



Dear Amy

Spring is a time to look forward but also to look back over the winter months and show how our staff and volunteers have supported children and their families.

A personal highlight was our Christmas party for parents and their children supported by the Inner London centre. It proved a wonderful excuse to escape GDPR preparation to become quiz master for the afternoon and also reminded me just how excited and noisy children become in the magical few days leading up to Christmas! In this issue we share some of the ways we helped to make Christmas special for the families we support, despite the many challenges they face.

I would also like to thank everyone who supported and shared our first crowdfunder appeal. We know we cannot survive doing things the way they have always

Connect With Us



been done and this is just one of the ways we are developing to future proof our charity and develop new supporters. You will be delighted to know that we raised £7,000 towards the cost of a senior Family Support Worker for SE London and interviews for the position took place last Friday.

On 1st May we look forward to re-launching our work in the Royal Borough of Greenwich with a Service of Thanksgiving, to which everyone who supports our work or is interested to find out more is very welcome. I am also very pleased to introduce Gemma Hughes, our newly appointed Children's Support Worker, supported by the BBC Children In Need Appeal. Gemma is working hard to plan delivery of our domestic abuse recovery group (MySpace), the weekly drop-in sessions for young people aged 11-13 and Summer Participation programme in Greenwich. I hope you enjoy reading this issue of our newsletter.

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.

How We Have Helped

In the 3 months between 1st October and 31st December 2017, we worked with 496 families, having a positive impact on the lives of 704 children.



The impact on families measured using Family Outcome Star Plus, shows that in the last quarter 97% of families reported an improvement as a result of Welcare's intervention.

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

Key Dates

OurPlace Young People's Exhibition

Friday 13th April 2018

Greenwich Service of Thanksgiving

Tuesday 1st May 2018

National Children's Day UK

Sunday 13th May 2018

East Surrey Service of Thanksgiving

Wednesday 27th June 2018

Virgin Sport British 10k London Run

Sunday 15th July 2018

Welcare's Annual Meeting & Volunteer Awards

Friday 28th September 2018

Bromley Service of Thanksgiving

Tuesday 13th November 2018

Volunteer Training Dates

Effective Volunteering

Wednesday 21st March
10:30am to 4:30pm

Volunteering with Families Part One

Saturday 14th April
10:30am to 4:30pm

Donate today ➡

General Data Protection Regulation (GDPR) - We Want To Stay In Touch!

The GDPR will replace the existing Data Protection Act 1998 in May and gives individuals more rights and protection in how their personal data is used. For us, like all charities, we will need to ensure our supporters have “opted in” to give their consent to receive our communications, including the supporter newsletter, and we need to ensure that we are meeting a set of lawful conditions to process all the data we hold. While we already have very secure data protection processes in place and we do not share your data with third parties to use, GDPR means we must be very clear about how you wish to hear from us.

You will be receiving more information from us in early April, so please be aware that you need to “opt in” to continue to receive news about our difference our work makes and the ways you can continue to support us. We will be making it as easy and clear as possible for you to opt in or out, and will explain to you exactly what you can expect from us in terms of your data and in our communications.

[> Click here to update your communication preferences now](#)

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 keep inspiring us!

60 Second Interviews with Two Volunteers

Volunteering with Families Part Two

Thursday 19th April
10:30am to 4:30pm

Child and Adolescent Development

Thursday 26th April
10:30am to 4:30pm

Engaging with Young People

Tuesday 15th May &
Monday 21st May
6pm to 9pm

Please note this training is delivered over two evenings

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



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

Sue has been a volunteer at our Bromley Centre since 2014. She is an admin assistant, a mentor and offers group support for MySpace and holiday activities.

Welcare: What brought you to Welcare?

Sue: I first heard about Welcare through my church and feel that supporting families to overcome difficulties touches the heart of my Christian faith. My own experiences and encounters with families have given me empathy, understanding and a desire to restore dignity to people.

W: What does your role involve?

S: I am based in the Bromley office, which is the first contact for families who need support, or the professionals who represent and refer them. As part of the admin team of volunteers, I process applications, and keep files and records for the Family Support Workers who do the frontline work.



Mentoring is a very rewarding part of my work, as I spend quality time with one child outside their home environment. We find fun activities to do together, having plenty of laughs, trying new things and doing what we already enjoy. We have spent a day at Crystal Palace park, been bike riding, baked cakes, had fun at a school fair, and lots more.

Occasionally, I have prepared crafts for themed activity days, joining the families to chat while we create our own mini masterpieces. My role at MySpace involves preparing each session and serving refreshments but my life experience also helps me to contribute to discussions.

W: What do you love most about your role and volunteering at Welcare?

S: The families are what Welcare is all about, and I love to see firsthand how we are making a difference where it matters. It is amazing to hear from the children and adults how much they appreciate our support, and to know that we really care about them as individuals.

W: Name one thing you are really proud of.

S: Mentoring is such a special privilege. Devoting time to one child and seeing her smile, her excitement and her enthusiasm is far above anything you can buy.

Pauline is a volunteer admin assistant at our Central Office, supporting our Volunteer Manager. She has been volunteering at Welcare for 2 years.

