the charity over the last six years and for his expertise and commitment as Treasurer and a trustee of Lewisham Welcare. Bishop Karowei, the Bishop of Woolwich, was our guest of honour. In addition to presenting the awards he inspired us all with his thoughtful words and robust moral conviction for the mission of Welcare to provide the practical and emotional support to enable children to have the best possible opportunities in life.

We were pleased to welcome Bernadette Rhoden from The Race Equality Foundation to share a presentation on the evaluation and impact of the *Strengthening Families, Strengthening Communities* parenting programme, which our trained, accredited staff deliver. Hannah Franklin, Inner London Child & Family Support Service Manager and our Fundraising and Communications Manager, Amy Mawby, gave a moving presentation about

**Child & Adolescent  
Development  
Friday 24th November**

**Mentor Training  
Saturday 25th November**

All training takes place at Welcare Central Office, 1 Frederick Crescent, London SW9 6XN. Training sessions are for Welcare volunteers.



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



the power of participatory photography. It is a new intervention we piloted this year with a group of young people in Lambeth as a tool to capture their experiences as they approach adolescence and how we can target our support more effectively to help them with this difficult transition. You can find more information about both of these groups on our website at [welcare.org/services](http://welcare.org/services).

The day was a wonderful opportunity to say thank you to all our supporters, to celebrate the difference Welcare has made for children and families over the past twelve months and to lay out our plans for the coming year. We have selected a few photos here to give you a flavour of the event but more photos are available on our website.

[> Read more about our Annual Meeting & Volunteer & Supporter Awards 2017 and see more photos from the event](#)

*Thank you so much to every single one of our volunteers, community fundraisers and supporters. We are so grateful for all that you do to support Welcare's service users, staff and each other. We could not do what we do without you. You are all an inspiration to us all!*



*A few photos from our Annual Meeting & Supporter & Volunteer Awards 2017*



## A Young Family Helped by Welcare

Across our services we help young people, parents and families with an holistic approach tailoring a package of support that suits them and their needs. Here we share the story of a single mother, Ada, and her 3 sons, Dawud, Ade and Jojo.

*Ada was referred to Welcare by the Safeguarding Officer at one of her children's schools. Both her eldest and youngest sons have complex needs, including Crohn's disease, ADHD and autism, and they attend schools for children with additional needs. Her middle son, Ade, attends mainstream school but has learning difficulties and behaviour problems.*

*Ada recently suffered the loss of both of her parents and was grieving. In addition, her own health was poor and she had many hospital appointments to attend. The family had very little support and few social networks to offer support and respite from the demands of family life.*

*At Welcare, Ada and her sons were assigned a Family Support Worker, who worked alongside other agencies to ensure greater professional support and to help increase engagement by the family. Together with the family, specific objectives were set that would enable them to move forward to a more positive future.*

*Welcare matched Ade with a Volunteer Mentor to support him with his English so he could achieve his ambition to study carpentry at college. We also arranged for a Volunteer Family Helper to assist Ada with completing household tasks that were piling up and to complete paperwork applying for the benefits the family were entitled to.*

*Welcare's Family Support Worker signposted Ada to agencies that could offer relevant information, such as the Children's Disability Team and a local trust, and provided information on various social activities and clubs for the boys, including Army Cadets, swimming and local youth clubs. She also contacted CAMHS (Children and Adolescent Mental Health Service) on behalf of the family to ensure Ade would receive the help and support needed.*

*Welcare's Family Support Worker liaised with Occupational Health and the family's Housing Association to ensure a new shower unit was installed in their home, making a vital difference for Jojo, who required showers due to his Crohn's disease.*

*Although Ada has continuing health needs, Welcare has helped to empower the family helping to establish an excellent local support network and signposting to agencies that enable them to have a more positive future.*

All names have been changed to protect identity.



