



Art and Craft session



Art and craft sessions



Children made Easter decorations



Eid Prayer at the hotel

Caritas at Christmas 2022

With the blessing of Bishop Mark we were able to send out our appeal to the churches before Christmas. We had 5 extra parishes and 4 more schools supporting us this year and **we collected just over £10,000!** This was up on last year by £1,170 which shows wonderful generosity when so many people are facing the cost-of-living rises.

We supported 241 families, 340 adults and 542 children. With the generous support from 23 parishes, 6 schools and 4 individuals we raised £10,091 and we spent £10,465 on hampers and added to the toys that had been donated by a total of 14 schools and parishes in our Diocese.

Our Crib Donations taken in the parishes over the Christmas period so far comes to £3,200 from 15 parishes. Last year this was the total we received from 41 parishes.

Many thanks for all your help and support!

Contact Us

Contact us for more information about what we do and how you can help support our work.

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Newsletter April 2023

Take a look at what's been going on at Caritas

Current Services Available on Wirral

- Schools Service
- Parenting Groups (Community)
- Stronger Together Community Groups
- Bereavement & Loss Support
- Early Help/Alliance
- Counselling

Referrals have increased within the community through the rising cost-of-living and post pandemic. As a result of this our newly formed 'Stronger Together' groups provide emotional support and advice for anyone experiencing the challenges of everyday life.

Our School Service is going from strength to strength as we continue to support children and families with challenging behaviours; school refusal, anxiety, low self esteem and domestic violence to name but a few.

Added to this, we have been lucky enough to secure two crisis funds which have helped provide resources to keep our families warm and help all those who are experiencing a cost-of-living crisis.

This year Caritas' vision that 'children, families and communities are empowered to experience fullness of life' has been difficult, but due to our dedicated team of staff it is a vision we can still fulfil.



Our 'Music for Life' concert in Shrewsbury

Counselling Service

We have a successful counselling programme based on the Wirral, and we are now in the position to begin offering our counselling service in Shrewsbury, in collaboration with Shrewsbury College.

Since October 2022 our Counsellor has completed 130 sessions of counselling with 24 clients, and 230 sessions of mental health interventions with 12 students at Clare Mount Specialist Sports College, who have learning difficulties such as ADHD and ASD.

We have also welcomed a newly qualified Counsellor as a new member of staff two days a week to our Counselling Team, who had previously been with us on a student placement. She has already completed 59 sessions of counselling with 11 clients.

In a surprise turn of events, a Level 5 Cognitive Behavioural Therapy course has begun at our Wallasey office where we are currently mentoring 8 students. We are now an approved *Counselling and Psychotherapy Central Awarding Body* (CPCAB) Training Centre and aim to roll out more study courses on mental health in the future. People are already enquiring into the 2023-2024 academic year.

Shrewsbury

We continue the promotion of our Wellbeing Service through the online Community Directory, in the town centre, through the churches and via CAB. Supporting clients with mental health and practical needs, we have also conducted a Deanery presentation in Bridgnorth on previous family/schoolwork and the Wellbeing Support Service. Save the Children continued work – we recruited a Parent Campaigner from the Parent Voices day in September.

Lloyds Bank Foundation – continue to join meetings in getting local people in Telford involved in partnership, and work around ‘unlocking potential’ within the borough.

A fundraising concert, ‘Music for Life’, took place which raised £320.26 (plus £81.46 from Mini Vinnies). Total £401.52.

Our Caritas at Christmas talks – raised £705.01. And we have now launched a Facebook page for Shrewsbury.

St. Mary's Caritas Centre, Crewe, is Open for Business!



St Mary's Caritas Centre, Delamere Street, was officially opened on Friday 20th January 2023, by Bishop Mark Davies, and Mayor of Cheshire East, Cllr David Marren.

The new centre has been in the planning since 2011 and it includes a public hall, an office and a kitchen for parishioners from St Mary's RC church to meet in.

Manchester Update – St. Aidan's Centre

St. Aidan's women take the lead on poverty action in Wythenshawe Women of Wythenshawe or 'WoW', is a new women-led poverty action network in Manchester made up of women's organisations who say enough is enough!

The Community Groups at Wythenshawe continue to offer support to those in the area, with the Mend Minds group meeting fortnightly and members of the SENSitive Group participating in the Living Wage Campaign.

Caritas have also been supporting the 'End Child Poverty' campaign, along with raising awareness of the refugee crisis faced by many seeking safety and security.



Campaigning for Refugees in London

Much needed supplies for the winter to help support vulnerable members of our communities.

