



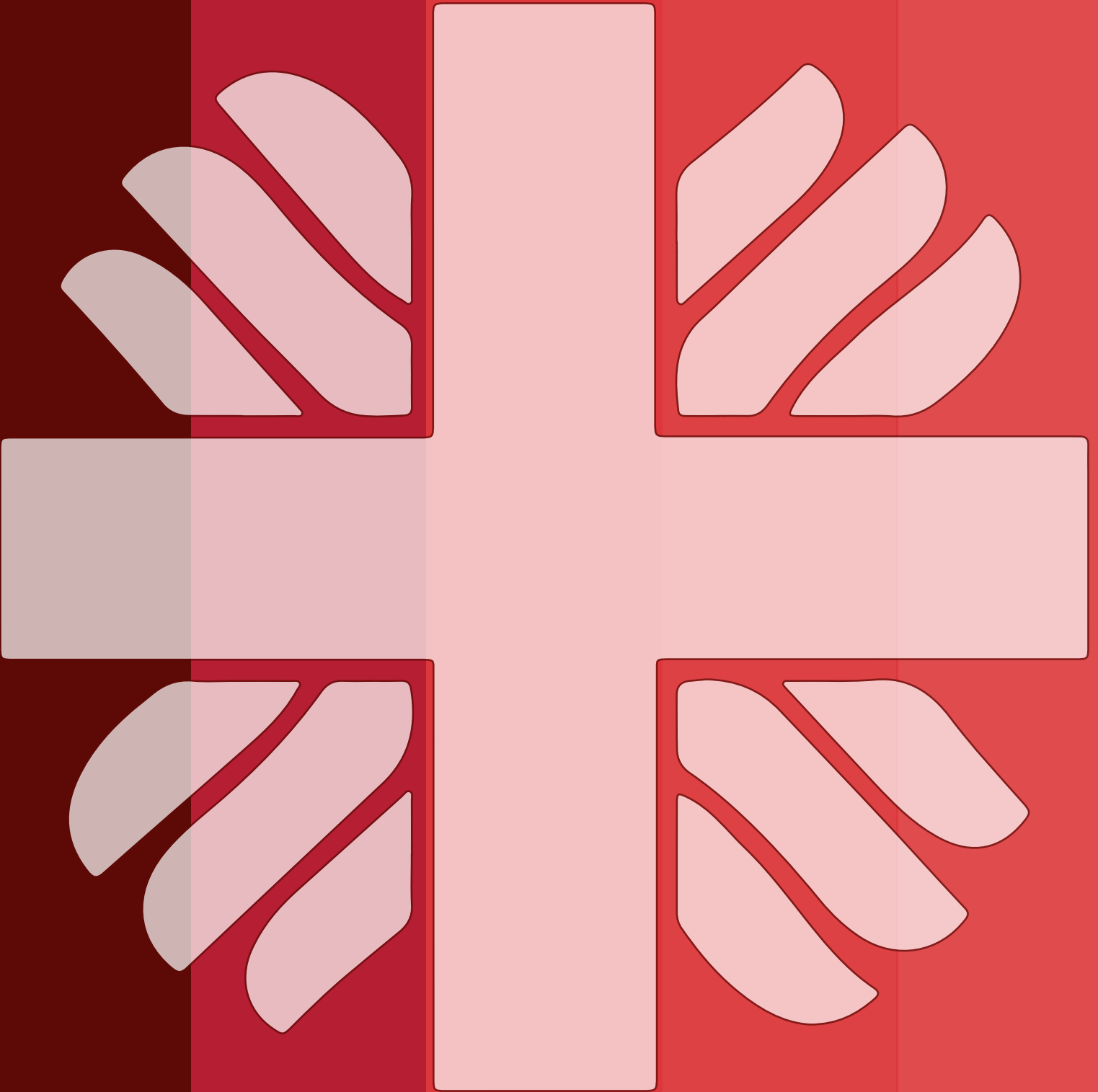
caritas

diocese of hallam

promoting care and social action

CARITAS REPORT 2022





Caritas Diocese of Hallam was launched in 2018 replacing Hallam Caring Services.

Its function is to:

1. Promote and manage care services and social action projects.
2. Offer support when requested to the parish based services identified in a survey undertaken in 2017.
3. Affiliate to Caritas Social Action Network (CSAN) and agency of the Catholic Bishops' Conference of England and Wales.

