

# welcare

*strengthening families since 1894*

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Dear Friends,

I am pleased to share with you our latest news from the past three months, as well as our annual [Families In Crisis](#) appeal for 2024. Please support this campaign and share it widely with your friends, families, and congregations. As the cost-of-living pressures continue to weigh heavily on so many of the families we support, our Families In Crisis fund has become more essential than ever. Your generous donations help provide a flexible and practical response to those in their greatest time of need, allowing us to assist children and families in meaningful ways and, when possible, bring a little festive cheer to brighten their lives.

A personal highlight for me this year was [visiting the Hampton Court Ice Rink](#) with twenty of our families. You can read more here about this magical experience and how it helped create lasting Christmas memories for some of the children we work with. This special outing truly showed them how loved and valued they are.

In this edition, we also feature a story of a mother we've supported to recover from domestic abuse and to co-parent her son more effectively with her former partner whilst accessing counselling support to explore her own needs - [Liam & Steph's Story](#).

I would also like to pay [tribute to Peter Johnson](#), a former trustee, who sadly died in September. Peter's legacy and dedication to our cause continues to this day. In his memory, he requested that donations be made to our charity, and we are deeply grateful for this generous gesture.

Lastly, we are excited to offer two festive opportunities for our supporters to join us in spreading holiday cheer through carol singing. Both events have become beloved traditions for Welcare, and we'd love for you to join us. We will be [singing at the Anglers Pub](#) in Teddington on Wednesday, December 11th, and for our southeast London supporters, we will be at [The Glades in Bromley](#) on Wednesday, December 18th, from 11:00 AM to 12:30 PM.

All our latest news, events, and stories are shared on social media, so please continue to follow, tag, and share our updates. Your engagement helps raise awareness throughout the year, making a tremendous difference.

On behalf of the staff and trustees, thank you for your support over the past year.

We wish you peace and joy this Christmas season.



Anna Khan,  
Welcare CEO



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## OUR LATEST NEWS

### Families in Crisis



In place of giving a gift this year, please donate to our Families in Crisis appeal. All donations will go directly towards tackling the increasing cost of living for the families we work with. Your financial donation will allow our staff to provide the right kind of support to the children and families we work with and help them access essential items that they need.

Help Welcare give the gifts families really need this Christmas.

[Read more and donate](#)

### Families we've helped: Liam & Steph



Mum, Steph, and her son, Liam, aged 6, were referred to Welcare by their local authority.

There was history of domestic violence from Liam's father to Steph, which Liam had witnessed. Both mum and child needed support in overcoming what had happened to them and mum needed help to create a safety plan if there were any future threats from dad. Although the parents were now separated Liam was continuing to see his father, and Steph wanted support around co-parenting and for Liam to have emotionally beneficial contact with his father when it took place. As well as supporting Liam's relationship with his father, Steph had her own mental health needs, and needed support with this, as well as help with building confidence and self-esteem and creating a wider support network for her and Liam. Liam has cerebral palsy and both he and his mum needed support with his transition to Year 2 and help with creating a weekly routine so that they both felt comfortable and prepared moving into the next school year.

At the beginning of Welcare's involvement, Steph worked with our Family Support Worker to create a safety plan to manage any risk of future domestic violence from Liam's father. With this support, Steph now feels confident enough to ensure that she reports any risks, and thus is able to keep herself and Liam safe, particularly when Liam sees his father.

The Family Support Worker worked with both Steph and Liam's father to explore new co-parenting strategies and both parents were signposted to Welcare's Keeping Your Child in Mind course – a 4-week parenting course that helps parents learn new ways of understanding their children's behaviour, learn how relationships impact children, and how to work together to have a calmer and happier family dynamic. Following Welcare's support Steph shared that Liam had been having contact with his father, but it was still inconsistent, and dad had frequently been requesting to return to the family home. Steph decided that she did not want him to return to the family home as she did not want to pursue a relationship with him but was keen for him to be involved in Liam's life. Although this has been difficult, Liam's father has begun to contact him more frequently and regularly calls him in the mornings on the way to school.