Summer Family Day at Gambados Indoor Soft Play Centre



A successful family day event was organised in the summer holidays for families from our Bromley centre at Gambado Indoor Soft Play centre in Beckenham. Children and adults alike thoroughly enjoyed themselves and have requested another trip to indoor play during the next school break. We received some wonderful comments from families that attended following the event:

*“Thank you so much for all the support Welcare has given me - the opportunity to attend a fun event with my children and meet other parents has been so appreciated”*

*“We are new to Welcare, but it was so nice to meet the staff and other families, plus we usually wouldn’t be able to afford to take our children to fun places like Gambados, so this has been a treat for us all”.*

## Update on our Greenwich Centre

Following the news that our grant from the Royal Borough of Greenwich was being discontinued in December 2016, we have focused on generating funding and support to launch our Child & Family Support Service at our Greenwich Centre in the high-need Nightingale Vale area in Woolwich Arsenal. Our central staff and Greenwich Centre Manager have been working hard to network, attend key meetings, apply for relevant funding opportunities and maintain a strong presence in the Royal Borough of Greenwich. We have secured three years’ funding from the William Wates Memorial Trust totalling £23,829 to deliver MySpace courses and have been given a sustainability grant by the local council with the support of Councillor David Gardner. We are currently awaiting the outcome of a number of funding applications. As part of our commitment to continuing to provide a local service, MySpace in Greenwich will commence in January 2018.

## Save Greenwich Centre Crowdfunding Campaign

This November we will be launching a crowdfunding campaign to help contribute to the fundraising for our Child and Family Support Service at our Greenwich centre.

Crowdfunding is *the practice of funding a project or venture by raising money from a large number of people who each contribute a relatively small amount, typically via the Internet.*

We will aim to raise £20k through this new and exciting initiative for Welcare. We hope all our supporters can help us achieve this in any way they can - by donations large or small, by sharing the page link on social media or by talking about it to any and everyone. More information will be shared very soon.

## Redhill's New Children's Garden

Councillor Roger Newstead, Mayor of Reigate & Banstead, officially opened a new all-weather play area at Welcare's Redhill Children's Centre on Wednesday 12th July.

Hundreds of children have used the new all-weather garden since it opened. The garden will meet the needs of the many local families who do not have access to a garden or safe outdoor play space. It also offers outside multi-sensory play areas specially designed to meet the needs of children with disabilities.

Outside play helps to prevent childhood obesity and vitamin D deficiency, as recently highlighted in the British Medical Journal (16 February 2017.) This is particularly important locally, as Year 6 children in Reigate and Banstead have obesity levels which are nearly 2% higher than the Surrey average. As well as its importance for physical development, playing outdoors also helps to build language and communication skills, which in turn promote social and emotional development.

Play equipment includes chimes, drum panels, a Mud Kitchen, Fairy Dinosaur Land, two "make your own den" areas and a 2 metre by 2 metre sand pit. Using recycled materials such as tyres, logs, planks of wood and old CDs, we kept costs down. Much of the construction work was done by amazing volunteers, including young people on the National Citizenship Scheme and a team from Employability.

Our grateful thanks go to the following funders without whom this garden project could not have happened: John Wates, Sue Wooderson, The Raven Housing Trust and Councillor Jonathan Essex from his Members' Allocation Fund, as well as additional donors who wish to remain anonymous. A huge thank you also to everyone who gave their time and effort to help us turn this dream into a reality, whether it be by digging, painting, delivering, helping or providing tea and coffee!







## British 10K London Run 2017

On a warm, sunny Sunday 9th July, our team of 19 runners took to the streets of London to run, jog and walk the Virgin Westminster 10K London Run in aid of Welcare. Our amazing team was made up of runners from across our centres and did such a brilliant job under the hot conditions. Some seasoned runners took it all in their stride, some who had never run before completed in amazing times, others won accolades (one of our runners won the Fastest Runner Aged Over 80 category!) After the event we held a reception to celebrate #TeamWelcare's achievement and to thank everyone for supporting Welcare. The fantastic team this year raised in the region of £5,500. A final figure will be announced on our website and on social media shortly.

It really was a great event and an exciting step in a new sports programme for Welcare. We will be taking part in the event again next year, so if you'd like to be a part of #TeamWelcare, please email [fundraising@welcare.org](mailto:fundraising@welcare.org) to stay up to date.

