

# welcare

*strengthening families since 1894*

**Dear Friends,**

No matter your age, September brings that familiar feeling of 'going back to school.' The start of a new routine, a clean slate. Whatever your plans might be for this new season, I am pleased to share some of the highlights from the summer, as well as our plans for the autumn. Happily, with the publication of the Government's Winter Plan Coronavirus guidance, we have details of our first supporter events of the last 18 months.



Our [Summer Holiday programme](#) took place on a sunny August week in Lambeth and enabled some of the children we have supported over the last year to build their confidence, self-esteem and resilience through a range of activities including a DJ workshop, Arts & Crafts sessions and plenty of fresh air and exercise in Myatt's Fields. With [help from Merlin's Magic Wand](#), we were also able to provide tickets to summer activities to several families in South West London.

I am pleased to share a [case study](#) that highlights the sensitive way our Inner London team have worked with a young girl diagnosed with selective mutism, finding ways to communicate and bring her out of her shell. I am also pleased to share the news that four staff have trained to deliver the new [Caring Dads programme](#) and that our first autumn course is open to fathers from South London and East Surrey who can commit to attending the course in Frederick Crescent on Thursday evenings starting on 4th November. We are also very pleased to have secured funding from Reigate & Banstead Borough Council to run several new groups and courses for parents and babies and young children.

Finally, our wonderful Friends groups in Greenwich and Bromley have organised a [Walk for Welcare in Charlton Park](#) on Saturday 2nd October, and on Saturday 16th October there will be a fundraising Quiz Night in St Mary's Shortlands. I look forward to seeing many of you at the [Service of Thanksgiving for the Work of Welcare in Bromley](#), which will take place at Bromley Parish Church at 11.30am on Friday 19th November.

Do follow us on social media and, if you can, please share our latest news, events, and stories. In this way, with your help, we can build a strong and resilient supporter base to allow us to continue our vital work.

With sincere thanks and warmest wishes,

A handwritten signature in black ink, appearing to read 'Anna Khan'.

Anna Khan,  
Welcare CEO

For those who prefer a printable version of our newsletter, this can be accessed [here](#).

**OUR LATEST NEWS**



### **Welcare Summer Holiday Programme**

This August, with thanks to funding from Sherborne in the Community, Welcare ran its Summer Programme for children ages 6-13, at St John's Community Centre in Inner London.



### **Case Study: Ruby's Story**

Ruby\* has been diagnosed with selective mutism. She is non-verbal outside of the family home. One of our Family Support Workers tells us about her work with Ruby.



### **Asics London 10k**

On Sunday 25 July, Welcare was proudly represented in the Asics London 10k by one of our most loyal and hard-working supporters, Sue Floyd, and two friends Queen and Ngozi.

To see more of our news [click here](#).

## **UPCOMING EVENTS**

**Walk for Welcare in Charlton Park**  
Saturday 2 October

**Fundraising Quiz Night**  
Saturday 16 October

**Caring Dads course launches**  
Thursday 4 November

**Service of Thanksgiving for the Work of Welcare in Bromley**  
Friday 19 November

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