

# welcare

*strengthening families since 1894*

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Dear Friends,

Welcome to the summer 2024 newsletter. I am delighted to share some recent good news stories from Welcare.

Firstly, we are incredibly proud of Catharine Adjei, our Redhill Family Centre Manager, who was recognised and nominated by Cllr Rebecca Paul as an inspirational woman in the Reigate constituency for her hard work, compassion and dedication to children and families in Reigate & Banstead. Catharine was invited to a reception at 10 Downing Street on 21<sup>st</sup> May to celebrate and you can read more about this [here](#).

Our financial and reporting year ended on 31 March and during the last year our wonderful team enabled us to work with 855 families and we were responsible for generating £48,827 in grant funding and 'added value' for the children and families we serve. I have written more about the outcomes of the charity and how we measure our impact, follow this [link](#) to read more.

As we approach Father's Day and focus on the important role fathers play you will be pleased to know that we continue to deliver the Caring Dad's group work programme for men who have neglected or abused their children or children's mother. Our next 17-week course begins on Tuesday 10<sup>th</sup> September in Union Street, and we plan to deliver a course from our Redhill centre in the new year. To read more about one father we supported, follow this [link](#) to Anthony's Story.

Finally, I am thrilled to report that the newly elected Mayor of Bromley, Councillor Dr David Jefferys, has nominated Welcare in Bromley to be one of his three chosen charities for his mayoral year. This is a huge honour for us and will raise our profile in the borough. To find out more about this please follow this [link](#). For information about fundraising events taking place over the next few months please see our [events page](#) and follow us on social media and share our news and stories.

Thank you for your continued support, prayers and encouragement to make everything we do possible.

With very best wishes



Anna Khan,  
Welcare CEO



## OUR LATEST NEWS

### Inspiring Women Awards



Catharine Adjei, centre manager of the Welcare Family Centre in Redhill was nominated as an ‘inspiring woman of the Reigate constituency’ by Cllr Rebecca Paul. In honour of this local nomination Catharine was invited to a reception at 10 Downing Street hosted by Rt Hon Laura Trott MBE MP, Chief Secretary to the Treasury on Tuesday 21<sup>st</sup> May. Pictured are Cllr Paul (left) and Catharine Adjei (right)

Anna Khan CEO of Welcare said

“We are incredibly proud of Catharine and so pleased that her hard work, compassion and dedication to children and families in Reigate & Banstead over many years has been recognised by Cllr Paul. Catharine and our Welcare team of staff, volunteers and supporters work tirelessly to empower families to change lives for the better”

### Families we’ve helped: Anthony



Following a recommendation from the Family Courts, Anthony, who is the father of Ben (6yrs) and Charlie (2yrs) referred himself to Welcare’s Caring Dads programme. The court had concluded that there was a history of domestic abuse from Anthony towards his children’s mother and Anthony needed support around parenting, understanding the impact of the historical abuse, and improving his co-parenting relationship.

It was hoped that by attending the programme Anthony would gain greater insight and understanding into his behaviour and ensure that contact with his children could take place in a safe and child-focussed way. It was also hoped that the course would give Anthony the skills to communicate and co-parent with the children’s mother in a safe, sensitive, and understanding manner.

Anthony had previously been involved in criminal behaviour and was trying to turn his life around. The Cognitive Behavioural Therapy (CBT) techniques used on the Caring Dads course helped Anthony to put his past in perspective and develop coping strategies to deal with the shame and sadness he felt about his previous behaviour.

Attending Welcare’s Caring Dad’s programme was extremely positive for Anthony; he benefitted from having a safe space with non-judgemental facilitators to help him explore the complex issues within his family and the relationship with his children. After he completed the programme, Anthony provided feedback about his experience. Keep reading to find out what he said.

### **1) What were your expectations before coming to Caring Dads?**

*'For some reason, I felt that I would be judged and punished for my past history of crime and my parent and co-parent skills.'*

### **2) How have you found the course?**

*'At first, I was a bit sceptical but as the weeks progressed, I actually enjoyed coming back every week. The course was eye opening, educational, supportive, and very relevant to my family situation and needs.'*

### **3) How has the course impacted your relationship with your children?**

*'At the start of the course, I was only having indirect contact with my children, but whilst I was on the course this built into direct contact in a contact centre. I had previously never been to a contact centre and hadn't seen my eldest son in 2 years and had not yet met my youngest son.'*

*On the course there were many dads that were either in the same situation as me or had been in the past and so they helped me understand what seeing my children in a contact centre would be like. Also a few of the facilitators were currently working in contact centres and were able to give me advice on how to approach and plan my contact sessions, how to build back the relationship with my eldest and build a new relationship with my youngest in a child-centred way.'*

*The course taught me how to deal with my thoughts and feelings as a co-parent and put them into positive actions. I was able to reverse my thinking from being parent-centred to child-centred and this enabled me to put my children and their feelings first. I was given so many little "gems" on the course that will stick with me forever. One thing that particularly stood out for me was the saying, "each one teach one" – kids only do as they see and not what they're told, such as, if you smoke and tell your child not to smoke they will probably smoke as they have seen you smoke! Lead by example!*

