



Dear Amy

Welcome to our Autumn newsletter. In this edition we share news from our Annual Meeting and Volunteer & Supporter Awards, provide a brief update on our work building the emotional health and wellbeing of young people and include highlights from our wonderful supporters who continued to raise money during the scorching summer months.

Strategic Plan 2018-21

One of the key governance tasks of our trustees is to agree the strategic direction of the charity. Together with my staff team we have outlined the way we will approach our work, develop services, and generate the income to pay for them over the next three years. We have a duty to our beneficiaries, past, present and

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future, to ensure that we do the very best we can to meet their evolving needs and this may mean making difficult decisions. We also have a duty to you, our supporters and funders, to ensure that we use every penny you donate to deliver results, for children and families in South London & East Surrey.

The result was our 3 Year Strategy 2018-21. During the planning process we also clarified our Vision, Mission and Core Values for the charity, and considered carefully what this means within the context of our Christian heritage and the difference this makes to how we deliver our services and generate the income to pay for them. Please take a moment to read our Strategic Plan Summary 2018-21 which is available here: [Welcare Strategy Summary 2018-21](#)

Thank you for your support to help us build a sustainable future and ensure we will be *Here Now, Here Always* for our beneficiaries.

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 April and 30th June 2018, we worked with 481 families, having a positive impact on the lives of 549 children.

The impact on families measured using Family Outcome Star Plus, shows that in the last quarter 85% of families reported an improvement as a result of Welcare's intervention.



Key Dates

Bromley Service of Thanksgiving
Tuesday 13th November 2018

Welcare 125th Anniversary Service
Saturday 15th June 2019

Virgin Sport British 10k London Run
July 2019

Volunteer Training Dates

Effective Volunteering
Tuesday 16th October
10:30am to 4:30pm

Volunteering with Families: Part One
Thursday 18th October
10:30am to 4:30pm

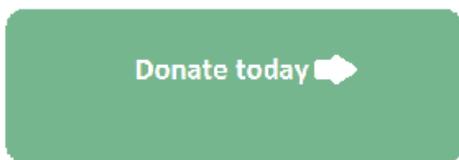
Volunteering with Families: Part Two
Thursday 8th November
10:30am to 4:30pm

Child & Adolescent Development
Thursday 22nd November
10:30am to 4:30pm

Safeguarding Training
Saturday 24th November

Engaging with Young People

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



Dates TBC
6pm to 8.30pm
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.

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!



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

Welcare's Annual Meeting & Volunteer & Supporter Awards 2019

On Friday 28th September we welcomed volunteers, supporters, funders, fellow professionals and staff to celebrate together the past year of working with young people and families, to thank our volunteers and supporters for their dedicated work and to share what we plan to achieve in the coming year.

The Annual Meeting provides the opportunity to update those who support our work on our key activities and achievements and to hear the inspiring personal stories from those who volunteer and support our work in so many different ways. Anna Khan, our CEO, and Cherry Murdoch, our Chair of Trustees, talked about the past year and our new 3 Year Strategy respectively. This year the theme was putting the needs of children and young people first and showcasing our developing programme of work to support the emotional health and well being of young people.

We were delighted to have Kathy Evans, CEO of Children England, speak about their work to lobby, campaign and fight for children and she thanked young people supported by Welcare who took part in the #ChildFairState consultation to work out what our public services and systems could do to support the needs of children.

Why it's important for Welcare to work directly with children, as well as supporting their parents and families

From childhood to adolescence, bodies and brains go through dramatic changes, and at the same time relationships with those around us, from parents to friends, teachers to those in our neighbourhoods, change as we shift to becoming independent adults. The stakes are higher than they have ever been, and the conflicts more intense. Badly managed, youth conflict can deteriorate into an all too familiar cycle with frustration, poor self esteem and lack of communication all combining to fuel violence, exclusion from school, self-directed social exclusion, gang activity, weapon carrying, self-harm, risky sexual behaviour and drug and alcohol misuse. However, adolescence is also a time of amazing opportunities, if young people can learn to manage conflict well they will better develop the emotional capabilities essential for adult life, and they can and will become the next generation of loving parents, active citizens, creative workers and inspirational leaders.

