

welcare
strengthening families since 1894

#CapeAbility



School 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 students 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 activities for schools



Make superhero stick puppets

Bake #CapeAbility cupcakes



Set up a superhero obstacle course



Make your own cape



Raise money with a 'Wear your cape to school' day!

How we can help

- providing resources & worksheets to help

(see 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 schools!
- Return any unneeded Welcare merchandise at the end of your campaign

For more information on how to get your school involved, visit Welcare.org/CapeAbility, or email fundraising@welcare.org