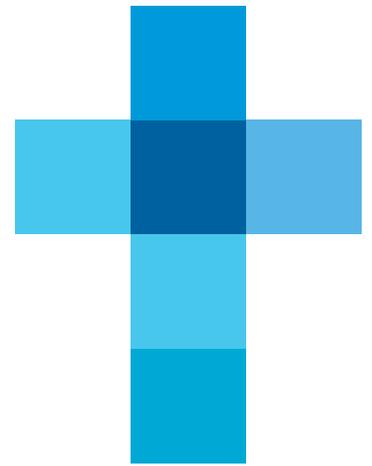


Catholic Care news



Welcome to the summer edition of the Catholic Care Newsletter

This edition highlights our latest news and some of the amazing work the charity undertakes to support many of the most vulnerable people in our Diocese.

Our staff and volunteers show amazing devotion to helping people, ensuring everyone is able to live with respect and dignity.

As always we owe a big thank you to all our supporters and donators for their incredible kindness and whose generosity is inspiring and motivating.

Good Shepherd Celebration 2017

On Friday 19th May 2017 children, teachers and staff came from schools across the Diocese to celebrate the Catholic Care annual Good Shepherd Celebration at Saint Anne's Cathedral, Leeds with Bishop Marcus Stock.

During Lent the children had been very busy raising money in many different ways which seem to get more inventive year by year: plenty of bun sales, sponsored spelling, 'silly hair day', 'extravaganza' Easter egg raffle! film night and splat the teacher! to name but a few. This year Catholic Care introduced 'Walk for the Good Shepherd', a sponsored walk for each school to hold on their premises or in their local area. Walks have taken place across the Diocese with the children from St Joseph's in Harrogate and St William's in Bradford featuring in the local press.

The service commenced with the traditional procession of banners around the Cathedral with more than sixty five schools taking part. The opening hymn 'God is Love' was beautifully sung by choirs from the Diocesan Music Programme.

Bishop Marcus addressed the congregation with his Homily on the Good Shepherd, about how a good shepherd looks after his sheep caring for them tenderly and protecting them from harm.

Like the good shepherd Bishop Marcus explained we should care for each other, showing kindness and helping each other wherever we can. He asked all the children to be Good Shepherds.

This year during the presentation to Bishop Marcus the children from Holy Family Primary School, Armley, Leeds provided a wonderful presentation on the 'Work of Catholic Care' The children guided the congregation through our different services explaining the work undertaken in supporting adults with learning disabilities, our work with older people, the support provided for people with mental health problems, and our work with the refugee community. Finally some of the children talked about their own personal experiences of being supported by the Schools, Children and Family Wellbeing Service.

The children from St Paul's Primary School, Alwoodley provided a wonderful selection of songs and hymns, keeping children engaged with dance and actions.

After the service, children and teachers joined staff from Catholic Care in Wheeler Hall for refreshments and some lovely opportunities to have photographs taken with Bishop Marcus.

We have already exceeded the total raised at last year's appeal with donations to date totalling £52,267.

Carol Hill, Director of Catholic Care said "This is an overwhelming response to the appeal." She added "I would like to say a huge thank you to all who contributed so generously and to all who attended the Cathedral today to make it such a special celebration."



Gianna Project

Catholic Care's Gianna Project continues to support Refugees and Asylum Seekers

Our Gianna Project offers confidential one-to-one support and advice to women and girls during and beyond pregnancy. The service has been running since 2011. Although it was not set up specifically for asylum seekers & refugees, we have seen a steady increase in numbers from agencies supporting people coming into this country. More worryingly, we are now seeing an increase in the number of trafficked women and those experiencing domestic abuse. These can be traumatic cases with some women needing a great deal of emotional support. So far this year we have helped 30 refugee or asylum seeker women and their families.

One of our most recent referrals was for a woman from Zimbabwe whose baby is due in June. We found her a pram, baby bath, baby clothes and toiletries for when her baby son arrives.

In the same week we helped an asylum seeker from Syria who is now living in Leeds. She had recently given birth. She has had no benefits for some time but is now receiving the emergency asylum seeker support money for food but that is only about £5 a day and she has nothing else. Thanks to the donations we receive, we have been able to take her a pushchair, some nappies, toiletries and baby clothes.

Another family, whom we are currently supporting, were seeking asylum here and expecting their fourth child. Once their status had been granted, they had to be rehoused in temporary accommodation, until a suitable property was identified. A few weeks after moving in, I had the pleasure of visiting them again. It was amazing to see them so well integrated in their new neighbourhood and enjoying life after what must have been a very difficult time.