Head Office Staff:

Co-Directors:

Stuart Hanlon
Bernie Ware

Senior Manager:

Janet Kent

Administration Officer:

Anna Portaluri

Volunteer Administrator:

Geraldine Shaw

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INTRODUCTION

2020-2022 was such a difficult time for many people; with some suffering from the Covid virus, working on Zoom, furlough, isolation, children missing out on schooling and so much more. This has impacted upon Caritas in many ways. The increase in requests/referrals for counselling has been considerable many more from school and families looking for support with their mental health and well-being. The grants from the Albert Gubay Foundation, smaller Trusts and the Lottery have enabled us to embark upon the expansion of our services:

1. Recruitment of more qualified counsellors
2. Piloting Stay and Play groups for mums and toddlers
3. Piloting adults and family mental well-being groups
4. Carmel Care Lunch Club

To oversee these developments I needed to strengthen the structure. Bernie Ware has now joined me as Co-Director and Janet Kent as part time Senior Manager. All this at a time when regular funding has been depleted – no Good Shepherd Collection for two years, and a much smaller contribution from the parish appeal.





Accordingly, Bishop Ralph has supported the initiative to launch the Good Shepherd Appeal across all schools and parishes in May followed by presentation/celebration at the Cathedral. An impressive package of materials has been produced by Candida Calvert and Alan Dewhurst. Hopefully this will attract initiatives from our young people via sponsorship and fund raising ideas.

RETIREMENT OF SUE TYM



Towards the end of the year, Sue Tym announced that she thought it was the right time for her to retire. Sue has been outstanding in her role of Administrator for the Caring Services for over 25 years. Bernie and I could not have developed the agenda without her – so professional, committed and conscientious. We shall surely miss her, yet wish her well in her deserved retirement.

WELCOME TO OUR NEW ADMINISTRATIVE OFFICER: ANNA PORTALURI

As Sue Tym retired, we needed to find a replacement to continue the excellent work of Sue.

In November 2021 we recruited Anna Portaluri whose skills are proving to be invaluable to the service. I am sure you will join me in welcoming her to the Caritas - Hallam family.

FUNDING AND FINANCE

Covid continues to impact heavily on our service. More individuals and families are requesting counselling.

Jonathon Yewdall (Development Advisor) has enabled us to secure some Lottery funding, financial assistance from Albert Gubay for food and other small funding bodies to reach out to more families. We are very grateful to him for all his good work and efforts.

With the help of Candida Calvert and Alan Dewhurst an excellent Good Shepherd pack was produced for the school. Hopefully it will generate and stimulate interest in the work of Caritas and provide funding we have missed over the last two years.

A very sincere thank you to all those who donate throughout the year to support the work of Caritas.

Stuart Hanlon: Co-Director

UK ENTERPRISE AWARD 2021 FOR THE MOST DEDICATED FAMILY MENTAL HEALTH SERVICE



We are pleased to have been nominated for and received the UK Enterprise Award 2021 for the Most Dedicated Family Mental Health Service – South Yorkshire.

<https://www.smenews.co.uk/winners/caritasdiocese-of-hallam/>

SCHOOLS COUNSELLING SERVICE

Our qualified counsellors are contracted to work in 24 schools. Requests for the service have increased dramatically in the past year. The need for mental health/well-being support has been exposed throughout society particularly as a result of the Covid lockdowns. We have tried to respond and have recruited 7 new schools counsellors. Over the last year we have delivered approximately 7740* sessions with 7 new schools having commissioned us during 2021.

We continued to support our schools during lockdown delivering counselling support over Zoom, Microsoft Teams and telephone.

The Lottery Fund enabled the counsellors to continue to work with students and parents over the summer holidays offering 52-week wraparound service. We have also offered schools additional counselling hours free of charge by placing final year counselling students with them. They are supervised and mentored by staff in Caritas team.

We have also delivered supervision to school staff, Safeguarding Training, and Mental Health and Wellbeing sessions. A Crisis Response Team was deployed to support a school in 2021.

