



welcare

*strengthening families
in **Richmond***

The following services are provided for children and their parents:

- [Family Support](#) service.
- [Group work](#) with children and parents.
- Parenting [courses](#).
- Free [Crèche](#) facility for groups run in the mornings.
- [Information service](#) for family resources.
- [Social work](#) expertise.

Some Feedback from our Clients

- An excellent day, I've learnt something positive around some lovely people**
- I got so much more out of the workshop than I expected today**
- The course has helped me remain focused and calm during a very difficult time. It has helped me stick to my decision by helping me maintain clarity.**

A bit about our Centre

- ❖ Supported 110 families in the last year.
- ❖ Average No. new referrals per month: 9
- ❖ Average number of children known to our Services per month: 62
- ❖ Presenting Problems: just under half of the families referred had Domestic Abuse Issues.

Some interesting facts

- It is mostly single mothers who have one or more of the following issues who attend our **Groups Programme**:
 - Domestic abuse history**
 - Isolation**
 - Depression**
 - Mental health issues**

Some of the things we regularly offer:

- **Self-Esteem Workshops**
- **Practical Parenting Workshop**
- **Stress Management Course**
- **Strengthening Families –
Strengthening Communities**
- **Art Club for Children 6 – 10yrs**
- **Tuesdays morning Activity sessions**

Some of the exciting things happening at the Centre!

- **Dance Movement Psychotherapy Group for Parents with their young children. (0-3 years):** termly.
Facilitator: **Davina Holmes.**
- **Meditation and Relaxation Course by the IRIS trust: for women effected by Domestic Abuse.**
Facilitator: **Angelika Khan** of the IRIS trust.

Some more exciting things planned!

- **Community Recovery Group** for children (9 - 11) and their mothers: 10 week course:
Facilitators: trained workers from across the Borough.
Supported by: the GLDVP.
- **More Children's Centre activities** such as a Healthy nutrition course and Stay and Play sessions.



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