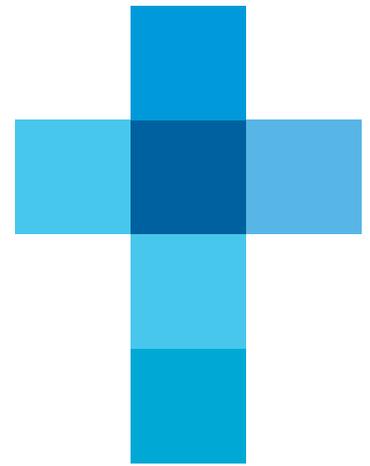


# Catholic Care news



## Welcome to the Winter Edition of the Catholic Care Newsletter



Welcome to our winter 2018 newsletter. There have been many changes recently with people

moving on and Catholic Care evolving its services to meet the needs of children, families and vulnerable people living in our communities today. I do hope you enjoy your read, this edition

is certainly packed full of news and information about our new services. Please don't forget to pass on this newsletter to friends and family.

## Goodbye Stuart and Thank You for the Past 44 Years

**Monday 10th January was indeed a momentous day. A day when friends, former colleagues, fellow Trustees and current staff of Catholic Care gathered to say a heartfelt thank you to Stuart Hanlon for his dedicated service to Catholic Care over the past 44 years.**

The day started with a Mass of thanksgiving in the Hinsley Hall Chapel celebrated by Bishop Marcus who is Chair of Catholic Care's Trustees. A fellow Trustee, Mgr. Rosser, delivered the homily where he spoke warmly of Stuart, emphasising the respect he always had for others and how this has contributed to his management skills. This was followed by a lively lunch.



Carol Hill, current Director of Catholic Care, reminded those present that this was not the first time Stuart had marked his retirement. The first occasion was when he retired as the Director in 2002. However, as Carol emphasised: "in both these roles Stuart has devoted 44 years to Catholic Care, living his faith through the action of caring for and supporting vulnerable people across the Diocese of Leeds".

Carol reminded Stuart of his first encounter with Catholic Care, or the Leeds Diocesan Rescue Society as it was then, back in 1963. He was a sixth form pupil at St Bede's Grammar School and joined a singing group to raise money for the Christmas Appeal. He presented the cheque to Canon Kelly, never imagining that he would in the future stand in his shoes.

Stuart started his working life at Catholic Care in 1973 as a youth worker before progressing to Principal Social Worker, Principal Officer, Assistant Director and finally Director in 1990. In fact the first lay director following in the shoes of Canon Maguire. Stuart paid tribute to his predecessors acknowledging how he was rigorously tutored by Mgr. Murphy and encouraged by Canon Maguire to work alongside him which proved to be an excellent grounding for when he took over full responsibility.

During his time employed at Catholic Care, the Schools' Service was of a special interest to Stuart and he was responsible for laying the foundations of what is today the very successful Schools', Children and Family Wellbeing Service, supporting so many children, families and teachers in schools across the Diocese.

In 1993 Stuart proposed to the Trustees that the current name of Catholic Care be adopted to reflect a broader base of services. With the closure of the large mental institutions smaller group homes were being established to care for and support people with a learning disability and mental health issues. The care of vulnerable adults now forms a large part of the Catholic Care services with some of the first homes established still caring for people today.

Stuart retired for the first time in 2002 but could not say good bye to the charity which had been such a big part of his life for so long. He became a Trustee that same year and continued in this role until the end of 2017 when he retired for the second and probably final time.

**Stuart was visibly moved by the day, reminiscing about people he had known along the way reflecting that: "it's been such a huge part of my life".**

## St Joseph's Catholic Primary School in Tadcaster



The children and parents at St Joseph's Catholic Primary School in Tadcaster donated toys to the Catholic Care Christmas Appeal.

At Christmas many children do not receive any presents and Christmas can be a bleak time for them. These toys put smiles on children's faces across the Diocese and brightened their day. Janet Kent (Service Manager for the Schools', Children & Family Wellbeing Service) attended the wonderful Carol Concert where the children sang beautifully and looked very Christmassy.

## Catholic Care Christmas Appeal

### Thank you for your incredible generosity

Each year Catholic Care has a Christmas Appeal to support families who are disadvantaged, vulnerable or marginalised, of which there are so many in our own communities. At Christmas – a time of plenty – when we come together with family and friends to celebrate the birth of Jesus, to relax and often overindulge with fridges and cupboards stocked full of treats and every available space covered with chocolate, it feels particularly unjust that so many families are in need:-

- Living in poverty, fear or with abuse.
- Hungry – 130,000 can go without food on Christmas Day.
- Uprooted from their families as a result of devastating conflicts around the world.



This year we appealed for:

- Toys/Gifts – donations of unwrapped presents – putting a smile on a child or young person's face who would otherwise not receive any presents.
- Food Hampers – a 'hamper of hope', including non perishable items such as tins, jars, pasta and toiletries.
- Financial donations for the Crisis Fund which helps children and families in desperate need throughout the year, not just at Christmas.

