

Ways you can help

Donate

To make a donation, please visit our donations page welcare.org/donate where you will also find information about Gift Aid.

Events

- **Join our events** - organised by our Friends' Groups, offering fun and vital support for our work. Visit welcare.org/events.
- **Organise a Fundraising event** - we're happy to help you organise events or sponsored activities to raise funds. Contact fundraising@welcare.org.
- **Request a Speaker** - Welcare staff and trustees are available to speak to church or community groups about our work.

e-Newsletter & prayer

- **Sign up to our quarterly eNewsletter** for updates about our work, case studies about the families we have helped, and events: welcare.org/newsletter-sign-up.
- **Pray for our work** - our work is underpinned by prayer from our individual and church supporters. Our prayer wall is available on our website welcare.org/prayer-wall.

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strengthening families since 1894

Find us

Our services are co-ordinated from four centres.

📍 **Welcare Central Office & Inner London Team**
48 Union Street
London, SE1 1TD

📍 **Welcare South East London & Bromley**
Community House
South Street
Bromley, BR1 1RH

📍 **Welcare South West London**
Castelnau Community Centre,
7 Stillingfleet Road,
Barnes, SW13 9AQ

Phone & email for London services:
📞 020 7820 7910 ✉ info@welcare.org

📍 **Welcare in East Surrey**
Welcare House
24 Warwick Road
Redhill, RH1 1BU

Phone and email for East Surrey services:
📞 01737 780884 ✉ redhill@welcare.org

Sign up to our e-newsletter
welcare.org/newsletter

Watch and share our videos
welcare.org/supportervideos

Follow and tag us

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Redhill, RH1 1BU.



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How we help families with children up to the age of 13



**Working alongside parents in
South London and East Surrey to give
children secure and confident futures**

Who we are

Welcare is the child and family support charity for the Diocese of Southwark, and we work with **parents and children** up to the age of 13 in South London and East Surrey. Our services are driven by our Christian values, and we strive to empower families and change lives for the better, offering **practical and emotional support** to overcome challenges.

The children and families we support face difficult situations due to domestic abuse, parental conflict, mental health, emotional and well-being issues, social isolation or the challenges caused by low income and the cost-of-living crisis.

'Welcare had a holistic approach with my family, involving everyone individually which worked great for us!'

Jenny, a parent we have supported

"We love to come to Welcare, it feels like home."

Girjit, a parent we have supported

"I have learnt to speak. Before this I wasn't very good at speaking to other people, but now I feel confident."

Iza, aged 8

"Welcare has helped me learn that it is okay to have worries, and how to show how I feel and share it with others."

Marcus, aged 10



Services we provide

- **Individual one-to-one family support** and co-ordination of targeted help for families needing a multi-agency response.
- **Capability in Schools** - an early intervention group work programme delivered in schools for children with emerging social and emotional support needs.
- **Parenting groups** including Strengthening Families Strengthening Communities, and Parenting Puzzle.
- **Caring Dads** – an evidence based group programme which aims to improve the parent-child relationship between fathers and their children. It is specifically for men who have abused and neglected their children or exposed them to abuse of their mother.
- **Domestic Abuse Recovery Toolkit:** a group for children and their non-abusive parent that helps them to understand, better manage, and change their experience of living with the trauma caused by domestic abuse.
- **Group Work Programmes for babies and children** from our East Surrey Centre, and summer holiday programmes and activities.
- Helping families access **emergency and grant funding** to provide immediate support.

If you would like to refer a child or family for support, please visit: welcare.org/referral.

For more information on upcoming groups, visit: welcare.org/groups

Liam & Steph's Story

When Steph and her son Liam (aged 6) first came to Welcare they were rebuilding their lives after experiencing domestic abuse.

Liam had witnessed violence from his father, and although the parents had separated, Steph needed support to keep them both safe, especially during contact with his dad.

With help from Welcare, Steph developed a safety plan and gained the confidence to protect herself and Liam. She was able to begin counselling to help her understand the trauma she had experienced. This allowed her to prioritise her mental health, build confidence, and feel more able to support Liam. She also started to reconnect with friends, creating a wider support network.

Steph was struggling with Liam's behaviour and needed support creating a routine during his transition to Year 2. Working with Steph and CAMHS (Child & Adolescent Mental Health Service), Liam was diagnosed with ADHD and began receiving specialist support, including medication. His focus and ability to follow instructions improved, and together we established a routine to support a smoother transition.

Steph and Liam's bond has grown stronger, and she now recognises his unique ways of expressing his feelings. While contact with his father remains complex, Liam now receives regular calls, and Steph feels in control of the situation. Thanks to Welcare's support, Steph said:

"I feel much stronger, more positive, and ready to face the future with Liam by my side."