

# #CapeAbility



## Church fundraising



### Who are Welcare?

Welcare is a charity that helps children up to the age of 13 and their families, in South London and East Surrey.



### Who do we help?

We help families who are having problems - these can include poverty, domestic abuse, addiction, health issues, and family breakdown.

### How do we help?

We respond to individual needs, by offering practical and emotional support in either one-to-one work, or group work programmes.

Welcare encourages families and young people to overcome challenges and to be the best they can be.

We want to enable everyone we help to be their own superhero and to:

#### THRIVE

recognise their own strengths in order to succeed and overcome challenges

#### CARE

be compassionate and kind, and process their emotions in helpful and healthy ways

#### INSPIRE

bring out the best in others, so that they can be heroes too!

**£10**

Pays for a crafting lesson for a MySpace group of 8-11 year olds

**And we need your help!**

**£50**

Helps train a volunteer to work with families

**£100**

Pays for a 1:1 family visit for a family in need

# What is #CapeAbility?

We believe everyone can be a superhero, and that everyone has the ability to Thrive, Care, and Inspire. CapeAbility encourages us to ask questions like...



## What do we need in order to Thrive?

- food & shelter
- love from friends & family
- fun & learning



## How can we show care to others?

- talking & listening
- sharing & helping
- being kind



## Who or what inspires me? How can I inspire others?

- friends, family
- teachers
- heroes & role models

## #CapeAbility themed readings

### Psalm 23: The Lord is my shepherd...

#### THRIVE

He makes me lie down in green pastures [...]  
He restores my soul.

**God, as our shepherd gives us not only what we need to survive, but to thrive. Welcare wants children to know their own needs and see that they are met in order to thrive.**

#### CARE

I feel no evil;  
for you are with me [...]  
You anoint my head with oil;  
my cup overflows.

**Jesus told us to be shepherds to others. Welcare seeks to help children have the confidence to care for others.**

#### INSPIRE

Surely goodness and mercy shall follow me  
all the days of my life.

**David was an inspiration to those after him. Jesus inspires us to live his ways of love. Welcare's vision is for children to be an inspiration to others.**

# How we can help

- providing resources & worksheets to help (see [Welcare.org/capeability](http://Welcare.org/capeability))
- fundraising materials
- easy donations and gift aid

# How to boost your

## #CapeAbility campaign

- celebrate how much money you've raised with a weekly total
- use the hashtag #CapeAbility and tag @Welcareuk to share and inspire other churches!
- Return any unneeded Welcare merchandise at the end of your campaign

**For more information on how to get involved, visit [Welcare.org/CapeAbility](http://Welcare.org/CapeAbility), or email [fundraising@welcare.org](mailto:fundraising@welcare.org)**