Welcare: Tell us about your role at Welcare

Pauline: My role is to process the paperwork that comes into our office from volunteers and prospective volunteers. When Paul is away, I will stand in and tell prospective volunteers about the function of Welcare in helping children and families

in our local communities by sending out Welcare's Volunteer Enquiry Packs and information about Welcare.

W: What do you enjoy most about volunteering at Welcare?

P: I must say I enjoy going into the office, because I like the work that I do and the staff are always very calm, helpful, friendly and always show appreciation. It makes me feel that the work I do is very important and certainly someone is needed in that role.

W: What do you feel you have gained from volunteering at Welcare?

P: I know I have gained a great respect for what Welcare does within the local community that I am located in, seeing the families that attend our office, and activities and refreshments that are laid on for the children. Also with the emphasis on fundraising events that are held, I am impressed by the dedication of the staff.

Before volunteering with Welcare, I did not really know much about charities dealing with families and children - they were only places I heard about without showing any real interest. It has opened my eyes to the larger picture of hands-on experience that a well-established charity provides.

W: Would you recommend joining Welcare's volunteer team?

P: I would certainly recommend anyone who is looking for a volunteer role to join Welcare, because they would be thoroughly trained for any role they were placed in. The training is hands-on and interactive with other trainees. At Welcare, you can know that you are helping a child or family to cope with the harshness of things that happen outside of their control and that some people find very difficult to deal with. Welcare is always at hand to help when someone is referred to us. It is a joy to see happy volunteers as well as happy families that walk through our doors.

Visit a museum or chat sport for a few hours and change a child's life

Can you, or do you know someone who can, spare a few hours every two weeks? We are currently in urgent need of volunteer Child Mentors and are asking our supporters to spread the word. By giving time to do a fun activity with a young person every couple of weeks, Child Mentors make a lasting and direct positive impact on the child's life. Mentors are matched with a child aged 8 to 13. Activities may include kicking a ball about in the park, talking music, visiting a museum, going to a sports match, bowling, arts and crafts or simply spending a couple of hours to just sit and talk. Mentors receive full training and support, activity and travel expenses are paid for by Welcare.

We are seeking mentors from a wide range of backgrounds and ages. We are looking to recruit mentors in all areas we work and are especially in need of male mentors. If this role interests you and you can commit to just a few hours every two weeks then please get in touch with us either on 0207 820 7910 or email volunteering@welcare.org.



OurPlace Young People's Exhibition

Last summer, as part of our young people's drop-in, Our Place, funded by Lambeth Child and Adolescent Mental Health Service (CAMHS), we held a participatory photography course over 10 weeks for young people aged 10-12 years old. The course aimed to give the young people a new skill and ownership of camera equipment, while enabling them to express themselves and find their

voice using photographs and captions. The young people we worked with produced a diverse, unique and personal range of images, along with digital stories to convey their own narrative and ensure their voice was at the centre of their work.

To celebrate and enjoy the work they produced, we are putting on an exhibition in partnership with the young people. This will be taking place on Friday 13th April, 4pm to 7pm, at Upstairs at The Ritzy in Brixton. We would love it if you could join us. Please just let us know by dropping a line to us at info@welcare.org or by calling 0207 820 7910.

Click on the poster below for more details or to print off a copy.

OURPLACE YOUNG PEOPLE'S EXHIBITION

Welcare in Lambeth invites you to an evening showcasing photographs and digital stories created by young people we work with.

Hear young people's thoughts on the matters that directly affect them and their peers, while celebrating their talents.

The evening will include an exhibition of photographs and digital stories. This is a unique opportunity to view artwork and hear the voices of those who are often under-represented and excluded in our society.

Meet with the young people, Welcare staff, trustees and our local partners in a beautiful, iconic south London building.

WELCARE.ORG
Twitter: @welcareuk
Facebook: facebook.com/welcareuk

Southwest Children's Trust is a charity registered in England & Wales. Registered charity no. 1010506. Company limited by guarantee no. 3221055.

welcare
strengthening families since 1894



WHEN
Friday 13th April
4pm - 7pm
(join us when you can!)

WHERE
Upstairs at The
Ritzy, Brixton
469 Brixton Road,
London, SW2 1UG

**ALL AGES
EVENT**

**FREE ENTRY
FOOD & DRINK
PROVIDED**

RSVP TO:
info@welcare.org
0207 820 7910

We are Looking for New Trustees

We have vacancies for two trustees on our Board. We are looking for trustees to help deliver our strategic aims and to ensure that Welcare has the resources to continue its work supporting vulnerable children and families throughout South London and East Surrey. The Board seeks to reflect the diversity of the communities that we help and to be representative of a variety of backgrounds.

We are specifically looking for people with knowledge and skills in one or more of the following areas: fundraising, marketing - especially digital, charities and the voluntary sector, social work, business development, volunteer management and IT. We would, however, welcome applications from anyone with an interest in these areas and a commitment to Welcare's mission, vision and values and to our work.

