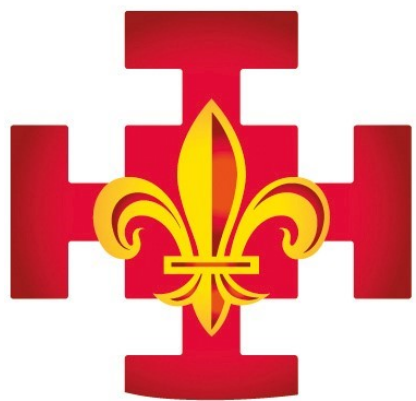




CARITAS

DIOCESE OF SHREWSBURY

CHILDREN | FAMILIES | COMMUNITY

Community

Diversity

Dignity

Partnership

Family

Welcoming

Impact Report 2020-2021

Caritas Diocese of Shrewsbury



Bishop's Foreword

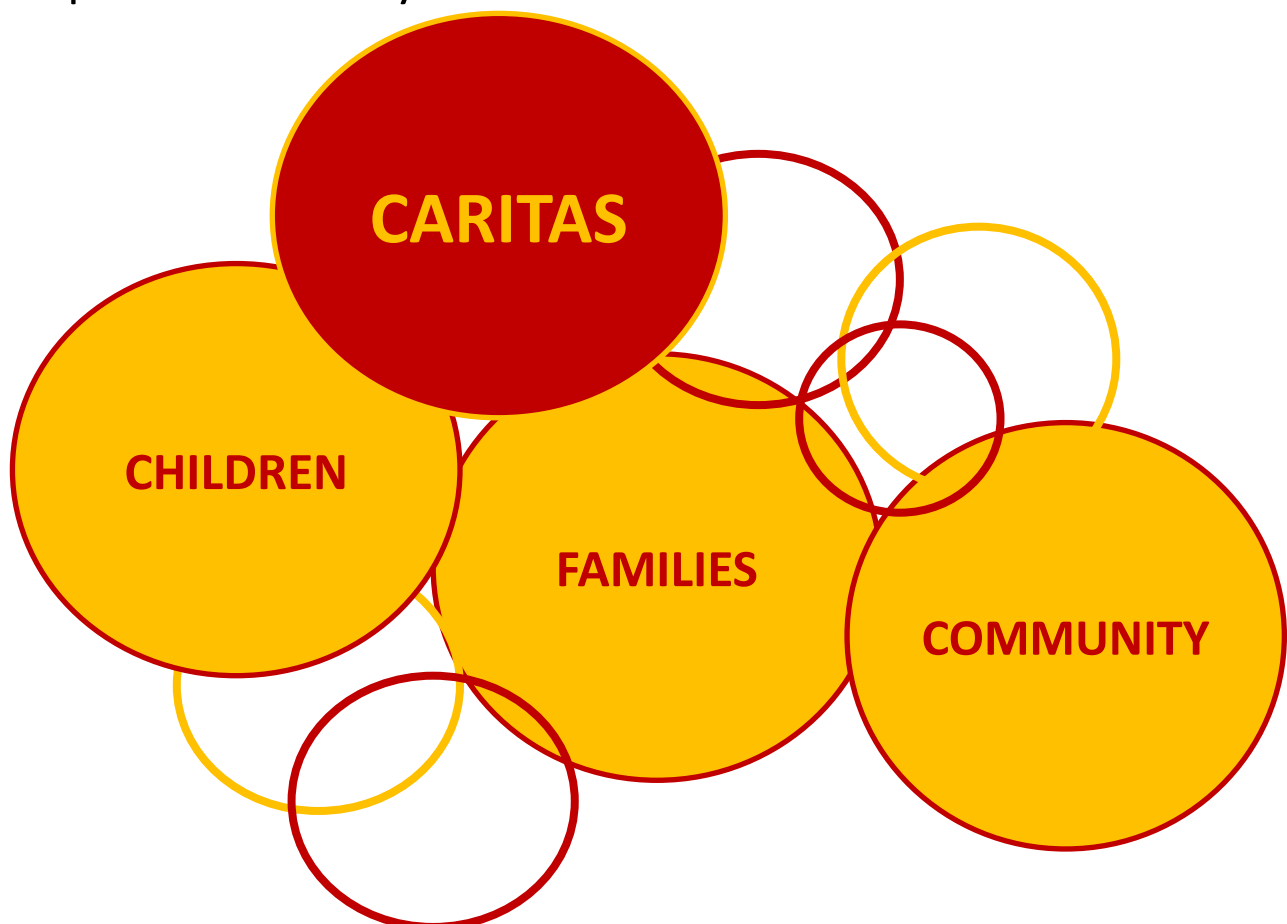
It has been encouraging to see the development of the work of *Caritas Diocese of Shrewsbury* not least during the past year of a pandemic. Thank you for the constancy of your support which has made this work possible. The Impact Report offers an insight into this developing social mission within the Shrewsbury Diocese. I am sure the work and witness of Caritas will be needed more than ever in the post-lockdown world.