We have piloted a number of projects in Inner London, led by Hannah Franklin, and in February we re-launched our work in Greenwich focusing on working with children and young people by appointing Gemma Hughes, our Children's Support Worker funded by BBC Children in Need. Developing new services, including groups, to improve the emotional health and wellbeing of young people is just one of the goals from our 3 Year Strategic Plan 2018-21.

Volunteer & Supporter Awards 2019

A key element of our Annual Meeting is the Volunteer and Supporter Awards. This year certificates were kindly signed and presented by The Rt Reverend Bishop Graham Kings, who stepped in at the 11th hour for Bishop Richard Cheetham, who unfortunately could not attend.

Our winners were:

Volunteer Outstanding Achievement Award

Edna Toha, Pauline Griffiths & Jo Silcock

Volunteer Team Award

Inner London Group Assistants (Ayesha Alleyne, Karina Sakhibgareeva, Lisa Broderick & Gail Mallatratt)

Volunteer Impact Award

Beverly Lami, Jane Irvine, Toubia Nikandam, Isata Kamara & Karina Sakhibgareeva

The Emily Bennett Outstanding Supporter Award

Maureen Jessiman

Supporter Impact Award

Roberta Clarke

Supporter Team Award

Greenwich Friends Group (Alan Wiltcher, Eileen Wiltcher, Peter Griffiths, Jean Griffiths, Joan Lake, Sue Floyd, Pam Davies, Janet Knox-Hewson, Eric Buhl & Ros Scofield)

Congratulations to all our winners, but also a huge THANK YOU to all our volunteers and supporters - you're all amazing and we couldn't do this without any of you!



Residential Trip to the Lake District

"We are all better than we know. If only we can be brought to realise this, we may never again be prepared to settle for anything less" - Kurt Hahn, co-founder of The Outward Bound Trust

It was the August Bank Holiday Monday 2018 and a party of young people aged 11-13 who have been supported by Welcare, two members of staff and Mark, a volunteer mentor, set off from our Inner London centre for a week long adventure at the Ullswater Outward Bound Activity Centre in the Lake District.

The aim of the trip - to increase emotional well-being, and build confidence and resilience. All the young people supported by Welcare, through our weekly drop-in, *OurPlace*, our summer holiday activity programme or the *WithRespect* programme were selected because they had worked hard to overcome significant personal challenges, including having been excluded from similar activities organised by their schools. All the young people were know to us but they didn't all know each other before the trip started.

Throughout the week everyone was encouraged to enjoy the beautiful lakeside setting and to test themselves by walking up mountains and waterfalls, supporting each other both physically, using ropes and harnesses, and emotionally, through

encouraging words and gestures. All the challenges took courage and determination and pushed us out of our comfort zone, whether that was wading through mud and icy water, crawling through tunnels, coping with insects or eating ration packs by a camp fire and appreciating how dark it is without street lighting!

Learning in the outdoors provides direct and practical experiences that cannot be achieved within a traditional workshop setting, and learning through adventure provides a visceral experience of risk. Anna, our CEO, says of the trip *"I was enormously proud of the young people, especially when we spent our first night camping and then kayaked back to the centre across Ullswater. I was also extremely proud of Welcare, we managed the risk of taking a group of young people away and bringing them back safely while providing them with a unique opportunity to leave a long hot summer in Lambeth behind them and gain an opportunity to grow their confidence"*.



East Surrey Service of Thanksgiving & Community Party

The sun shone on 27th June as Welcare East Surrey celebrated the work of its staff and volunteers for local families with a special service at St Matthew's Church, Redhill, attended by over 50 adults and 22 children, plus pupils and staff from St Matthew's School, Redhill.

