

welcare

strengthening families since 1894

Dear Friends,

Last weekend we celebrated the Platinum Jubilee and gave thanks for 70 years of faithful and devoted service from our Queen, her solemn vow made good.

Although none of us are called to be a monarch, we are called to serve our community, to be compassionate and to look out for the vulnerable - all qualities exemplified by you, our fantastic supporters. I would like to pay a special tribute to Joan Lake who has tirelessly supported our work in the borough of Greenwich for over 29 years and has just handed over the fundraising baton. Welcare friends and supporters have arranged several events over the summer months and I hope you will be able to join us at one of these events. The first opportunity we have to join together is at 11 am on Friday 17 June at St John the Evangelist Church, Redhill (invitation below).



Research over the past two decades has clearly established that, when fathers are positively involved with their families, children benefit socially, emotionally and developmentally and this is why we added Caring Dads to our range of group work programmes. Four members of staff completed training at Kingston University to deliver this evidence-based programme and we are planning the next 17 week programme to start in November.

Finally, I would like to share with you some of the changes we have made to how we deliver our services. Like many organisations our experience delivering individual and group work services during the coronavirus pandemic provided an opportunity to assess how we could make most efficient use of our limited resources. As a result we have rationalised our use of premises by delivering services flexibly and where possible co-locating group work programmes in schools. The news item below gives further details.

With thanks for your continuing support of our work with children and families,

Kindest regards,

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

Anna Khan,
Welcare CEO



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You are warmly invited to join us for a

Service of Thanksgiving

Featuring the Choir of Sandcross Primary School

St John's Church, Redhill

Church Road, Redhill RH1 6QA

Friday 17th June 2022 at 11am

Everyone is welcome to stay for tea and cake after the service

All Welcome

Any questions? Call Welcare on 01737 780 884 or email redhill@welcare.org

OUR LATEST NEWS

Caring Dads: Summary and reflection



In March Welcare hosted the final 'graduation' session of our first ever Caring Dads 17-week course. It gave us the opportunity not just to celebrate the success and achievement of the men that attended but also for them to look back and reflect on just how much they had learnt about themselves and the positive impact it had on their relationship with their children.

Our pilot group comprised 6 dads from varied backgrounds. Several participants admitted to being skeptical at the outset of the course. "I didn't think anything would change," says one. "I thought the group wasn't for me." Another was worried as he didn't know what to expect. Caring Dads aims to develop the father's relationship with his children and encourage child centred behaviour.

One dad on our course had recently moved back in with his partner and 15 month old daughter after 9 months of living apart. He says being around to see his daughter's development feels great. "We were worried that she hasn't started walking yet, but this week I've been watching her move around with the baby-walker... I would have missed that before."

Following domestic abuse or family breakdown fathers often feel angry and deny their part in the situation blaming others. Caring Dads increases men's awareness of abusive or neglectful behaviour and enables them to take responsibility for their actions. As one participant commented "It's helped me realise my past mistakes and accept my fault in them".

All participants noted an improvement over the duration of the course. There was an 85% increase in the before and after score for keeping children safe, family routine and boundaries and behaviour. Over the 17 weeks of the course the men had supported each other providing support, encouragement, and humour, one said the “best thing was the comradeship with other men and having the opportunity to discuss feelings and emotions with other people who understand”

The group intervention is focused on men who have abused, neglected, or exposed their children to violence however it is important that men do not feel judged about the circumstances that have led them to need help and we were pleased that one father summed up our approach perfectly. “Men should know they are not being judged, it is not a course for ‘bad’ fathers, but men brave enough to admit they need help and who want to improve”.

Our next Caring Dads course starts on Thursday 3rd November. For more information, or to make a referral email info@welcare.org or call 020 7820 7910

Families we've helped: Sam's Story



We know what a difference a positive male role model can make to the lives of children. However 8 year old Sam, living with his grandmother and sister, felt that he had no one special in his life he could turn to. Having his own Welcare Family Support Worker enabled Sam to explore his feelings in a safe, supportive environment and he learnt how to manage his behaviour, positively impacting the family as a whole.

Sam struggled to control his emotions both at home and school and his grandmother found it hard to parent positively. She felt overwhelmed and her own physical and mental health were suffering as a result.