With my thanks to all the Caritas team, volunteers and supporters.

+ Mark Dan

+ Mark

Bishop of Shrewsbury



2020, a year that forced the world to take 'love thy neighbour' to a whole new level

2020 will go down in history as the year the world was stopped in its tracks by a microscopic virus; killing so many and devastating families, communities, businesses and economies across the globe. For our team of staff and volunteers at Caritas Shrewsbury, it was a time of enduring resilience, and incredible strength and adaptability as we continued to put our faith in action and sought to maintain, and in some cases, expand our services across the Diocese.

As the nation was hit with severe lockdown restrictions, our staff and volunteers responded to the crisis and continued to provide practical and emotional support to those in the most vulnerable situations.

Thank you for your prayers, your donations, your financial contributions, your unwavering faith in the work we do. Our Impact Report would look very different without the continued support we received from you.

Ben Gilchrist, Chief Executive

Our Mission

In the spirit of the Gospel, we work with children, families, communities and parishes to build stronger, supportive communities wherever there is current disadvantage.

Family

Family & Community Support

“The reliable, professional, mindfully skilled and kind approach with such care and continuity from Caritas has been outstanding and we are so fortunate and thankful to have been able to access such support.”

Quote from Head Teacher

Together we have supported...

1,162

Children

913

Adults

589

Families

Schools Project

101 referrals

15 schools

101 children

165 adults

300 siblings and extended family

18 parents

benefitted from
Digital Parenting
Group Work

Early Help Team

77 families supported related to managing behaviour, parental/child mental health, domestic abuse, refusing to attend school, eating disorders, anger management and anxiety.

Welcoming

Partnership

Crisis Funds

Our Covid Crisis Funds have been made up of generous donations from three separate donors—the Albert Gubay Charitable Foundation, The National Lottery and Wirral Borough Council.



They have provided vital one-off support for families and individuals within the communities we serve.

**£50,226.12
of grants
distributed**

**£30,952.14 invested
in person-centred
support for
children, families
and individuals**

**446 applications
received and
processed for a
Crisis Grant**

**385 families
benefited from
grants = 1055
children and 701
adults**

'You guys are amazing - I cannot believe how quick your response was.'

'Thank you so much for your support now we're nice and warm at home, please say thank you to the charity, may God bless you all.'

'Thank you so much for your support and vouchers, our family was so grateful I think she was really worried about how they were going to eat over the weekend. Thanks again'

'Thank you so much for all your support with this family. I have just contacted Mum to ask her to come in first thing to sign the forms and she is completely overwhelmed. She couldn't talk for crying. I know this will make such a difference to this family and I can't thank you enough.' Headteacher of a Diocesan primary school

Dignity

Counselling

2020-21 saw our **Counselling Service** expand.