Rev. Andrew Cunnington welcomed the congregation, which included local resident and Councillor for Redhill West



and Meadvale, Natalie Bramhall, Welcare Chair Cherry Murdoch and many of Welcare's invaluable local supporters, volunteers and current and former members of staff. The service started with a short introduction about Welcare's work from Chief Executive, Anna Khan. Anna explained how Welcare had, and always would, adapt to meet the changing needs of the families it supports by offering innovative new services.

The Venerable Moira Astin, Archdeacon of Reigate, shared the story of the loaves and fishes, using the metaphor of a child sharing his packed lunch to show the importance of practical actions. She then asked the whole congregation to write down the first thing they thought of, the most important prayer to them personally, on a small paper fish. These fish were later displayed at a party in the Parish Centre following the service. The choir from St Matthew's School sang during the service, which ended with the whole congregation joining them in a spirited rendition of: "*He's got the whole world in his hands.*" This included grownups trying hard to synchronise hand actions, and ended with an impressive high C from Archdeacon Moira.

After the service many more adults and children joined the congregation for the party, where they were entertained by musicians from Reigate Grammar School. Welcare staff and volunteers worked hard to set up food, drink and balloons and activity stands for guests to enjoy. Children had great fun at the prize-every-time pull a string game, a guess the name of the teddy competition, a fish craft and outside games. Nine different organisations also had stands showing their services: the YMCA, Community Debt Advice, Raven Housing (who brought along a pedal bike that made smoothies), the Mother's Union (providing very welcome tea and coffee), Workers Educational Association (WEA), Reigate & Redhill Child Contact Centre (with a butterfly craft), Home-Start (with playdough), Reigate & Banstead Community Development team (with table tennis), Timperley Church and Better Leisure (with a quiz about sugar in drinks).

We would like to give our very grateful thanks to everyone who helped us prepare for and run this event, and especially to all of the staff and volunteers who give so much to local families.





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!](#)



#capeability and Welcare Month 2019

With our 125th Anniversary next year, we will be introducing some fun initiatives that will help us raise awareness and funds. One of those is our #capeability campaign!

Sunday 12th May will be National Children's Day UK and Welcare will be running this campaign, focusing on the strengths young people and families have to #care, #thrive and #inspire! There will be more details to come in early 2019 and the campaign will be running online, in schools and in churches until our 125th Anniversary on 15th June. Resources, links and hashtags will be available 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 2019.

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

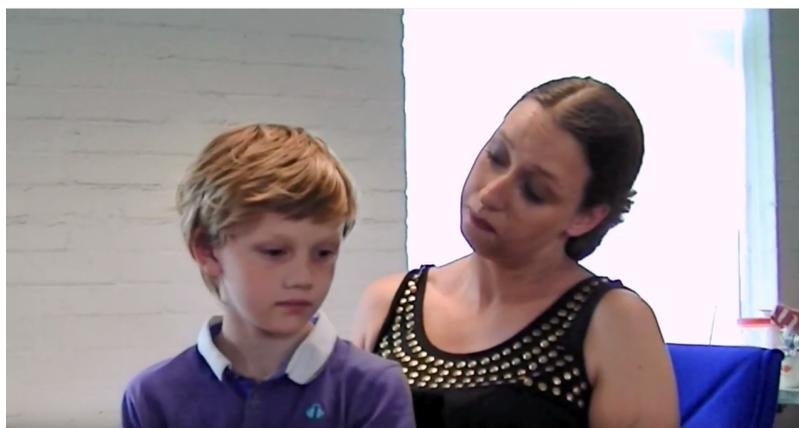
Thinking about holding your own cake sale, coffee morning or sponsored walk? We can provide you with promotional materials, posters, banners, balloons and more. Contact us at fundraising@welcare.org, call 0207 820 7910 or visit our website to find out more:

> [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.



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