



caritas

diocese of hallam

promoting care and social action

The Good Shepherd Appeal

Information Pack for
Primary & Secondary Schools
Lent – May 2022





Welcome to our fundraising support pack for 2022!

The Good Shepherd Appeal has a long-standing tradition in our Diocese, and is historically the key fundraising initiative for Caritas (formerly known as Hallam Caring Services). Caritas is the social action arm of the Diocese of Hallam.

Although Caritas supports around 150 different projects around the Diocese, this year's Good Shepherd Appeal is primarily to fundraise for its Counselling Services. These services are used by children and their families, schools, and adults of all ages. During the Pandemic, and with the help of the National Lottery, Caritas has been able to offer free professional Counselling to anyone who has needed it.

For this reason, the theme of this year's Good Shepherd Appeal is:

Good Mental Health.

For this year's Appeal, we encourage both Primary and Secondary Catholic Schools to:

- **Engage their pupils around Good Mental Health,**
- **Bring the message of the Gospel to the heart of Good Mental Health, and**
- **Have some fun, whilst fundraising for the communities in our Diocese.**

A full Resources Pack will be made available from 1st February 2022.





A 3 Day Caritas Focus on Good Mental Health



Good Mental Health is a big topic, and we know that it is a priority for all settings, given the stresses and strains of our modern world, *and* the Pandemic. For this reason, we suggest a three day plan during Lent to really do this justice.

The themes for the 3 days are as follows:

Day 1 – Good Shepherd Learning

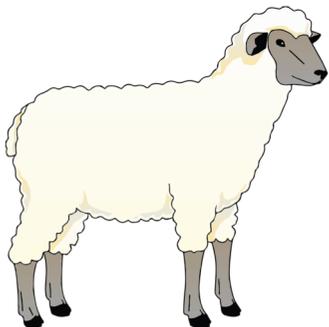
Day 2 – Be Mindful and Prayerful

Day 3 – Give to Others & Have Fun

Music, singing and dance are all well-known for their positive impact on our mental health – and what better way than to combine this with the power of Jesus’ love? So we warmly invite you to engage with our **Good Shepherd Video Challenge**, which is to produce a music video to

one of two carefully chosen songs. We hope you have great fun!

And finally, we would love your pupils’ help in writing **News Reports** to share your school’s efforts with this year’s Good Shepherd Appeal. These will be used as part of the **Caritas Good Shepherd Thanksgiving Service** at St Marie’s Cathedral in May, as well as enabling us to report your successes in Hallam News.





Day 1 – Good Shepherd Learning

“I am the Good Shepherd. The Good Shepherd lays down his life for the sheep”

(John 10: 11)

We all know that the Good Shepherd represents God, and actually appears in many different places in the Holy Bible. This focus for Day 1 is on learning about Good Mental Health, using some of these biblical references to inspire us.

More detailed suggestions of how you may like to do this will be in our Resources Guide (made available to you later this month). But the key focal points are as follows:

- **What can we do to look after ourselves?**
- **What can we do to help look after others?**
- **Where does Jesus, the Good Shepherd, fit into this?**

There are lots of different ways we can look after our mental health, but a great example is the **Six Ways to Well-Being** - the ‘six-a-day’ way to Good Mental Health! Further information will be provided in the Resources Pack. We hope you will share these Six Ways – or something similar - as part of this initiative.

In particular, **‘Connect’** and **‘Keep Learning’** are two of the six-a-day that can be discussed in more detail on Day 1.



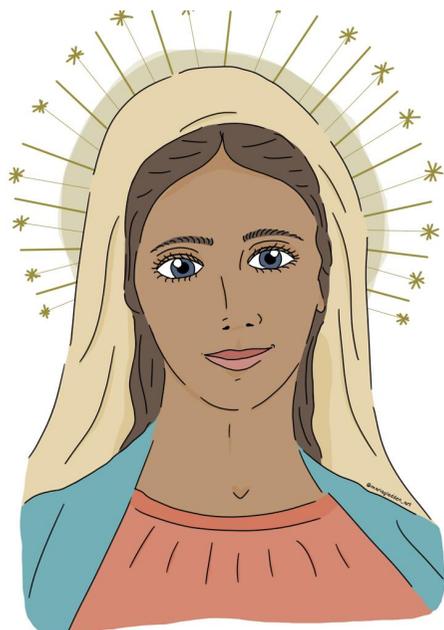


Day 2 – Be Mindful & Prayerful

“Come to me, all you who are weary and burdened, and I will give you rest.”
(Matthew 11:28)

Spending time taking notice of the things happening around us can be a really helpful strategy for Good Mental Health, especially when we find ourselves worrying about the past or the future.

Spending time with our Good Shepherd, Jesus, is how we can connect to that special kind of peace and joy that only comes from God! And what better way to come to Jesus than through Our Heavenly Mother, Mary?



In our Resources Pack for Day 2, we have suggested different options for **Christian Meditation** with children, **Mindfulness Reflections**, and a special **Good Shepherd Rosary Challenge** with Our Lady.

Day 2 is also a great opportunity to focus on ‘**Take Notice**’ and ‘**Be Creative**’, the next two of the **Six Ways to Well-Being**. Suggestions of how schools can do this will be included in our Resource Guide.

We will also be encouraging our schools to **pray** for Good Mental Health within our communities on this day.