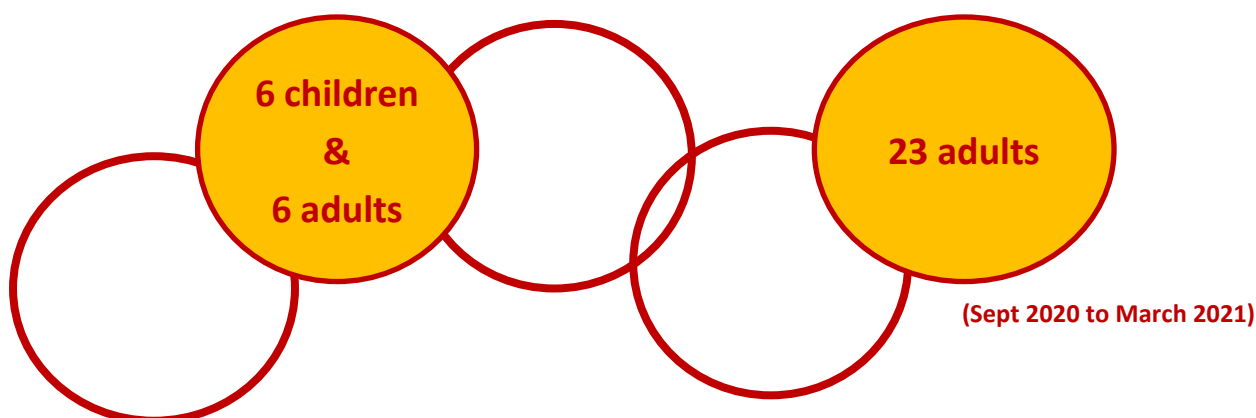
On the Wirral we now provide 1-1 sessions in person centred ,cognitive behavioural therapy and psychodynamic counselling.

Caritas recognised that those needing a counsellor were waiting over 7 months after being referred by their GP to access local services. We have been successful in cutting the wait time people face and clients have commented that Caritas has been both welcoming and efficient with our shorter wait time thus helping clients mental health from deteriorating even more.

The role of the counsellor is to empathise with, encourage and help to empower individuals. The nature of problems encountered varies and includes anxiety, depression, post-traumatic stress disorder and lack of self-esteem, and helping the client to manage harmful emotions, behaviours or difficulties. We are committed to providing people with the necessary coping strategies to attain the best possible quality of life.

Bereavement Counselling Support

Counselling Support



'So far counselling has been absolutely amazing I have had 4 counsellors since I was 18 and I honestly haven't felt better about myself or my life as I do now. I have never made so much progress in such a short amount of time. Some counselling didn't work at all so 100% all credit to you as you are amazing at your job a brilliant person thanks for all you have done so far and for continuing longer than planned.'

'...has helped me feel confident to listen to what I want and act on it. I have gone from feeling confused and vulnerable to feeling present and in control of what happens to me. He has been patient, reassuring and kind in all sessions we have had.'

'Thank you for helping us! We miss you very much but you have helped us a lot with losing our Mummy.'

'Thank you so much for helping us. It has been a tough year for us all but knowing that I can speak with you has made it 10x better.'

Welcoming

Serving refugees and people seeking asylum

The Well Project has continued to create a welcoming environment for refugees and people seeking asylum with weekly ESOL and women's group meetings. Regular networking across Manchester has helped with referrals, donations and support for the work. We now have over 20 ESOL students and a waiting list, and are in the process of recruiting more volunteers. One person we supported said *"Thank you to all the staff who do such hard work to support me, you are the answers to my prayers."*

In our Community Sponsorship work we have supported three more groups to prepare to welcome a refugee family - Hazel Grove, All Saints, and St Ambrose. Thank you to all the volunteers involved in welcoming, and preparing to welcome, refugee families to the UK. Parishes have shown incredible support for this scheme in fundraising £9,000 per parish, plus donations of furniture and other necessary articles to create a welcoming and safe place. Volunteers have worked tirelessly to put together a resettlement plan, provide housing, access to education, health and the employment market. Caritas remain a member of the National Steering Group for the Community Sponsorship Programme, actively participating in the development of this scheme nationally.