**We work both with individuals and in group settings hence the approximate number of sessions reflect these different types of service delivery.*

CRISIS RESPONSE TEAM

This team supports schools during a particular trauma or event such as the death of a student or member of staff. This service is offered free of charge to schools

More information about this can be obtained from Bernie Ware Mobile: 07980406198



ADULT COUNSELLING

We have received 73 requests and have responded. We have been assisted by a Lottery Grant to develop these services over a two year period. We welcome feedback one of our clients wrote:

"Thank you so much for your ongoing warmth and kindness. I was just talking about you with my sister in law, she said (only half-jokingly) that she would like your number as you are very evidently doing powerful work"

DIOCESAN COUNSELLING SERVICE + UNIVERSITY CHAPLAINCY

A Lottery grant has enabled us to deliver 182 hours of counselling over the last five months to people within the community and University Chaplaincy service based at St Vincent's Mission Hub, Solly Street, Sheffield.



Collaboration with SPACE Academy and Doncaster College providing placements for final year students has allowed us to enhance our menu of services which now includes couples counselling and family- based counselling.

ALBERT GUBAY CHARITABLE FOUNDATION

During the Pandemic the Diocese received an extraordinarily generous gift from this charity amounting to £58,000.

Working in partnership across the Diocese, with schools, SVP, the Counselling Service, Carmel Care and Cantley Neighbourhood Centre we were able to use this to alleviate the impact of the crisis providing food, help with bills and buying essential items such as a cot mattress for a first time mum.

"I'm really just so thankful for everything. I feel so lucky that I was referred to you by someone who recognised I needed help when I couldn't see it. I am so grateful you have helped me find a way to talk. It has really changed me and my children's lives for the better. So thank you for what you do."

SERVICES TO THOSE WITH HEARING DIFFICULTIES

Thanks to the efforts of Joe McNally and others, a signed Mass took place at the Cathedral on 11 July 2021.

The Congregation was joined by parishioners from Salford who thoroughly supported the service, hopefully more will be arranged in due course.

Fr Paul Fletcher, National Chaplain for the Deaf, has offered to present a session on Catholic Deaf Services to our clergy in the near future. Our newly recruited volunteer administrator is currently investigating how to move this service forward.

By following this link you can see the signed mass at the Cathedral:

<https://www.youtube.com/watch?v=vRLg5LZHwLM>

PASTORAL CARE FOR RETIRED CLERGY

During lockdown, we continued to support our retired clergy, using Zoom or telephone, on a monthly basis. Happily, face to face visits have now resumed.

JP2 COUNSELLING SERVICE

Members of the Counselling Team delivered support to clergy and religious across the world. Hallam, Nottingham and Birmingham JP2 co-ordinators 'meet' regularly to discuss future training needs.

MARRIAGE MASS

The annual Mass in thanksgiving for marriage took place at the Cathedral on Sunday October 31 2021.

A full Cathedral, many being couples celebrating significant anniversaries, received a blessing from Bishop Ralph and were given a small gift and prayer card to mark the occasion.



This year's Mass was made particularly special as Bishop Ralph presented Bene Merenti awards to Jane and Charles Perryman for their lifetime's service to the vocation of marriage. They have provided marriage preparation courses to more than seven hundred couples over forty years.



CARMEL CARE CENTRE SHEFFIELD

This volunteer led project, with its reputation for hospitality and welcome, has opened its doors again. Sister Marie and her volunteers run their exceptional project with so little funding. A huge thanks to them.

A Chairobics group led by a volunteer was a great success.

The monthly Lunch Club is becoming increasingly popular. For £3.50, guests enjoy a freshly prepared meal on the last Monday of each month.



The year ended with the Christmas Day Lunch which was enjoyed by several guests. They received generous gifts provided by a grant from Asda.



Janet Kent, Caritas Senior Manager, has been appointed co-ordinator and is looking to develop activities to increase the days of opening to five days a week.

WELLBEING GROUP

In November 2021 Caritas launched a new initiative supporting mental health and wellbeing. Ten women registered for the first group which was held at Flourish Enterprises in Doncaster. The six week programme explores a range of themes and topics including managing stress and promoting relaxation techniques, improving communication skills, self-esteem and confidence building, and new ways of wellbeing. The groups are supportive and friendly allowing participants to develop at their own pace.

"A very helpful course run by a friendly tutor. I learnt the overall importance of wellness and various techniques and tips including meditation. I felt safe and have become a calmer me."

