



## WEST LONDON ACTION FOR CHILDREN

## Fun Run...with a difference!

**This year, our annual family fun run is a bit different.**

Throughout May, we are inviting as many of you as possible to walk, scoot, run or cycle the beautiful riverside loop walk (approx 4 miles) over Hammersmith Bridge to Barnes Bridge and back....

**We are hoping that together, we can clock up 100 laps for WLAC!**

If you complete a lap, please post a picture on our Facebook page where you can also keep track of our tally. Remember, if you are a family of five, that counts as five laps!

Please visit our website for more information or to support our effort by making a donation

## Centenary Appeal Launch

We have been providing counselling and therapy to local families for 100 years and we are extremely proud of the positive changes that we have helped our clients achieve.

Demand for our services is increasing. There are growing numbers of children, parents and carers who are struggling to cope with the challenges of family life.

Each year, we need £500,000 to fund our services. This year, we aim to raise *an additional* £100,000 so that we can expand and reach more children and families than ever before.

We need your help. Please support our events and respond to our special fundraising appeal – there are more details on the inside pages of this newsletter.

Thank you

Heather Boxer  
Chief Executive

Please keep in touch  
via our website  
[www.wlac.org.uk](http://www.wlac.org.uk) and  
social media



## Save the date

### Brook Green Neighbourhood Nosh

**10 May**

A drinks reception followed by main course and pudding at supporters' houses in Brook Green.

Kindly sponsored by  
Bective Leslie Marsh.

### Fulham Feast

**8 June**

A three course dinner with a difference in The Alphabet Streets of Fulham.

Kindly sponsored by  
Marsh & Parsons.

### Ravenscourt Park Tennis Tournament

**2 July 1-4pm**

Join us for a tennis tournament and a family picnic in Ravenscourt Park.

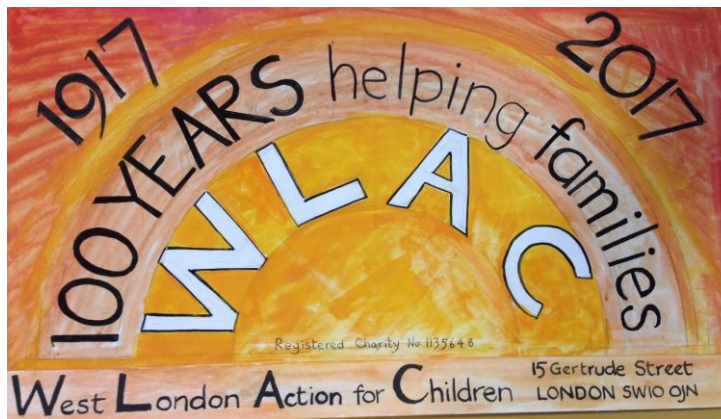
Kindly organised by  
On The Ball Tennis.

### Centenary Dinner & Promises Auction

**25 September**

Join us for Dinner and a Promises Auction at The Hurlingham Club.

Lots include Chelsea FC tickets, holiday homes and a sheep-shearing experience.



## Please join us in celebrating our centenary this year!

WLAC was founded in 1917. Concerned by the profound impact of World War I and the flu epidemic on children and families across London, WLAC was one of several committees created in response to an appeal by the London County Council for assistance for children in desperate situations.

Throughout the last 100 years, we have evolved and adapted our services to meet the changing needs of our local community. This has helped us to remain at the forefront of helping children in the boroughs of Kensington & Chelsea and Hammersmith & Fulham.

A hundred years on, we are a professionally-run registered charity staffed by highly-qualified psychotherapists and counsellors. Using the diverse skills of our therapeutic team, we are able to engage with families and offer a wide range of services. This may be one-to-one therapy or counselling support through the means of a group; it may be play therapy for a young child or work with the whole family; it may be mindfulness sessions or a space for fathers to talk openly about the challenges of their role. It is often a combination of these interventions as we recognise that family members, and the challenges they face, do not exist in isolation.

We are very grateful to everyone who donates to WLAC either directly, or by attending events, raising sponsorship or in some other way. We know that what we do works and helps children and families to make positive changes in their lives. Your financial support makes this possible.

We can also see that the demand for our services is increasing so this year, for the first time in many years, we are making a direct appeal to all our supporters for additional funds. We want to expand our service so that we can help more children and families, but we cannot do this without you. You can read more about our Appeal and ways to support it on the opposite page. We will also be writing to you in due course to ask you to support our Appeal.

We are also reaching out to new supporters. Please help us to raise awareness of our work by talking to your friends, family and neighbours about what we do. We have plenty of celebratory events this year, so there will be lots of opportunities for new supporters to get involved and hear more about our work.





## OUR CENTENARY APPEAL

We are using our centenary to raise the profile of our work and make a special appeal for an additional £100,000 in funds so that we can extend our services to reach more local families in need.

**Please support our Appeal by joining us at one of our special centenary fundraising events, making a one-off donation or by becoming one of our regular donors.**

An example of one of our services that we are hoping to extend is Mighty Me, which we have been running for over ten years in local primary schools for children aged 8-10 years old.