Diversity

294

Refugees, people seeking asylum and migrants benefitted from our work

24

Refugees benefitted from our ESOL sessions

369

Cultural food parcels were distributed by volunteers

2

Parishes in the Diocese of Shrewsbury welcomed a refugee family from Syria

3

Parish groups of volunteers were supported to prepare to welcome a refugee family

61

People seeking asylum given support in their temporary hotel accommodation

89

Families received Christmas toys

50

People seeking asylum helped to access ESOL Level 2

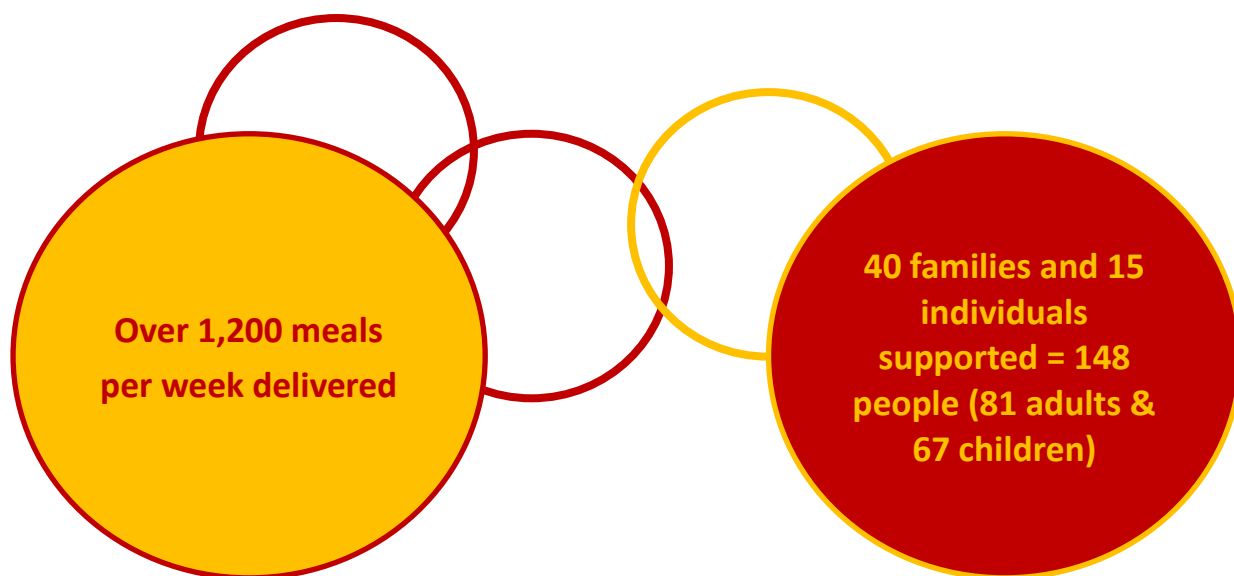
Partnership

Hope Community Foodbank and the SENsitive group

The Hope Community Foodbank, a partnership between Caritas and Catholic Social Action Wythenshawe, was established in March 2020 at our St. Aidan's Centre to support people impacted by Covid-19. This included those who caught the virus and had to self-isolate, people who lost jobs or had a reduced income, and those over 70 who had health conditions but no support network. People with mental or physical health conditions, families experiencing domestic abuse, NHS staff working long hours, refugees and young people with social anxiety also received food parcels. Partnerships were built with local schools, churches, mosques, food charities, health services, Manchester City Council and community groups who provided food donations and referrals.

"I can't thank you enough for support you have given so many families during this time. It has been amazing at a time when so many are struggling. I honestly don't know what I would have done without your support."

During the peak of the pandemic...



"I can't thank you enough – I simply wouldn't have known what I would have done."

