



A word from our Chair

This last year one priority for Kingston WelCare, after serving our parents and families, has been to take steps towards living within our means as we can no longer subsidize our costs from our reserves. This has meant taking some difficult decisions about cutting the staffing budget and we have said goodbye to two members of staff who chose the option of redundancy over reduced hours. The upside of this is that we are now able to streamline many of our procedures and with the appointment of new staff are in a better position to meet the challenges that lie ahead. In addition we continue to develop partnerships with other voluntary and community, as well as statutory, organisations and we are actively looking for further opportunities in the years ahead.

Thank

This year our thanks for donations go to: Canbury Park Residents Group; The Alfred Charitable Trust; Mr R C Doble; The Provincial Grand Lodge of Surrey; And Churches, St Andrews (Ham), St John the Baptist (Old Malden), St John the Baptist (Kingston Vale), St Andrew's & St Mark's, and The German Lutheran Parish Church



from everyone at



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—Kingston—
WelCare

Making Families Stronger | Charity No. 206286

PARENTS

HOLIDAY

This programme continues to successfully attract families from a wide range of cultural backgrounds, many of whom are isolated by both language and their lack of local knowledge, and more crucially the confidence to travel outside their comfort zone. The organised programme of outings enables parents to offer their children experiences they could not aspire to on their limited budget, or perhaps consider attempting alone. Through the group outings families gain practical and emotional support and develop much needed social networks to reduce the stress of school holidays.

This year we escorted 139 families on 57 outings

PARENTAL

This year our parents place activities have been enjoyed by over 170 new families. We are extremely grateful to all the parents and carers that have added to the range of activities provided at WelCare To Anne and Janna for running the French Club for 2 terms. Shirley of Yo-Baby and to Sean the music man; and of course Sarah Lewis for her ever popular and ongoing Story-Storks sessions.

WelCare's parents and carers continue to have a big say in the activities we offer so our monthly lunches/community meetings have become a regular talking shop for new ideas.

FAMILIES APART

Now in its 5th year the Families Apart Programme provided support to 21 families, who have been caring for 37 children with a relative in prison. The project continues to offer direct support to parents, carers and children to improve their capacity to cope with the pressures of being a prisoner family.

*"Can I just say that you have been such a help to me and my family with all the things you have done and being there to talk to ***** for me. Thank you so much."
(Email from mother with son in prison)*

Families Apart also work with Kingston professionals to increase their understanding of the issues affecting children within prisoner family households.

"When I speak to my Families Apart Worker I feel lighter. I don't want to talk to my mum about these things as it only upsets her." (14 year old boy with brother in prison)

As a result of this project 75% of Kingston schools now have a lead named worker to address the needs of children of prisoners in their school, and 92 professionals across the borough have attended our Hidden Sentence Training.

"Very informative and clear advice on how to help pupils and their families"

Families Apart continues to work with regional and national organizations to promote best practice, and develop Kingston's service to ensure the children of Kingston's prisoner families can have a brighter future.

Our Thanks to The Royal Borough of Kingston for funding Families Apart.

Kingston
Children & Young People's Trust
Making a Difference Together