Details of the WellBeing Group six week course offered at Carmel Care, can be found at:

<https://hallam-diocese.com/wp-content/uploads/sites/9/2022/02/Well-Being-Group.pdf>

For further information and to book a place on the course, please contact Janet Kent on:

07927657462

jkent@hallamdiocese.com

CANTLEY NEIGHBOURHOOD CENTRE

Angela Fox from the Cantley Neighbourhood Centre provided a verbal update of the work undertaken at the Centre. Caritas has provided support to this well established project.

The current activities undertaken at the Centre includes:

- Running a food bank that supplies 50 families per week.
- A "New to You" charity shop providing clothing, bric-a-brac bedding etc to the local community.
- An advisor from the Citizens Advice Bureau is in attendance each Tuesday to help local citizens.
- A well-being group meets on Friday
- The local Ward Counsellors are available each Saturday.
- There is an allotment tended by local volunteers.
- A Stroller group offers a monthly programme of walks up to 3 miles for people of any age to join, the group welcomes dog owners to join their strolls.
- Tea and coffee is available at the Centre for a nominal fee of 50p.

The Cantley Neighbourhood Centre is a self-supporting community group staffed entirely by 27 volunteers, they are currently planning to open a new café on the premises and we wish them every success on this latest

venture. The welcome at the Centre states "Come and See", a subtle reminder of its Catholic origins. There is a Facebook page dedicated to the Centre



Cantley Neighbourhood Centre is due to celebrate their 8th year of serving the local community this year and are planning a joint celebration to coincide with the Queens Jubilee on June 8th. The program of events is very impressive and includes:

- A summer fayre from 10.00am to 2.00pm
- At noon the Deputy Lord Lieutenant Mr John Holt will give an address.
- A performance by the Cusworth Choir will provide a musical interlude.
- Irish dancers will certainly liven up the day.
- A Scottish bagpipe player will provide additional music.
- Welsh singers will also perform.

The day will conclude with a rendition of "Happy Birthday" in celebration of the 8th year of the centre's service to the community and to celebrate the Queen's Jubilee year.



We extend our thanks and gratitude to Angela and the volunteers of the Cantley Neighbourhood Centre for all the good work they do to support their local community.

HOME FROM HOME HALLAM



A Syrian refugee family will be welcomed into Sheffield by our group during June. They are a family of five, with another baby on the way, and have spent five years in Lebanon since they were forced to leave their own country.

Following the excellent presentation by Sean Ryan 3 years ago regarding a Community Sponsorship Scheme, Caritas formed a small group including Annette Dews, Clare Gardener and Sue Tym to move matters forward. Their enthusiasm led to the formation of a larger group ably led by Eva Kaltenthaler including Trustee Chris Kyme. Eva writes:

"Home from Home Hallam have been working for the last year to prepare for this family's arrival. We made applications to the Home Office and Sheffield City Council – processes that took over 6 months; and all the volunteers who will be working with the family have undergone training."

Since our applications were approved, a house has been secured (from South Yorkshire Housing Association), and refurbished and furnished it, with donations from individuals and local businesses. It is all ready for the family.

Volunteers have been preparing to help the family negotiate their first few months in a new country. Some of our team will be going to Manchester Airport to meet the family when they arrive. We have secured the services of interpreters who will help us communicate with the family during the first few weeks. We have talked to health services and secured an appointment from a local GP.

The Education Resettlement Team on the Council have told us that they will find schools for the three children and help them to settle into school, and FACES (the Family, Adult and Community Education Service for Sheffield Council) have said that they will help to find language classes for the adults.

SAVTE (The Sheffield Association for Voluntary Teaching of English) put on a special course so that some of our volunteers have the basic training to help the family to learn English. Other volunteers will go with the adults for important interviews at the Job

Centre and bank, and others have been researching the local area and finding what local resources the family will be able to access.

This family were chosen for our group by the UN Refugee agency who considered them to be in particular need, but they are not a family who necessarily want to be in Sheffield. There are many challenges ahead for them, and for us, as we try to make their lives a little easier. We will be posting a newsletter regularly.

Please remember to keep our project in your prayers.