The new SENsitive group of parents with children with special educational needs and disabilities (SEND) has played a leading part in Greater Manchester Citizen's campaigning work. We have supported and helped train the group so that they have managed to persuade other Citizens' member organisations that mental health and SEND should be a shared Mayoral Assembly priority.

Community

Volunteers

Box Collections

We are blessed to have **42 Collection Box volunteers** covering **42 Parishes** within the Diocese who in turn collect from over **1000 Collection Box Holders**. Whilst many have been shielding due to Government advice, there was an amazing response to our written appeal for support with **£5,800** being raised. Many supporters have also responded by setting up a standing order and adding to their donation with Gift Aid. Such generosity allows us to continue our work to build a better life for people in the community who need some support and encouragement. If you would like to give to our work please do get in touch.

Hope Community Foodbank

71 volunteers involved in the foodbank - organising donations and delivering food parcels.

Volunteering has also helped to support a number of people where social engagement has been crucial to their wellbeing:

"This is such a difficult time, living on the 4th floor and not being able to link with family but the weekly food parcel is a real blessing. It stops me worrying about how I was going to get to the shops. It has also been a great link to the outside world."



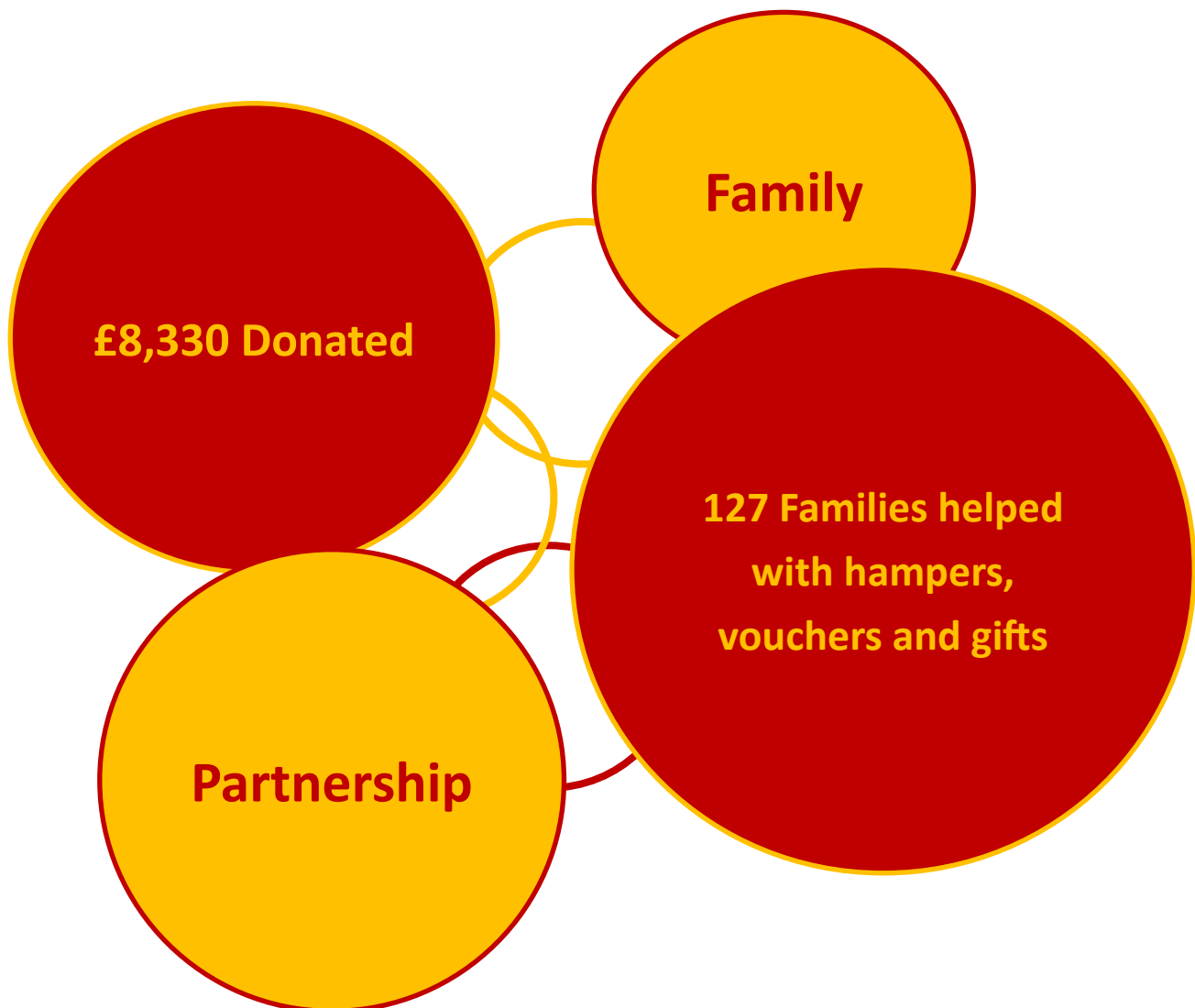
Community

Caritas at Christmas 2020