*I feel that without Caring Dads, I would have struggled to take my pride out of my situation and that would have had a negative effect on my children.'*

*I'm currently still seeing my children in a contact centre and building this up at a child-centered pace. With every session the bond that has been built with my children is unbreakable. I've had positive after positive reports and none of this would have been possible without Caring Dads and the support from Welcare and their staff!'*

### **4) Is there anything you have learned about yourself?**

*'There are a few things I have learned about myself, but one of the things that has stuck out for me is using the problem-solving triangle called, "thoughts, feelings and actions". I have changed the way I think and feel in myself and in my relationship with my children and I have changed the way I act and use the things I have learnt on the course to have a better relationship with my children.'*

### **5) What did you enjoy most about Caring Dads?**

*'I enjoyed sharing with the group and getting to know the other dads. Every week at the start of the group we would have a catch up when we would tell the group how our week had been and discuss our homework, I found this really helpful.'*

### **6) What did you find most difficult?**

*'I found it difficult to be open and honest about my family's situation, but once I did, I got some great help and advice that was specific to my own personal situation.'*

## 7) What would you say to a dad thinking about coming to Caring Dads?

*'I would highly recommend that they attend the course, but only if they're going to give it 100%, you need to be dedicated to the course. I would personally recommend Caring Dads to any dad as I believe 99% of dads would learn a great deal and improve the lives of their children.'*

\*all names have been changed and stock images used

If you would like to make a difference to someone struggling in your local community please spare what you can. We couldn't do the work we do without the valued help of our supporters.  
[www.welcare.org/donate](http://www.welcare.org/donate)

## Our Impact



In 2021 Welcare started using relational case management systems to record information securely and enable our staff to access files remotely. This enabled us to embrace working more flexibly, improved workflow and more comprehensive reporting. This includes capturing our advice and support and the added value we bring to the children and families we serve through grant funding including crisis funding, supermarket vouchers individual client grants and accessing family fun days out and experiences.

To read more about what Welcare staff achieved for children and families in 2023-24 and their tireless passion to 'go the extra mile' for the families who turn to us for help and support, visit: [welcare.org/our-impact](http://welcare.org/our-impact)

Our output or (volume of work) and outcomes are reported each quarter to trustees and individual trusts, foundations, and funders. We use Triangle Consulting's Family Outcome Star+ to measure our impact, or the difference we have made to the life of a family.

## Mayor of Bromley



Cllr Dr David Jefferys, who is also Chairman of Bromley's Health and Wellbeing Board, was appointed Mayor of Bromley on May 15. He has 40 years of residency in Bromley with his family and a distinguished career in medicine and science.

The newly instated Mayor chose Alzheimer's Research UK, Bromley Youth Music Trust, and Welcare as his three charities and will be raising funds throughout his term.

Councillor Jefferys said: "It is an honour to be elected as Mayor of Bromley and to take the Mayoralty and the borough through to its sixtieth year as well as raising much-needed funds for my chosen charities to support the important work they do"

We will share details of other events throughout the year and are pleased that The Mayor and Mayoress will be attending the annual service of thanksgiving for the work of Welcare in Bromley on Friday 15<sup>th</sup> November 2024.

To see more of our news from 2024 visit [www.welcare.org/news-listing](http://www.welcare.org/news-listing)

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## EVENTS

**Thursday 27th June 2024 at 3pm**

**[Afternoon Tea at Shooters Hill Golf Club](#)**

Shooters Hill Golf Club, Eaglesfield Road, London, SE18 3DA

**Saturday 6th July 2024 at 11am**

**[Coffee Morning at St Luke's Church, Charlton](#)**

St Luke with Holy Trinity, The Village, Charlton, SE7 8UG

**Sunday 14th July 2024 at 7:45am-3pm**

**[Asics London 10K](#)**

Starting point: 101 Piccadilly, London, W1J 7JT

**Wednesday 17th July 2024 at 8pm**

**[Newstead Singers Concert, Petts Wood](#)**

Christ Church, Tudor Way, Petts Wood, BR5 1LH

**Saturday 14th September 2024 at 11am**

**[Walk for Welcare, Charlton Park](#)**

Charlton Park, 21 Cemetery Lane, London, SE7 8DZ

**Friday 15th November 2024 at 11:30am**

**[Bromley Service of Thanksgiving](#)**

St Peter & St Paul Church, Church Road, Bromley, BR2 0EG

To enquire about any of our events please get in touch with us at [fundraising@welcare.org](mailto:fundraising@welcare.org) or 020 7820 7910



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[www.welcare.org](http://www.welcare.org)

[info@welcare.org](mailto:info@welcare.org)

020 7820 7910

Correspondence address: 48 Union Street, London SE1 1TD  
Southwark Diocesan Welcare is a Charity registered in England & Wales.  
Registered office: 24 Warwick Road, Redhill RH1 1BU.  
Registered charity no. 1107859. Company limited by guarantee: no. 5275749.