Day 3 – Give to Others & Have Fun!



**“Whoever is generous to the poor lends to the Lord,
and he will repay him for his deed”**

(Proverbs 19:17)

Research has shown that actions to help other people have a huge positive impact on our own well-being. And as we all know, ‘giving’ is an important way we can all show love and compassion for the world around us!

On Day 3, we propose that all schools explore the final two elements of the **Six Ways to Well-Being**. They are ‘**Be Active**’ and ‘**Give**’. We hope these inspire your school communities to think of some fun ways to raise money for the Good Shepherd Appeal!

We will, of course, be making some suggestions in our Resources Pack for Day 3, but we very much encourage you to also Connect and Be Creative in your ideas.

Get your enthusiastic News Reporters at the ready; we can’t wait to hear how you get on!

Your **News Reports** can be sent to: GoodShepherd@hallam-diocese.com



Good Shepherd Video Challenge

“God is love. Whoever lives in love lives in God, and God in him.”

(1 John 4:16)

We could all do with a bit of cheering up, and what better way than with music? Music, singing and dance are all well-known for their positive impact on our mental health; combine that with the power of God’s love, and our spirits will certainly be lifted!

We have carefully chosen 2 Songs by the **One Hope Project**, and would like to challenge each school to produce a suitable music video to go with it. The songs are as follows:

For Primary Schools: Our God is Love

You can find the official Lyric video here: <https://youtu.be/JyOdax7AhN8>

For Secondary Schools: Merciful Saviour

Link to the official lyric video for this one here: <https://youtu.be/915bhvKxres>

We hope that you will **Be Creative, Be Active, Connect** and **Keep Learning** with this one!





Good Shepherd Appeal - Key Dates

- ASAP: Please work the Good Shepherd Days and Challenges into your school planning
- 1st February: Resources Pack for Day 1, Day 2 and Day 3 will be made available
- 2nd March: Ash Wednesday
- Lent: Hold your Day 1, Day 2 and Day 3 focus events
- 17th April: Easter Sunday
- 17th March: St Patrick's Day: start submitting your News Reports
- 25th March: The Annunciation: start submitting your music videos
- 29th April: Final date for submitting your News Reports
- 13th May: Final date for submitting your music videos
- 18th May: Caritas Good Shepherd Appeal Thanksgiving Service at St Marie's Cathedral (to be livestreamed)
- TBC: Caritas Good Shepherd Parish Appeal



On the following pages you will find more information about the work of Caritas Hallam, as well as some statistics about the mental health of children and young people. If you have any further questions, please contact us on GoodShepherd@hallam-diocese.com



Appendix - About Caritas Hallam

The word 'Caritas' is a Latin word, meaning charity. It represents the Christian love and compassion we show towards humankind.

The mental health challenges for our modern day children and young people is well documented, and has been made much worse by the pandemic. Uncertainty around GCSEs and A'Levels, and even Brexit, have added to this. **Caritas currently works with 21 schools in the Diocese. In 2020 alone, they delivered 4,000 sessions to children and young people in our schools.**

Providing counselling for children and young people is just part of the story; once you scratch the surface, you often find a family who needs a whole range of help. **This is why Caritas works with both pupils *and their families* to provide counselling support, interventions, parenting programmes of support.**

The Pandemic has led to *many* more people suffering with poor mental health. **That is why, during the pandemic, Caritas worked hard to secure a substantial National Lottery grant so that they could offer a 52 week wraparound service working with children and families, and free counselling to adults in the community who were unable to pay.**

So many families have fallen into poverty during the pandemic, not able to afford the essentials. **In partnership with the SVP and Cantley Neighbourhood project, Caritas distributed nearly £60,000 of food and debt relief, right across the Diocese.**

The Pandemic has meant that many families have fallen into debt. **Caritas has been working with Funding organisations to connect those in debt with some financial support. For one such family, this helped to prevent them becoming homeless.**

Schools have not always been able to support pupils and their families in the same way they had done previously. **Caritas stepped in to help the children and their families when they were left without counselling support as schools were forced to close, and again during the school holidays.**

New mothers have been left completely isolated during the pandemic. **Caritas is currently raising funds to boost the relaunch of pre-existing mother and toddler groups, as well as creating some brand new 'Stay and Play' community projects within the Diocese.**

Caritas Hallam is now helping more people than it ever has done before, and it needs your help!



Appendix – Mental Health Statistics

The following are some child and young people's mental health statistics:

1 in 6 children in England had a probable mental health disorder in 2021. This was the same as 2020, but an increase from 1 in 9 in 2017. That's five children in every classroom (*source: NHS Digital 2021*)

Family connectedness and functioning: Children and young people with a probable mental disorder had lower levels of family connectedness than those unlikely to have a mental disorder. In 2021, 16% of six to 16 year olds were living in a family with reported problems with functioning (*source: NHS Digital 2021*).

Impact of the pandemic: 80% of young people with mental health needs agreed that the coronavirus pandemic had made their mental health worse (*source: Young Minds Survey 2020*).

Household circumstances: Children with a probable mental disorder were more likely to live in households that had fallen behind with bills, rent or mortgage during the pandemic (*source: NHS Digital 2021*).

Access to NHS Care: Just over 1 in 3 children and young people with a diagnosable mental health condition get access to NHS care and treatment (*source: NHS Five Year Forward View for Mental Health dashboard*).