It quickly became apparent Sam needed someone special in his life he could turn to and talk about how he was feeling but first the Welcare family support worker needed to build a good relationship with him. They did this by playing games and carrying out fun activities including cooking, exploring outdoors and playing games; UNO was a particular favourite. As his confidence and trust developed Sam was able to use these sessions to explore his feelings and behaviour. Using the volcano experiment and a mini explosion we talked about the triggers for his anger and how he could manage his behaviour and this had a dramatic effect on his behaviour at home and school.

However Welcare didn't just work with Sam. The same family support worker helped Sam's grandmother to develop positive parenting and consistent boundaries and routines which meant she had the confidence to manage her family. She also encouraged the grandmother to spend more one to one time with Sam so that when she stepped away he would continue to have a special person in his life. Welcare supported the family to attend appointments at CAMHS resulting in a diagnosis which helped understand and support Sam's behaviour. When Sam was suspended from school for aggressive behaviour the School and Welcare worked together to put in place a Personal Development Plan and subsequently support the family to use it as a tool for giving praise, understanding when the low points were in Sam's day and put in place strategies to support those low points.

Receiving praise built Sam's self esteem and confidence and he began to respond differently to difficult situations. He learnt how to regulate his emotions and rather than use aggression to solve

a problem will ask for support if he needs it. His grandmother now uses positive parenting and has learnt how to respond appropriately to challenging situations.

Now a stronger family unit it was important for the family to have a positive ending. Over a period of 4 weeks we talked about how far they had come and signposted Sam to where he could go if he needed to talk. On the final meeting Sam was given a stone to hold when he needed to remember the shared fun and positive times.

The family say: "routine has been established for the morning and evening, leading to a less fraught household. Sam has had help to manage his emotions which while not always consistent has meant the family environment is more positive. School outcomes have improved and his behaviour in school is now rarely disruptive". Sam's grandmother feels better about her ability to parent in a more positive way and is considerably happier than at the start of the process.

*names have been changed

New Premises Update



The coronavirus pandemic provided an opportunity to pause and reflect on how Welcare can deliver services more flexibly and sustainably and reduce our fixed overhead costs. Although some of the premises we occupied had a low annual rent they were challenging and expensive to maintain. As part of our future planning we are rationalising our use of premises by delivering community services flexibly and where possible co-locating our group work programmes in schools.

Services delivered from the Redhill Family Centre are unaffected as we own the building. However, over the last 6 months, we have vacated premises in East Sheen and Woolwich Arsenal and before the end of the year, we hope to relocate the central office within the Southwark Diocesan Board of Education (SDBE) and focus delivery of group work programmes in partnership with schools. The work of Welcare in south-east London will be co-ordinated from our base in Community House in Bromley town centre, these are premises we occupy under licence and we can hire additional space as and when needed. Later in the summer, we plan to co-locate our services in south-west London within the Castelnau Community Centre in SW13.

I will bring a further update in the September newsletter.

Aquathlon Superstar



Pictured here with her medal is Sophie, the newest and youngest member of Welcare's generous Greenwich Friends Group. At the end of May 2022, she took part in the Greenwich Tritons Junior Aquathlon in aid of Welcare swimming 200m and running 2000m. With help from her mum, she raised a fantastic £365.00 through her JustGiving page, with all donations going to Welcare. Thank you Sophie, you are a superstar!

Sophie says "I'm eleven years old and my Nana is my inspiration for this ... every year my Nana participates in charity runs/events raising money for this great charity. So, this year I'm helping my Nana raise money for Welcare by taking part in the Greenwich Tritons Junior Aquathlon"

For more information on fundraising or planning your own event email fundraising@welcare.org

To see more of our news from 2022 visit www.welcare.org/news-listing

EVENTS

Friday 17 June 2022 at 11am

East Surrey Service of Thanksgiving
St John the Evangelist Church, Redhill

Friday 16 September 2022 at 8pm

Rock Choir
St Mary's Church, College Road, Bromley
For tickets email fundraising@welcare.org

Wednesday 16 November 2022 at 11.30am

Bromley Service of Thanksgiving
Bromley Parish Church, St Peter & St Paul Church

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