## Run Reigate 10K 2017

We were delighted to have a group of supporters from East Surrey participate in the Run Reigate 10K raising money for Welcare. The team from St Margaret's Church smashed their original target of £500 to raise a fantastic £830!

Amy Reeves, chief organiser of the team, said of the event: *"I'm still in shock I did it, and I know the girls are wired and are talking about doing the half marathon next year! I even got to high five Dame Kelly Holmes TWICE! It was a great day, a great run, for a great charity! Hearing people shout 'come on Welcare girls' as we ran was so motivational!"*



**Are you taking part in a sporting event and would like to raise money for Welcare at the same time?**

You don't have to be taking part in one of our set events to receive support from us. If you are already signed up to do a run, cycle, swim - anything - and would like to raise money for a great cause at the same time, you can become part of #TeamWelcare too! We will provide you with a t-shirt and fundraising pack and support you all the way. Just send an email to our Fundraising Manager at [fundraising@welcare.org](mailto:fundraising@welcare.org) to get started.

**> Yes! I want to join #TeamWelcare!**

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### **Concert by Candlelight at St Martin-in-the-Fields in aid of Welcare**

On Saturday 25th November Welcare is once again joining forces with Brandenburg Chamber Festival with tickets to Spem in alium by candlelight at St Martin-in-the-Fields, Trafalgar Square. This will be a wonderful event to ease you into the festive season.

The concert starts at 9pm, and will last 1 hour with no interval. Tickets are £14, with £5.50 from each ticket donated to Welcare (provided you purchase them directly from our website).

**> Buy tickets for the event here**

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*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 at [fundraising@welcare.org](mailto:fundraising@welcare.org), call 0207 820 7910 or visit our website to find out more:*

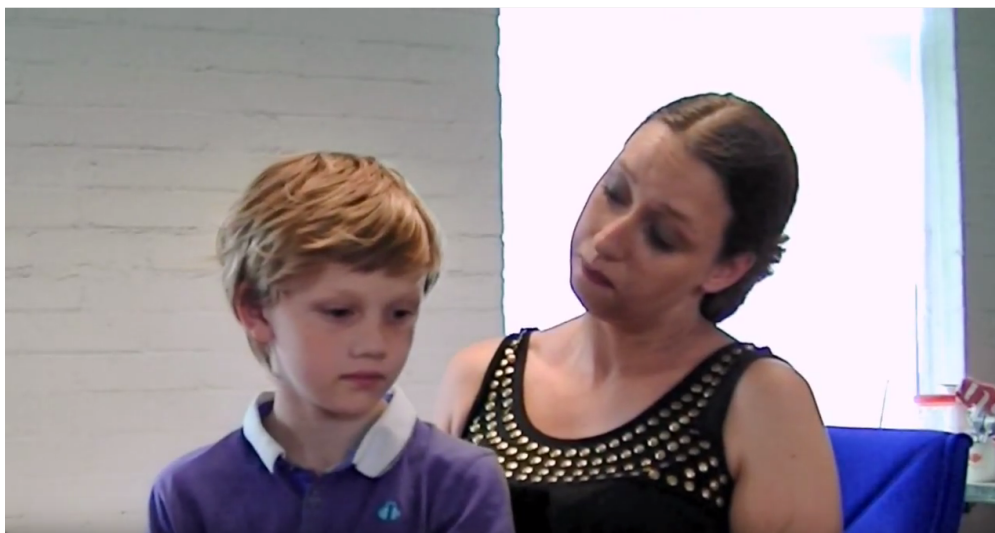
**> Raise funds for Welcare your way**



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**Another chance to view Welcare's Film**

In case you missed it in our previous newsletter, we have produced a short film, explaining why we do what we do and showing the life changing impact Welcare's services have on real families, in their own words. You can view the film at our YouTube channel by clicking on the image below.



**Watch the Welcare film, Welcare: The Difference We Make**

**> Click here to view more stories about the difference our services have made**

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## Our Centres

Bromley  
East Surrey  
Redhill Children's Centre  
Greenwich  
Inner London  
South West London

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**welcare.org**



*Welcare is a family-focused charity based on Christian values that is dedicated to help 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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