

welcare

strengthening families since 1894



#CapeAbility



Thrive

Care

Inspire

#CapeAbility



School fundraising



What is Welcare?

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



Who do we help?

Vulnerable families affected by domestic abuse, mental health challenges, substance misuse, financial hardships and other disadvantages.

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

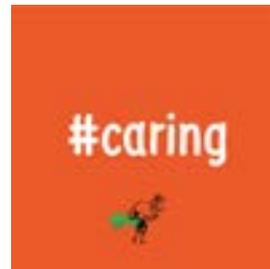
What is #CapeAbility?

The campaign will help children develop key mental health strengths to build their emotional well-being so that children can go on to inspire their peers and families to have healthy relationships.



What do we need in order to Thrive?

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



How can we be #caring to others?

- talking & listening
- sharing & helping
- being kind



Who or what inspires me? How can I be #inspiring?

- friends, family
- teachers
- heroes & role models

#CapeAbility activities for schools



Raise money with a healthy eating week

Bake #CapeAbility cupcakes



#CapeAbility superhero obstacle course



Make your own cape



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

How we can help

- providing resources & worksheets (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

welcare.org
020 7820 7910
fundraising@welcare.org

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