Gianna is very special to us at Catholic Care. We are different from other similar charities in that we offer additional emotional and practical support to families for up to a year after baby is born which can really make a big difference, especially if they have no family or friends nearby.

Our Gianna Project is run by 2 very dedicated part-time social workers who are supported by a hard working volunteer. The project does not receive any funding and we have the schools throughout the Diocese who give so generously to our Christmas "When a Child is Born Appeal" and of course the very kind & generous members of the general public who so kindly donate such a large variety of baby goods to us throughout the year. Without these we would not be able to continue doing this very rewarding job.

This article is taken from an interview with the Gianna Project team, the full text of which is available on our website www.catholic-care.org.uk along with further information.



What People Say

At Catholic Care we value all feedback from the people we care for and support, their families and friends and the professionals we work with. Here's a selection of what people say:

About our Schools, Children & Family Wellbeing Service

I am thrilled with the excellent worker we have assigned to our school. She has been extremely supportive and works very hard.

– A Headteacher

Really satisfied! What a great service!

– A Headteacher

About our children's home

The young people continue to receive outstanding care in this home.

Previous residents often visit with their own families. This is a testament to the dedication of staff and the positive impact they have on the young people.

– Ofsted inspection March 2017

About our adult learning disability service:

Without exception people who used the service and their relatives told us they felt safe living in the homes.

– CQC inspection February 2017

Congratulations

'We live in a climate of continual inspection in today's world.'

Our Leeds' children's home had their interim inspection from Ofsted during March 2017 and received the highest accolade of "outstanding in all areas with improved effectiveness." Our staff work so hard to achieve exceptional outcomes for the young people in our care.

Our Domiciliary Care Service, which delivers care and support into our supported living homes, for adults with learning disabilities and to older people in their own homes was inspected by CQC during May 2017 and received a rating of good in all areas.

Congratulations to all staff for your continued hard work and dedication to the people we provide a service to.

Focus on Older People's Services

The media is forever telling us that we live in an ageing society with an increasing number of our population over the age of 65, often painting a picture of problems, doom and gloom. At Catholic Care we recognise the importance and value of the senior members of our society and deliver the following for their care, support and general enjoyment.

Community Groups

Supporting older people is nothing new to Catholic Care. Our first group "Friday Friends" in Huddersfield will soon be celebrating its 25th birthday. Based on the longevity and success of this group we are expanding across the Diocese and now have groups in the Harrogate and Wakefield Deaneries. Please see our website for full details www.catholic-care.org.uk

Sadly many older people live alone. They can often feel cut off from family, friends and community in general. Loneliness and isolation are known as the silent killers as people become less and less active and their health deteriorates. Here's where our community groups come in.

People don't like to think of themselves as old and so our groups are welcoming with names like Happy Wednesdays and Friday Friends. The people who attend enjoy, among other things, a warm place for social interaction, simply to enjoy a cup of tea and a chat; after all they may not speak to anybody until the group meets the next week, luncheon clubs, exercise classes. Days out are also organised with a favourite being a trip to the coast in the summer for fish and chips!

Embrace

Embrace is a parish based initiative of Catholic Care responding to the loneliness and isolation of older people, including those with dementia and their carers. It is a national pilot project delivered as part of Caritas Social Action Network (CSAN).

The Embrace Project has been running since January 2017 in the Skipton and Keighley Deanery and now has its first Friendship Group at Our Lady of Mount Carmel in Silsden: called First Tuesdays. Personalised invitations for this first gathering, attracted over 20 guests. For some people it was the first time they had been to a social in a long time. Their conversation and donations showed how much they had enjoyed themselves. The second gathering held on 6th June was equally successful and even included bell ringing. Held on the first Tuesday of each month the group specifically targets people over 70 who don't often get out, people with dementia and their carers and those with physical limitations. Subsidised transport is provided to and from the venue if needed.

As part of this project a new older men's group is also being planned for Skipton and a new Friendship Group for Keighley to start in the next few months.

Dementia Friendly Charity

This year we are committed to making Catholic Care a dementia friendly organisation. Every service is touched by those living with dementia either through direct care or family members. It is something which will, in one way or another, touch all our lives. Our aim is to train all staff, volunteers and trustees to become Dementia Friends, thereby raising awareness generally and taking positive action through our own personal pledge to undertake a personal action.

Carol Hill, Director of Catholic Care said: "This was a real eye opener and made me so much more aware of what dementia entails."