Our **Caritas at Christmas** campaign in schools and parishes continued to be a big part of the year's work and raises crucial funding to deliver hampers and toys to families and people in need. We remain extremely grateful to our many partners such as our schools and the SVP who help identify those most in need and support distribution in their areas.

We particularly want to thank All Hallows School in Macclesfield, Cheadle Juniors in Stockport, St Joseph's Primary School, Sale, St Paul's RC Academy, Wythenshawe, and St. Ambrose in Manchester for their generous donations.

Together with private donations and support from our parishes we received more than ever this year which is a huge testament to people's generosity and care for those who are less fortunate.



Partnership

Social Justice

We have been a strong voice for **Social Justice** - speaking up about the root causes of the issues we work to address. We have been active in campaigning on child poverty and for people seeking asylum and refugees, through national coalitions and networks especially the Caritas Social Action Network (CSAN).

Our campaigning as part of a broad national coalition of groups on the Government's £20 uplift to Universal Credit led to a 6 month extension of this vital support and we will press for this to continue. If you would like to volunteer and support our campaigning please get in touch.

We are developing an increasing range of partnerships with other charities and organisations

Diversity

Dignity

Partnership



Dignity

Catholic Social Teaching

We are developing our work to support leaders and encourage social action in parishes and schools. At the core of this work is how we raise awareness and understanding of Catholic Social Teaching focussed on the values of:



Common Good
Human Dignity
Solidarity
Participation
Subsidiarity
Care of Creation



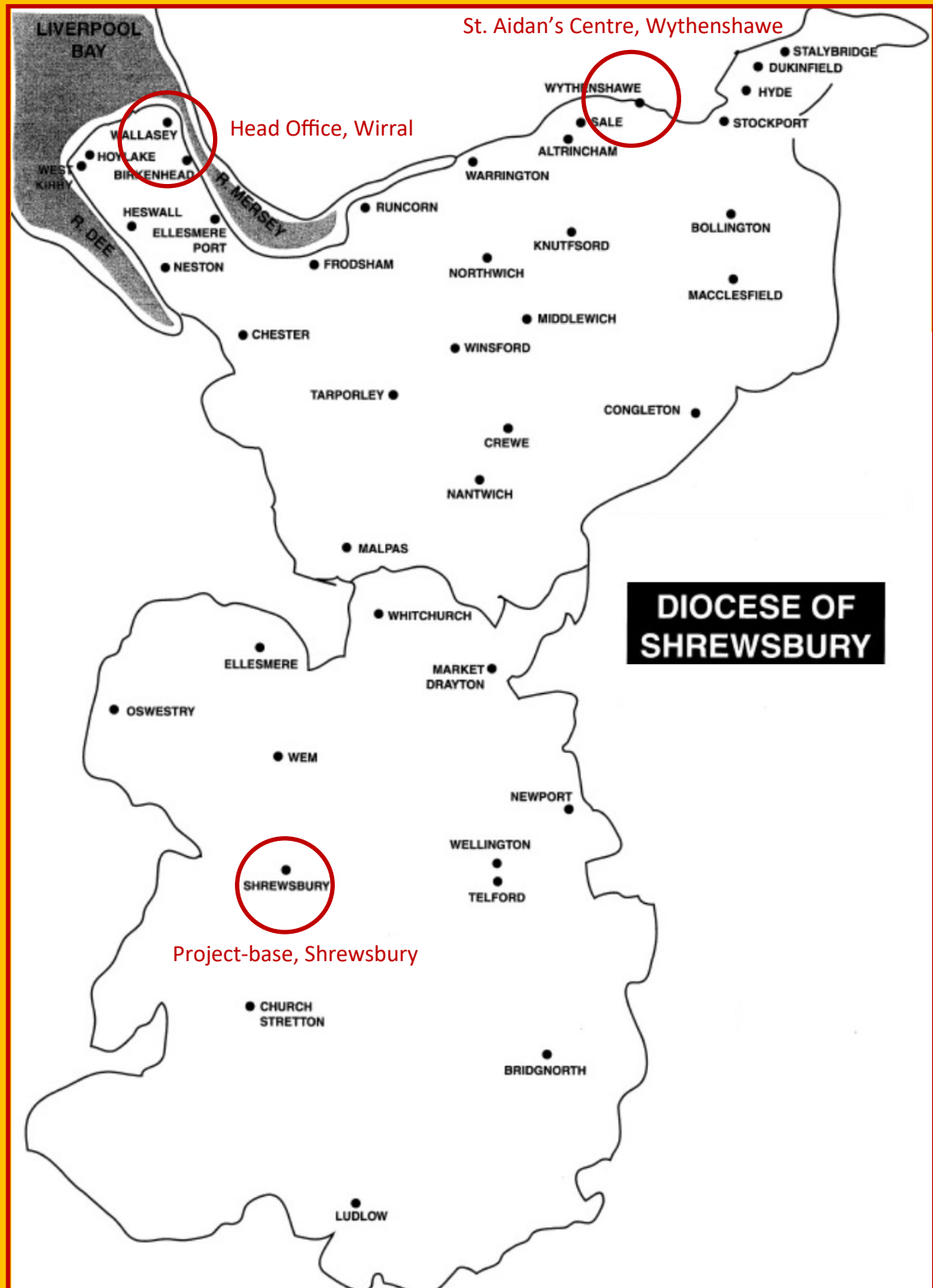
Rights and Responsibilities
Preferential Love for the Poor

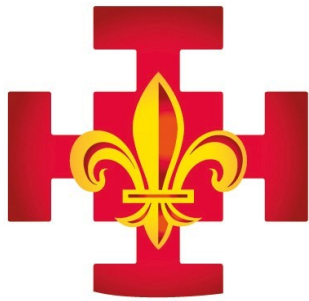
In the coming year we will be piloting a number of approaches and would love you to be involved, please get in touch to find out more:

- ‘Caritas Catalysts’ - **volunteer in your community** with opportunities for everyone to use their gifts and skills. Let us know how you are interested to support Caritas.
- Catholic Social Teaching **talks and training** to suit your context from introductory to in depth exploration and action
 - Caritas in Action **resources for schools**
 - Relaunching our Good Shepherd **Lent Appeal** and new contactless giving collector roles
 - ‘**Prayer Partners**’ to support our work

Diocesan Reach

Caritas bases across the Diocese





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Caritas Diocese of Shrewsbury

Wheatland Lane

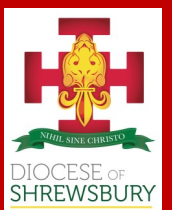
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Wirral

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