Our appeal went out to schools and parishes across the Diocese and our faithful supporters and donors, and they responded like never before.

Through their kind generosity, in the week before Christmas, our dedicated team at Catholic Care made **320** toy and gift deliveries and **105** food hamper deliveries to those children and families most in need.

We also received financial donations contributing nearly £3,000 to our Crisis Fund allowing us to support children and families throughout the year.

**Thank you to everyone for your amazing generosity.**

## St Paul's Catholic Primary School in Leeds

The pupils and their families at St Paul's Catholic Primary School in Leeds responded to the Catholic Care Christmas Appeal by collecting food and creating beautiful hampers. Catholic Care staff then distributed these gifts to families in need so that they had some food on their tables this Christmas time.



## Catholic Care Launches New Services

Catholic Care continues to evolve its current services and introduce new services to fulfil its mission in reaching out to those who are disadvantaged, vulnerable or marginalised in our communities.

Over the past few months there has been much activity in enhancing the services we deliver into the community.

## Young Carers' Project

There are many young people today who, on top of all the demands of simply growing up, are also carers for a family member who is disabled, physically or mentally ill, or who has an alcohol or drug problem. Instead of playing with friends or learning at school these very special young people take on very adult responsibilities. They do it for their loved one and because they have to.

There are some staggering statistics:

- The average age of a young carer is 12.
- There are 195,000 young carers in the UK.
- 13,000 care for more than 50 hours a week.

### How Catholic Care can make a difference?

With the help of a legacy left to Catholic Care by the late Canon Maguire who passed away in December 2016, the charity has formed a project supporting young carers which was launched in September 2017. This project is supporting these young people in a number of schools across the Diocese including St Wilfrid's, Featherstone; St Thomas a Becket, Wakefield, and Cardinal Heenan, Leeds. From January 2018 the project will further develop, offering services to ten primary schools across the Diocese.

Through this support network Catholic Care provides young carers with emotional support and advice when they need it most. We work with the schools in supporting the young person and make sure these young carers get regular breaks and meet other young carers for peer support, and to enjoy themselves, including visits to the cinema, bowling and the Christmas panto – a real favourite!

Many young carers suffer from anxiety and exhaustion because of the pressure of taking on adult responsibilities in caring for their family member and many keep quiet about their suffering, afraid that they will let their family down if they ask for help. Our qualified team of social workers in the Schools', Children and Family Wellbeing Service can support young carers through their issues.

Some of the young people involved in the project got the New Year off to a great start with a trip out to take part in tenpin bowling. The group were reunited following their pantomime trip before Christmas. They were all excited to see each other, to take part in a fun game of bowling followed by lunch and a good catch up!

## New Community Groups

Our work in the community continues to flourish with new community groups for older people opening recently, with a friendship group at SS Peter and Paul, Yeadon and a lunch group at St William's in Bradford just before Christmas. We have also launched two new Stay and Play groups in the last couple of months at St Anthony's in Beeston and St Anne's in Keighley at the Catholic Centre.

These groups offer a warm and welcoming place for people to meet, make new friends and combat isolation.



## “Safer Futures” Project

Domestic abuse is often referred to as the hidden crime, people don't talk about it and it is very difficult to gather statistics. The Crime Survey in March 2017 estimated that 2 million people in England and Wales are subject to domestic abuse each year. There is no doubt this is a very large problem and one which self perpetuates with children seeing the actions of their parents and then they themselves becoming involved in abusive situations. The impact of domestic abuse can be devastating for a family resulting in long term emotional and social difficulties both for the recipient and those witnessing it, often the children.

Catholic Care wants to break the destructive cycle of domestic abuse and in September 2017 introduced “Safer Futures”, a preventative education programme, which it is delivering in schools. In a two year period the charity aims to reach 10,000 children and young people aged four to 18. The outcomes of this project will focus on understanding the difference between healthy and unhealthy relationships, increased resilience, and empowering children and young people to protect themselves from domestic abuse and any kind of abusive relationship.



## Catholic Care launches New Supported Living Service for Vulnerable Adults

Craven House opened as a residential home for four adults with a learning disability in 1991. Sadly times change and it became clear there was no current demand for residential care and no demand in the pipeline. Craven House had just one resident living there and so the decision was taken to close the home.

However, undefeated we recognised that our services need to evolve, and so following months of discussions with NYCC, on the closure on 16th November, we simultaneously re-opened Craven House, offering care and support within a Supported Living model.

We have retained our long term resident and are welcoming new people so once again fulfilling our mission and caring for these vulnerable adults.



## Our mission and values

In everything we do, we strive to show how the teachings of Christian love, charity and justice can shape the way we live together.

We aim to achieve this by taking the caring church into the community and offering practical services and support for anyone who is disadvantaged, vulnerable or marginalised, regardless of their faith.

Our values are what drive everything we do. They help us to make decisions about what we do, how we do it, and who we do it for.