For up to date news of the project please have a look at our February Newsletter:

<https://hallam-diocese.com/wp-content/uploads/sites/9/2022/02/February-2022-newsletter.pdf>

NEW DEVELOPMENTS AT CARMEL CARE

We are developing our group work programme at Carmel Care in order to reach out to communities in need of support.

Our wellbeing programme for women has been well received recently, building on this we are now planning a range of support activities for women seeking asylum, those with experience of being a refugee and women who have experienced modern day slavery.

We are also developing a wellbeing programme for men to promote good mental health and positive relationships.

Through our partnership with Sheffield Hallam University we will continue to welcome students on placement into the centre to help expand our activities and promote inter-generational work.

We are also developing a partnership with Notre Dame School again to promote inter-generational activities and work.

We are developing more horticultural activities at the centre including growing vegetables that will be used in our community lunches.

FUTURE DEVELOPMENTS

Stay and Play Groups for families in the Diocese will provide safe and easy access for parents and carers to reduce isolation and promote early learning. The Groups will be delivered by a team of trained volunteers supported by the Caritas Team.

The sessions will include:

- Singing, stories, messy play, soft play and interactive sessions
- Healthy snack and refreshments
- Information and parenting advice
- Toys and games to entertain children
- Time for parents to develop friendships and support networks
- Guest speakers



There are number of positive outcomes and benefits from such groups including harnessing social capital by bringing parents together improving parental confidence, knowledge and information.

The groups provide volunteering opportunities for parishioners and the local community and are a signposting resource enabling early intervention. Additionally, strong partnerships can be forged between school and parish.

LINE MANAGEMENT

Caritas provides line management to St Wilfrid's Centre, Pastoral Care for Retired Clergy and the Safeguarding Team.

Reports presented to the St.Wilfrid's Committee are available from the centre. Contact Ruth on 0114 2555720

MINI VINNIES: ST ALBANS CATHOLIC PRIMARY AND NURSERY SCHOOL

Here at Caritas Hallam we were delighted to receive a copy of a newsletter produced by the Mini Vinnies at St Albans Catholic Primary and Nursery School.

The newsletter detailed all the activities undertaken by the school pupils during their Lenten Journey. The newsletter highlights different

themes under the headings: Prayer, Almsgiving, Stations of the Cross, Mindfulness and Well-being.



The pupils have given a lot of thought to their Lenten Journey which included the creation of a faith garden, a quiet space for pupils and teachers to spend time in reflection and prayer. In addition the pupils also created their own Easter cards for friends and family

The Mini Vinnies also organised a series of fundraising events and raised a fantastic total of £1737 that has been donated to the Good Shepherd Appeal.



We would like to thank the Mini Vinnies and the pupils of St Albans for their inspiring and amazing work. Well done!

GOOD SHEPHERD YOUTH

Grateful thanks to Candida Calvert for initiating and running this programme.

With more teenagers suffering from poor mental health and social anxiety than ever before, Caritas Hallam have funded and launched a new initiative: Good Shepherd Youth. This Youth initiative uses a tried and tested programme developed by the Children's Society, looking at teenage identity, well-being and relationships.

A pilot is already underway at the wonderful facilities offered by St Vincent's Mission Hub, in Sheffield, where it has drawn in young people from as far away as Chesterfield. This intrepid group of youth pioneers are bonding over activities, games, pizza and discussion, and will be paving the way to the development of longer-term youth initiatives in the diocese – initiatives that they themselves have helped to shape!

It is hoped that further roll-outs of this programme will act as a springboard for other Youth initiatives within the Diocese: that all-important chance for teenagers to connect with others, with purpose, and to have some much-needed fun.

VOLUNTEERING WITH CARITAS

Would you like to volunteer with Caritas?

We are always looking for new volunteers to join our team!

We have a range of opportunities available for volunteers including help with preparing lunches at our Carmel Care Centre, helping to organise activities such as creative arts and crafts, gardening and music or simply spend time befriending or supporting someone. You might have particular skill you could offer, such as administration or fund raising.

You can give as little as an hour, or substantially more, volunteering can offer many great benefits;

- You can really make a difference to the lives of others. Singing, stories, messy play, soft play and interactive sessions.
- You can gain a real sense of satisfaction and achievement.
- You can learn new skills.
- You can meet new people.

For more information please contact Janet Kent on:

07927 657462

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