

welcare

strengthening families since 1894

Autumn 2019 news

Welcome to our Autumn 2019 newsletter.

As summer evenings become autumn nights it's a pleasure to bring you our latest news. Highlights of the summer include our programmes with children and families, particularly our 'Summer Food & Fun'. This group was delivered in Inner London to promote family bonding, and support families struggling without access to regular free school meals, known colloquially as 'Holiday Hunger'.

Fittingly, as temperatures cool and leaves begin to turn, our newest case study shows how our Family Support Worker Sam helped a family with emotional health challenges compounded by poor housing. I was especially intrigued to learn about how a weighted blanket can relax the nervous system, and help a child with ASD.

Sincere thanks to our fantastic #TeamWelcare runners, who took part in the ASICS London 10k in July. We're still collecting donations, but are on track for a total of over £2000 in fundraising!

I also include an update about our services in East Surrey, and confirmation that following the re-modelling of wider children and family services in Surrey. We will run the new Redhill Family Centre launching in November 2019.

Finally, I would like to encourage you to share this newsletter with anyone interested in volunteering with Welcare – our next information event is on 14th September.

With much appreciation and all good wishes,



Anna Khan, Welcare CEO



Top Stories



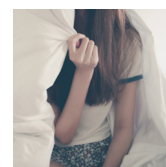
Summer Food & Fun Club

Our first year of hopefully many more. Reducing isolation and holiday hunger for families, while promoting family skills and communication



East Surrey update

Welcare's board of Trustees has signed an agreement with Surrey County Council to run the new Redhill Family Centre. Our new services will launch November 2019.



Case Study: Carly's story

8 year old Carly, who has ASD, was referred to Welcare with her overwhelmed mum – struggling with 5 sleep deprived children in temporary housing. With Welcare's help, Carly now has specialised sensory equipment and a weighted blanket to relieve anxiety and aid sleep. The whole family is coping much better.

Read more online.

Key Dates

Sat 14th Sept: Prospective volunteers' information

Sat 21st Sept: Bromley Quiz night

Fri 11th Oct: It's a Wonderful Life (concert)

Tues 15th Oct: East Surrey volunteers' Tea Party

Tues 12th Nov: Bromley Annual Service 2019

Keep in touch

For more information, and to stay up to date with all our latest news, sign up to our newsletter at welcare.org/newsletter, or contact us on 020 7820 7910.



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