With Welcare's support, Steph has begun counselling. This has given her the opportunity to prioritise her own mental health and explore her own needs, meaning that she is now able to maintain her focus and ensure that she can meet Liam's needs more positively. Steph and Liam's relationship has improved, and Steph now understands that Liam likes to express his thoughts and feelings through talking through his favourite toys or speaking to Siri (Apple technology AI assistant).

During the time Welcare worked with the family, Liam was diagnosed with ADHD and is now receiving CAMHS support, as well as medication to help manage his ADHD. Both Steph and Liam's school have noticed a significant difference in his ability to follow instructions and focus, and this has helped Steph to create a new positive weekly routine, and for him to be able to settle well into his new school year.

As a result of being supported by Welcare, Steph says she is feeling much better in herself, and accessing counselling sessions has allowed her to sleep much better and have more energy. She feels that she and Liam have adjusted to it being 'just the two of them, and they have a strong bond.' Steph has been in contact with some of her friends over the phone and through Facebook and feels that they will continue to support her and Liam.

\*All names have been changed and stock images used

## Hampton Court Ice Skating



I was thrilled to be invited to attend the 2024 Cash-for-Kids Ice Skating evening, organised by Bauer Media Group, the parent company of UK radio stations such as KISS, Absolute, and Magic Radio. The event was a heartwarming experience, with twenty families from Welcare joining families from other local charities. Set against the breathtaking backdrop of the beautifully illuminated Hampton Court Palace, the ice rink looked especially festive. The evening's highlights were nothing short of magical: Santa arriving on his sledge, an awe-inspiring performance by professional ice dancers, and joyous upbeat Christmas classics from Rock Choir.

One of the unique aspects of the evening was the smaller number of children on the ice, which helped create a calmer, more relaxed atmosphere. For some children and parents who were a little anxious about skating, the staff were wonderfully patient, encouraging everyone to give it a try. Santa took time to meet with each child, handing out thoughtfully chosen gifts, as well as a selection of books. The evening was completed with guests enjoying steaming hot chocolate topped with marshmallows and gingerbread men, adding to the festive spirit.

This event created beautiful Christmas memories for all the families who attended. It's just one of the many ways that Welcare staff go the extra mile to support the families they serve, enabling them to enjoy quality time together and build positive, lasting memories.

A huge thank you to everyone at Cash-for-Kids and Arena Ice Skating for making this a truly magical evening!

## Tribute to Peter Johnson



We are deeply indebted to Peter and Bobby Johnson for their incredible skill and generosity, particularly around the time of Welcare's centenary in 1994. Peter, with his background as a Chartered Engineer and extensive experience in building maintenance, played an essential role as a trustee overseeing Welcare's properties.

It was with great sadness that we learned of Peter's cancer diagnosis late last year. He passed away on 24th September, and we were truly touched by the donations we received in his memory, from family, friends, and former colleagues, following his funeral at his beloved church, St. Paul with St. Agatha's in Woldingham. To date, we have received £2,367 to support Welcare's important work in East Surrey.

Peter will always be remembered as an amazing Friend of Welcare who positively impacted the lives of many children and families we serve. His legacy of kindness and dedication will live on in the work we continue to do.

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

**Wednesday 11th December 2024 at 8pm**

**[Carol Singing at The Anglers, Teddington](#)**

**The Anglers, 3 Broom Road, Teddington, TW11 9NR**

**Saturday 14th December 2024 at 10:30am**

**[Mince Pie Tasting](#)**

**St Paul's Church Beckenham, Brackley Road, Beckenham BR3 1RB**

**Starting Saturday 14th December 2024 at 10am (follow link for other dates)**

**[Christmas Tree Festival](#)**

**St Francis of Assisi Church, Ravenswood Ave, BR4 0PW**

**Wednesday 18th December 2024 at 11am**

**[Carol Singing in The Glades](#)**

**Glades Shopping Centre, High Street, Bromley BR1 1DN**

**Sunday 13th July 2025**

**[Saucony London 10k](#)**

**Starting point: 101 Piccadilly, London, W1J 7JT**

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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