On Friday 12th May 2017 Rachel delivered this training to the Senior Management Team and Management Team creating new Dementia Friends

The five key messages are:

- Dementia is not a natural part of ageing.
- Dementia is caused by diseases of the brain.
- Dementia is not just about losing your memory – it can affect thinking, communicating and doing everyday tasks.
- It's possible to live well with dementia.
- There's more to a person than the dementia.



Focus on Older People's Services

Friendship Group at St Joseph's in Harrogate

It's Tuesday afternoon in St Joseph's Church Hall in Harrogate the sound of laughter echoes around the room. Friendship Group is here again, a time of friendship, cake eating (made by one of our wonderful volunteers) and fun. Our afternoon begins with refreshments and chatting, usually followed by a quiz or a similar activity and then we play Boccia (a type of bowling!). Everyone is happy, enjoying each other's company and getting to know each other better.

"I enjoy meeting happy people and having fun together, I look forward to it each week".

"It is wonderful to make true friends of the acquaintances I have known for years in this parish of St. Joseph's".



Community Outreach for people throughout the Diocese and Retired Clergy

These services are designed to help people live independently for longer in their own homes by offering emotional, social and practical support to give people a sense of security in their own homes and the wider community. Our services include personal care, meal preparation, light housework, laundry, benefits advice, sitting service, help with shopping and collection of prescriptions.

A Witness to God's Gift of Age

On 4th May members of Catholic Care's older people's services joined people from across the Diocese to support the launch of Growing Old Gracefully's new guide for Parishes on learning from and caring for older people.

In its foreward Bishop Marcus says "I wholeheartedly support the vision and recommendations contained in this guide. I hope you will use it to consider how older people's gifts, wisdom, experience and prayers can help all of us to appreciate the precious gift of life and live that life fully with God's Grace"

Each person who attended the launch took a copy of the guide back to their parishes with an invitation to arrange a short session led by Growing Old Gracefully in partnership with Catholic Care to support the valuing of older people and benefitting from their gifts.

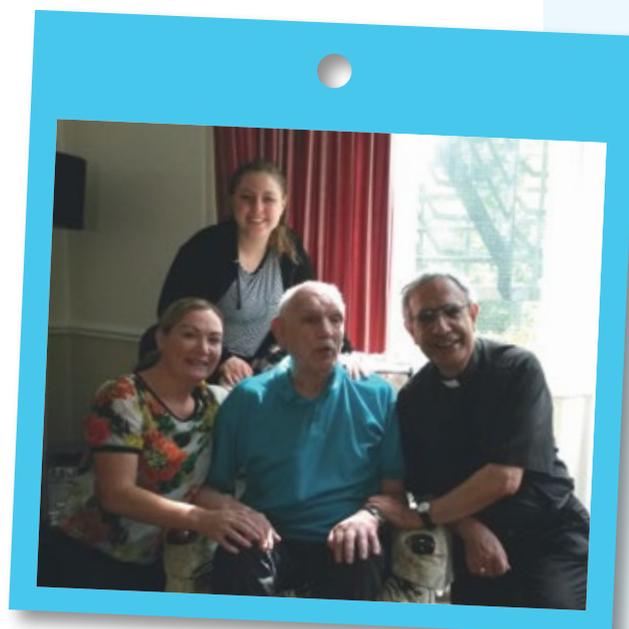
If you are interested in arranging a session please contact Rachel on 07702 255142.



Trustees on Tour

Catholic Care Trustees have continued to increase their knowledge and experience of the services the charity offers through visiting our homes and projects.

On Wednesday 24th May Deacon Joe Cortis and Sue Rix visited the House of Light residential home for adults with learning disabilities, Foundry Mill supported housing project for adults with mental health issues and our Leeds children's residential home where they were treated to lunch with both the staff and young people. Deacon Joe said "It was a real pleasure to see this marvellous home".



The Catholic Care Crisis Fund

Running alongside our larger services, is our crisis fund. Replenished each year through our Christmas Appeal this fund provides much needed emergency support for children, young people and families across the Diocese.

Over the last year because of the kindness and generosity of our donors we have been able to support families through a period of hardship.

Through our Gianna Project we have supported a new mother settle into her home following the trauma of human trafficking. Our crisis fund enabled her to purchase items to turn her bare and uninviting room into a more comfortable place to bring her new born baby home to.

We have also supported teenage siblings who were abandoned and left living alone in the UK with basic items, clothing and much needed emotional support.

We have been able to pay for breakfast clubs for children in need, whose families have no money to feed their children yet this is something many can take for granted.