### Care

We aim to deliver the highest standards of care to anyone who is disadvantaged, vulnerable or marginalised, regardless of their faith. By making their interests our priority, we seek to enrich their lives, meet their needs and support their independence.

### Compassion

We offer understanding and empathy, and work in partnership to improve the physical, spiritual and emotional well-being of the people we encounter.

### Community

We believe in encouraging individuals to value each other, and by empowering people to take action together for the common good. As a result, we aim to establish a sense of community and family that promotes feelings of belonging and self-worth.

### Dignity

Each and every person has the right to enjoy freedom, choice and respect. We take care to create services that reflect people's preferences and respect their privacy and dignity at all times – so they each receive the personalised support that they need to enjoy rich and independent lives.

### Equality

As an organisation that celebrates diversity and values relationships built upon mutual respect, we strive to offer inclusive services, without discrimination. This means that anyone in need can access our services and everyone is guaranteed a warm welcome.

### Justice

We aim to be fair and just in all our dealings with people, from those using our services every day to our employees and volunteers. We also believe in open and honest working practices, and we aim to make a positive difference to those around us.

## Christmas Celebrations

Christmas is a very joyous time at Catholic Care but it can also be a very difficult time for many of the people we care for and support who miss family and loved ones. Carol Hill, Director of Catholic Care, visited many homes and projects in the run up to Christmas talking to residents, tenants, those attending community projects and of course our staff and volunteers, spreading some Christmas cheer. She said: "it's lovely to see so much love and warmth at this very special time".

## First Tuesday's Christmas Christmas Celebrations for Young Carers

Over 30 local parishioners enjoyed a fine afternoon tea with sherry and Carol singing at the December meeting of the First Tuesday's Friendship Group at Our Lady of Mount Carmel Catholic Church in Silsden. This was the first group formed with the help of the Embrace Project.

They were ably waited upon by their volunteer co-ordinators who have been running the group since it began in May last year.



As the first Christmas approached for this new project a group of young carers enjoyed each others company and a traditional trip to the panto. Oh no they didn't! Oh yes they did and great fun was had by all.

## Catholic Care Christmas Party

Staff, Trustees, friends and of course the people we care for, came together on the evening of 25th November to celebrate the annual Catholic Care Christmas Party at the Leeds Crown Plaza Hotel.

Guests were welcomed into the beautifully decorated hotel with tables adorned in gold. Those attending felt an instant Christmas glow as they walked through the doors. A champagne cocktail was available to welcome guests as they arrived in party dress with a wonderful party spirit!

Carol Hill, Director of Catholic Care, welcomed all the guests attending; Trustee Sue Rix kindly said Grace.

Guests enjoyed an excellent three course meal followed by coffee and mints. The annual Christmas raffle was a huge success with over 30 donated prizes on display including a £100 voucher for Giovanni's restaurant in Harrogate, a deluxe hamper and a selection of wines and spirits.

The hotel DJ provided music for the rest of the evening and guests danced the night away enjoying all the Christmas favourites.

The evening raised £357.70 for the charity's Christmas Appeal: Light up a Child's Christmas. A big thanks to all those who donated prizes for the raffle and of course all of those who joined us for this annual celebration.

## Always Caring for Others

Whilst watching television one evening recently, three of the people we support who live together saw an advert for the Macmillan coffee morning.

Seeing the good work Macmillan do to support those with cancer, they decided they would host their own event. After much discussion the date was set and on Saturday 14th October family and friends were invited to "drop in". They were served bacon and sausage sandwiches followed by cakes. All the hard work paid off and the event raised just short of £100 for this worthy cause.

Tracy, David and Sarah supported by Wendy, were delighted with their first fundraising event.



## Happy Christmas Keighley Catholic Centre Stay & Play

Children, parents, carers and grandparents gathered at the Keighley Catholic Centre for the first Stay and Play Christmas Party after the group was formed in the Autumn.

As a special treat Father Christmas joined the group to deliver presents to the excited children! The children also enjoyed a sing a long and games!



## Christmas Celebrations at the House of Light

The House of Light residential home for adults with a learning disability once again opened its doors to friends and families for their annual Christmas open evening. "Lots of guests attended and we all had a fantastic time. Christmas music played in the background as our residents caught up with friends that they had not seen for some time, whilst mince pies and tarts went down a treat with a glass of wine for those not driving. We always enjoy this time of year at the home, everyone's Christmas jumpers come out and the residents enjoy putting up the decorations. It is indeed the season to be merry".

## Christmas at St Anthony's Stay & Play

The young children and their parents and carers certainly got into the Christmas spirit at the first Christmas party of St Anthony's play group in Beeston, Leeds. It was a lovely morning filled with happy voices and shrieks of excitement. Party food and of course hats set the morning off well and the surprise visit from Santa was the icing on the Christmas cake for those children who had been "good".



Please contact Karen Byram at [karen.byram@catholic-care.org.uk](mailto:karen.byram@catholic-care.org.uk) if you would like to receive your newsletter by email in the future.

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