

CARITAS SHREWSBURY

Summer 2026 Newsletter



A MESSAGE FROM OUR CEO

As we come to the end of another busy 3 months, I want to take a moment to thank every member of the Caritas team, our dedicated volunteers, and our Trustees for your commitment, compassion, and support.

National Lottery Funding Success!

We have been thrilled to receive support from The National Lottery Community Fund. This funding will enable us to extend our presence in Wythenshawe and Crewe, working alongside local people to strengthen community connections, expand opportunities for support, and help each community shape the services that matter most to them.

Building Bridges will become Caritas' flagship social cohesion programme in Wythenshawe and Crewe over the coming years. The project aims to tackle discrimination related to race, belief, and disability, while strengthening social cohesion across Wythenshawe and Crewe.

Trish



SCHOOLS' OUT FOR SUMMER!

Great News! All our schools have bought back in this year, and some have even increased their hours with us!

Giving a big thank you to all the Headteachers who have worked with us over the years, and a very warm welcome to all the new Headteachers. We look forward to working with you in September.

“

I just wanted to personally thank you for the contribution you and your organisation has made to the amazing OFSTED Report Card that Clare Mount has achieved. We are the first school on Wirral to receive an 'exceptional' judgement in any area, let alone 4.

At the heart of all we do is our commitment to inclusion, and personal development and well-being, and what we do would not be possible without partners like yourselves.

We look forward to continuing to work with you to shout about the benefits of physical activity, sport and investing in wellness and trauma informed practice, and to ensure that our pupils see themselves as 'role models' and catalysts for change.

Quote from Head Teacher of Clare Mount School, Wirral

”



Making a Difference in Our Schools



124
children
supported

in 9 schools
over the last
school year



**Drop-in
service**
(Lisa)
knows how many



Helping
with a large
range of issues

Listening, supporting and making
a positive difference every day.

Thanks for everything
you and your team do.
We think you are all
amazing!

Quote from Head Teacher of Ss Peter
and Paul RC Primary School, Wirral

“

We would absolutely like to continue
buying into the service from September
2026. The support provided, forms an
important part of our wider pastoral
and safeguarding provision, so
maintaining continuity really matters.

Quote from Head Teacher of
Prenton Primary School, Wirral

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COMMUNITY SERVICE WIRRAL



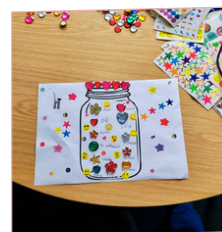
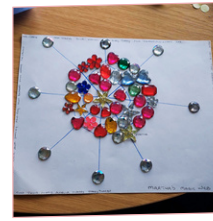
We have had a busy quarter in our Community Service. We have had over **20** additional families for our 1.1 family support, in particular for child and parent mental health, emotionally based school avoidance and domestic abuse.

Our 1.1 ADHD support and ADHD courses have been very successful and well attended.

We would also like to thank Tesco on Bebbington Road for their generous weekly donations of tea, coffee, toast and biscuits for the group. Although we have closed groups during the summer holidays, they will be back up and running week commencing the 7th September.

Mindfulness Group has been successful and well attended. This is a 6-week block where members have enjoyed deep relaxation and learning new strategies to manage everyday stresses and reduce poor mental health. By using various mindfulness and relaxation techniques and providing a safe space for listening ear support and promoting positive mental health and emotional wellbeing. The next 6-week block is due to start in September, spaces are still available.

We have supporting 18 families via our Talking Teens and Nurturing Programme courses this quarter. The programmes help to understand and manage difficult feelings and behaviours, by exploring emotional health, relationship skills, self-awareness, appropriate expectations, positive discipline and empathy. Our next programmes are due to start in September/October, spaces are still available.



COUNSELLING SERVICE CONTINUES TO GROW



Over the past three months, Caritas has provided almost 300 hours of free counselling support across Wirral and Shrewsbury, with clients accessing both face-to-face and online sessions.

Our counselling service continues to make a meaningful difference thanks to the dedication of our experienced team and the invaluable help of our student counsellors. These students play a vital role in expanding the support we can offer while gaining practical experience for their counselling degrees.

This summer, we said farewell to Jo, our Art Therapist, who successfully completed 150 hours of art therapy alongside our counselling provision. We are incredibly grateful for the creativity, compassion and care she brought to those she supported, and we wish her every success in the future.

We also congratulate one of our student counsellors, who has now completed 100 counselling hours with Caritas and has gone on to qualify. As one chapter closes, another begins, and we are delighted to welcome a new placement counsellor to the team.

Our aim in the next 3 months is to find funding to appoint a qualified counsellor in the Shrewsbury Hub, where demand is high, and to head up a team of student counsellors there. We also have an exciting new programme, 'Steady Space', written by one of our qualified counsellors. A clear, safe and supportive bridge within a wider wellbeing pathway for those who have experienced domestic abuse.





BIG BIKE REVIVAL 2026

Big Bike Revival 2026 – Midway Progress Update

Our Wythenshawe hub was delighted to be awarded £3,425 to deliver 10 Big Bike Revival events during summer 2026, helping people of all ages build confidence, develop cycling skills and enjoy the many physical and mental wellbeing benefits of cycling.