A full trustee role description and person specification can be found on our website. Please email Diane Taylor at info@welcare.org with any questions or expressions of interest.

Family Support Volunteers Begin in East Surrey

We are delighted that we have been able to expand our services in East Surrey and are now providing Family Support Volunteers to families we are working with in the area.

Our first volunteer Family Helper, Isata, has begun and is already making an incredible impact. Family Helpers give practical support to a family for up to twelve weeks. Isata has been working with a parent at Welcare since December 2017.



With four children ranging from 23 months to 15 years old, the additional support has been vital. Primarily supporting mum and her youngest son, Isata has helped the family access stay and play sessions at Welcare and other parenting groups to help build mum's self-esteem and reduce feelings of isolation. There has been excellent engagement from the parent in partnership with her Family Helper, and a very positive working relationship has developed.

As part of her role, Isata reports back to Welcare following each session, including any additional challenges or experiences. This enables Welcare to deepen the support we give to the family. Isata tells us how much she has enjoyed the volunteer experience, which has boosted her own confidence. She has been pleased to give support and see the positive outcomes of growth from both the parent and the child. She recognises that the 'little steps' of engagement are what enables the family to move forward in a positive way.

We are in urgent need of more Family Support volunteers across Welcare, especially Child Mentors, as well as Group Assistants and Admin volunteers. If you feel you may have the qualities needed and are able to spare a few hours to make a big difference, please do get in touch by emailing volunteering@welcare.org or calling 0207 820 7910.

> [See Volunteer Vacancies at Welcare](#)

The Impact of Our MySpace Groups

Workers and volunteers from our Bromley Centre ran a MySpace group between September and December 2017 at a local school. MySpace is a domestic abuse treatment and recovery programme for young people who have been previously impacted by domestic abuse. We run a non-abusing parenting group alongside it to help parents better support their children.



The group was the first place the children were able to discuss and express what they had witnessed and how it made them feel since they had left the abuse. All the children participated in the group exercises and quickly learnt about abuse and recognising the three main types of abuse; physical, emotional and sexual abuse. The children learnt how to keep themselves safe and where to get help if they needed it. They learnt that hands are not for hitting, producing a poster in the group of hand prints to demonstrate this, whilst discussing how we use our hands in positive ways. They also spoke about the things children are responsible for versus the things adults are responsible for.

One child explained that she felt relieved that she could talk about her experiences in a safe environment and hoped she would feel more confident after the group ended.

“I’ve learnt how to interact and talk with my Mum when I feel worried. I have also learnt what to do if two adults are fighting-not to get involved but to get help from people I trust or calling 999”

Another child felt it was his responsibility to keep his mother safe and to ensure she was happy. He carried a lot of pressure upon himself, which prevented him from being able to express his feelings and communicate freely with his mother. After the programme ended he felt more confident and relaxed with his mother. He also became more affectionate towards his mother and sister.

“MySpace has really improved my son’s behaviour. He is much more open and our relationship has also improved greatly”

The youngest child was at first very quiet and shy. She wouldn’t share much but would always participate in the exercises. However, as the weeks continued, she began to slowly share her experiences and became more confident and expressive. Her mother expressed that she had noticed a positive difference in her daughter.

“She’s expressing - has more awareness, she’s more careful and she’s opening up more”

Each parent and child felt an overall positive improvement in their confidence and ability to communicate with their non-abusing parent. The parents felt able to approach their children with exercises they learnt to encourage their children to talk. We look forward to delivering more MySpace groups across all our centres at Welcare.

[> Read more about our MySpace programme](#)



Virgin Sport British 10K London Run 2018

Once again, we will be taking part in the Virgin Sport British 10K London Run. The event takes place on Sunday 15th July, and we still have places available, so get signed up to secure yours!

Places cost £30 each, with a commitment to fundraising £150 (we'll help you do that, with tips, resources, advice and our JustGiving tools). Last year we had a team of 19 runners, joggers and walkers, who raised an amazing £5,500! Can you help us beat that this year? The challenge is here!

You will be supported all the way through, from sign up to fundraising, on the day through to getting in those last extra pounds! After the event we will hold a reception to celebrate **#TeamWelcare's** achievement and to thank everyone. One of our previous runners said of running for Welcare: *"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!"*

If you'd like to be a part of #TeamWelcare, please visit our website to [get signed up!](#)

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



National Children's Day UK

Sunday 13th May is National Children's Day UK. This year, we will be running a Welcare fundraising campaign from 2nd May - 16th May in line with National Children's Day UK, a day of celebration very close to our hearts. The campaign will be running online, in schools and in churches with a Welcare Sunday on 13th May. Resources, links and hashtags will be available very soon and it will be easy to get involved, whether you are 8 or 88! Keep an eye on our website and Facebook page for more details in early April.

> [Join us on Facebook to keep up to date](#)

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](#)



Welcare Film

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



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.



This email is from Welcare. Our website is www.welcare.org. Southwark Diocesan Welcare is a Charity registered in England & Wales. Registered office: 19 Frederick Crescent, London, SW9 6XN. Registered charity no. 1107859. Company limited by guarantee: no. 5275749.