The fund has also helped us support families with the essentials of winter clothing and bedding. It has also helped us send children on the wonderful SVP summer camp!

We would like to thank all our supporters for your ongoing kindness and generosity.

We are Mental Health Aware

In recognition of Mental Health Awareness Week (8th – 14th May 2017) and that 1 in 4 of us will live with mental health issues, the Charity's Management started and ended their biannual meeting with 'mindfulness' exercises. Feeling relaxed, alert and open minded, we continued with the business of the day.

Mindfulness is the name given to a particular programme of meditation or prayer, finding that quiet moment to be at peace. Solid scientific evidence suggests that mindfulness interventions improve attention, self-control and emotional resilience which help memory and immune response.

From September Catholic Care has developed a mindfulness programme available for delivery in schools following a hugely successful pilot at St. Joseph's Primary School in Castleford. By delivering this programme we aim to equip children and staff with tools to positively manage the emotional demands of daily life.

Mental Health Awareness Week was also marked at the Charity's housing project for adults with mental health issues with coffee and cakes. One of the people we support said "every day is mental health day – we strive to survive everyday"



Happy Birthday, Mary

Mary Simmons, who has worked for the Charity for 35 years celebrated her special birthday in May. Many people will know Mary as the face of the charity's children's services having managed homes before taking up her current position as Service Manager.

Such is Mary's warm personality that many former young people who were in care still keep in touch. Mary is also well known among her professional colleagues for pioneering children's rights in Leeds. Mary celebrated her birthday firstly with staff and people we support at Foundry Mill, Catholic Care's supported living project for adults with mental health issues and later with presents and flowers with colleagues and friends at Head Office.

Mary, who is Service Manager for both the Charity's mental health and children's services enjoyed a buffet lunch and a reminisce of 'old times' with the reliving of her memories – many of them with a humorous twist.

Mary said she had enjoyed a relatively quiet weekend with family and friends which included a visit to a vineyard and would perhaps "plan something more adventurous later in the year".



Events 2017

Annual Meeting

This year's Annual Meeting will be at Leeds Trinity University, Brownberrie Lane, Horsforth, Leeds LS18 5HD. Wednesday 27th September 2017, 7.00pm, Refreshments will be served.

Christmas Party Night

Christmas Party Night at the Crown Plaza Hotel in Leeds. Saturday 25th November 2017, 7.30pm until late. Ticket Prices are £27.50

Tickets are available from joanne.cunningham@catholic-care.org.uk or call 0113 388 5400

For further details about these events please see our website: www.catholic-care.org.uk

Prayer

In memory of Canon Maguire who passed away on 29th December 2016

Through every moment of this day be with us Lord.

Through every day of this week be with us Lord.

Through every week of this year be with us Lord

Until we come to be with you eternally in our heavenly home.

Amen

Chair of CSAN Directors' Forum

At the Directors' Forum held on 17th May 2017 Carol Hill (Director of Catholic Care) was appointed Chair of the Caritas Social Action Network (CSAN) Directors' Forum.

The network shares in the mission of the Catholic Church in England and Wales. It supports and facilitates a network of social action charities and dioceses, working in partnership with them to help poor, vulnerable and marginalised people find their voice and to enable them to improve their lives.

Following the appointment Carol told the meeting that she felt "both humbled and honoured to have been asked to undertake this role." She added she would like to "take this opportunity of offering my services to CSAN and am both daunted and excited by the opportunity."

In recognising her predecessor Carol said "I certainly have some large shoes to step into and I would like to acknowledge the excellent job Kevin Flanagan did in chairing the forum."



Volunteer Week

Volunteer week takes place the first week of June every year and it is a time to celebrate our volunteers.

At Catholic Care our volunteers are worth their weight in gold and are crucial to the success of the organisation. They give their time freely without compensation.

Our volunteers are committed to supporting projects throughout the services, each and everyone with special unique qualities and strengths enhancing the projects they volunteer at.

The contributions made on a continual basis impact positively not only on the organisation and the people the volunteers have contact with but to the volunteers themselves, maintaining interest beyond their every day.

So, as we acknowledge volunteer week we celebrate our volunteers and thank them for all their time, interest, talents and contributions made to the projects they support.



If you would like to receive your newsletter by email in the future please let us know. Please send your email address to karen.byram@catholic-care.org.uk

Catholic Care (Diocese of Leeds)
11 North Grange Road
Headingley
Leeds
LS6 2BR

Telephone
0113 388 5400
Facsimile
0113 388 5401
Email
info@catholic-care.org.uk

www.catholic-care.org.uk

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A service you can believe in