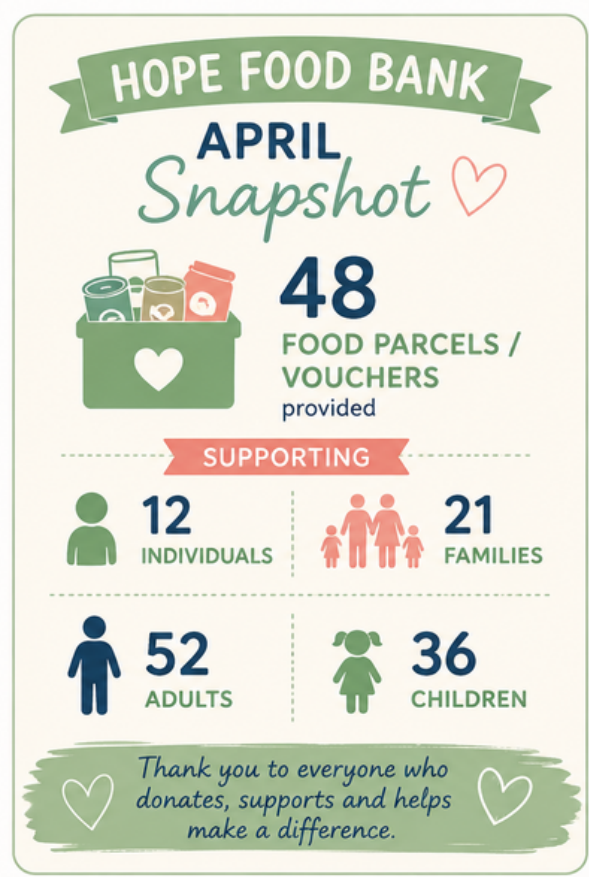
At the halfway point of the programme, Lucy Davies, our Refugee Project Coordinator in Wythenshawe, has successfully delivered five Learn to Ride events between 8 June and 6 July 2026.

So far, the events have welcomed 59 participants, with an impressive 63% returning to attend more than one session. This high level of repeat attendance demonstrates the value participants place on the programme and reflects growing confidence, continued skill development and strong engagement throughout the series.

With five events still to come, Caritas looks forward to supporting even more people to discover the joy and benefits of cycling while encouraging healthier, more active lifestyles within the local community.



HOPE FOODBANK



Hope in Action

Supporting our community when it matters most

Our Hope Food Bank continues to be a lifeline for individuals and families across the community, providing essential food and a helping hand during challenging times.

In April, we provided **48** food parcels or vouchers, supporting **12** individuals and **21** families. In total, this helped **52** adults and **36** children.

Behind every parcel is a story, and behind every story is the power of community – volunteers, donors and supporters coming together to bring hope, dignity and practical support to those who need it.

Thank you for being part of this vital work. Together, we can make a real difference.



Every person has strengths. Every community has hope.

Your support helps both flourish.
Scan the QR code to donate.



CELEBRATING OUR TEAM

Honouring the colleagues whose kindness, dedication and compassion have left a lasting mark on the Caritas family.

July marked the end of an important chapter for two valued members of the Caritas family.

At our Head Office on the Wirral, we said a fond farewell to Anne Smith, our Finance Manager, and Stephanie Ord, our Community Support Worker, as they both retired after 23 years working with Caritas.

Their dedication, compassion and commitment have made a lasting difference to colleagues, volunteers and the many people we have supported over the years. We thank them wholeheartedly for all they have contributed and wish them every happiness and good health in this next exciting chapter.

This summer, we also said thank you to Sharon Uche, who completed her Future Pathways Initiative with Caritas in Wythenshawe. This pioneering initiative empowered students with the knowledge, skills, and confidence to pursue professional careers.

Thank you for all your hard work, Sharon. We wish you every success as you continue to pursue your own dreams, and look forward to you joining our team of volunteers!



Anne...Happy Retirement!



Steph...Happy Retirement!



Looking Ahead...

WHAT'S COMING SOON TO CARITAS



COMING THIS AUTUMN

THE DIMENSIONS OF LOVE

A pilgrimage of thanksgiving

SUPPORTING FAMILIES • BUILDING HOPE • ANSWERING VOCATIONS

Fr. Tom will walk across the Diocese of Shrewsbury over nine days, covering the breadth, length, height and depth of our Diocese to mark **10 years** of priestly ministry.

 Every step taken in prayer and support of Caritas and in thanksgiving for vocations.

 FOLLOW HIS JOURNEY
More details will be sent to parishes this summer.

COMING THIS CHRISTMAS

Caritas at Christmas

A SEASON OF HOPE, COMMUNITY & COMPASSION

This Christmas, we'll be sharing stories of hope, festive activities, community celebrations and ways you can get involved and make a difference.

 Together, we can bring warmth, joy and hope to our communities this festive season.

 LOOK OUT FOR OUR **Christmas Newsletter** COMING THIS NOVEMBER!