Mighty Me is a powerful form of early intervention that can help to build children's confidence, resilience and self-esteem. We help children and families before they reach a crisis point.

Mighty Me has long term outcomes. By working with young children, we can equip them with tools and techniques that can help them avoid more profound mental health problems later in their teens and adult lives.

### How does Mighty Me work?

Children are selected for the Mighty Me programme by their teachers and other staff within their school, in consultation with their parents. Teachers may refer a child because they have noticed that they are having difficulties with social interactions, or are unable to manage their anger or because they have become anxious or withdrawn.

We start by helping children to recognise their strengths and build their support networks. We ask the children, their families and their teachers to notice their 'mighty' qualities and log acts of 'mightiness'. We ask the children to notice each others' mighty actions and we talk about them.

Children with behavioural issues can often attract negative 'labels' and start feeling defined by their problems. Mighty Me looks at the alternative stories in the child's narrative to help them to feel more positively about themselves.

Mighty Me offers a safe place for children to talk about feelings and acknowledge problems. We help children realise that they are not alone in dealing with their emotions and with problems in their daily lives.

We support children to acknowledge and understand that problems can affect us all and help them to increase their sense of 'personal agency'. We talk about the choices that they have about how to react in challenging situations. Through role-play, we help them practice how to respond in a way that is more helpful to them when difficulties arise.

Mighty Me helps children build their internal resources, for example cultivating positive self-talk and quietening negative self-talk.

Mighty Me takes children on a journey and introduces tools and techniques that can help them throughout the rest of their lives.

This is just one of the services that we hope to extend through our Centenary Appeal. Please help us to help more children by donating to our Appeal.

Dear mighty me-ers, when we got chosen we were happy, curious, confused and a bit nervous but everything turned out amazing and great. We did relaxation and had a snack. We made badges and did drama. We drew our self-portrait and we learnt ally's and nasty po and many other things as well. Mightiness is in our hearts and brains its something special and really mighty quality including: helpful, kind, good at explaining, friendly, happy, determined. We are all special and unique.



## Fundraising News

We rely on our growing network of energetic volunteers and the local businesses, schools and other organisations that fundraise for us. Here are some examples of what they have been up to over the last few months:

### Secret Suppers



This year's Secret Supper event in Ravenscourt Park was our biggest and most successful yet. Supporters were treated to a delicious three course dinner across three venues, and raised over £2,500 for WLAC. Our thanks go to Sue, Shweta and the Ravenscourt Events Group who organized such a fantastic evening, and to Philip Wooller who sponsored the event.

### An Evening of Bridge

Thank you to everyone who joined us for the first event in our Centenary year, the WLAC Evening of Bridge, and helped to raise over £2,650 for WLAC. Our thanks go to Edmund Sixsmith for organising the evening; Bective Leslie Marsh for their generous sponsorship of the event; the Holy Trinity Parish Centre for providing the venue; and the Brook Green Events Group who produced a delicious home-made supper for the guests and ensured the smooth-running of the event.

### Chiswick Baroque

The Church of Our Lady of Grace  
27 High Street, Chiswick, W4 4DF  
Sunday 12 March at 4.00 pm  
CHISWICK BAROQUE  
presents  
MUSIC and SILENCE

Our thanks to the Chiswick Baroque, who held two wonderful Music and Silence events to raise money for WLAC. In total over £480 was raised from the Retiring Collections at the events.

### Megan's and Waitrose, Kings's Road

Waitrose



A big thank you to staff and customers at Megan's, King's Road, who have raised £1,234 for WLAC through their bottled water scheme and BYOB Monday deal. Our thanks also go to Waitrose, King's Road, who raised £308 through their Community Matters Scheme.

### Big Give Christmas Challenge



Huge thanks to everyone who helped us hit our fundraising target in this year's Big Give Christmas Challenge. Your donations, along with support from our Charity Champion, the Childhood Trust, and our Pledge Giver helped us to raise an amazing £44,000!

### Centenary Bunting

We were thrilled to receive some beautiful pieces of bunting from the very creative 9<sup>th</sup> Ruislip Brownies – these will look fantastic and really brighten up our events this year! We are still collecting bunting, so do send any creations in to the office.



### Good Luck to our Marathon runners...

Huge thanks to Kate Palmer, our volunteer marathon co-ordinator and our amazing team of runners. As we go to press, they will be making their final preparations. We wish them all the best. Please support their Herculean efforts by sponsoring them using the following links. Help them to hit their fundraising targets, and make the aches, pains, blisters and cold mornings worth it!

<http://uk.virginmoneygiving.com/seamus-tucker-WLAC>

<http://uk.virginmoneygiving.com/DREWPALMER>

<http://uk.virginmoneygiving.com/ChristianSeiersen>

<http://uk.virginmoneygiving.com/raissadeguzman>

<http://uk.virginmoneygiving.com/JamesEveridge1>

