



CARITAS

DIOCESE OF SHREWSBURY

CHILDREN | FAMILIES | COMMUNITY

IMPACT REPORT 2022-2023



Images: Face painting at the Wythenshawe Games
School-based Bereavement and Loss Group, Wirral

WELCOME FROM THE CEO

2022-23 was a year of growth and development for Caritas Shrewsbury. We are particularly thankful for the opening of the St. Mary's Caritas Centre in Crewe (p.11) and the generosity of the parish in faithfully working towards this goal over many years.

The challenges of the cost-of-living crisis have proved one again how important it is to keep spreading the reach of our work and partner with parishes and other members of the voluntary, community and faith sector. I'm so proud of the difference we are making together in the lives of the people whom we serve and this report shows so many example of this.

Other highlights have included the launch of the Wirral Family Toolbox (p.4), with six other Wirral charities, providing community-led earliest possible help to children, young people and families who are struggling.

Our Counselling Service has expanded to Shrewsbury (p.6) and our Head Office is now a recognised CPCAB Training Centre for Cognitive Behavioural Therapy.

We have a presence in 8 hotels in Manchester that accommodate refugees and people seeking asylum seekers providing vital support for residents (p. 15-17). We've also been pleased to join the new Women of Wythenshawe project to tackle poverty in the area linked to all the great work at St. Aidan's Centre.

The credit for all of this, and so much more you can read about, goes to our incredible team of volunteers and staff who continue to provide such faithful love, support and guidance to so many people facing challenges in life.

Your prayers have strengthened and guided us, giving us a sense of direction and inspiration. We sincerely value the time and energy you have invested in helping us by making your donations. We have only been able to see change in lives and communities because of all your generous support. Thank you on behalf of the whole team and all those we serve, and please get in touch to get more involved.



Ben Gilchrist
Chief Executive

WELCOME FROM THE CHAIR OF TRUSTEES

Thanks to your prayer, support and financial help in the past twelve months, it has been encouraging to see the continuing development of Caritas Diocese of Shrewsbury and all that has been possible in the service of children, families and some of the most vulnerable members of our communities.

The hallmark of Caritas is service undertaken for the love of Christ. We seek in our professional and voluntary service to offer the loving, personal concern which the Christian faith inspires, for those who suffer and are in need. I know many in the Diocese live under financial pressures and this makes our living witness to caritas - loving concern for our neighbour – shine out all the more in meeting ever-growing needs.



Right Reverend Mark Davies
Bishop of Shrewsbury
Chair of Trustees



Wythenshawe Games Volunteer



Park Fun Day



New Office Move

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COMMUNITY SUPPORT

**124**
FAMILIES

**260** **CHILDREN**

**150**
ADULTS

With the launch of Wirral's new Family Toolbox (<https://familytoolbox.co.uk/>) we have redesigned our Community Support Service, which includes parenting programmes, 2 new Stronger Together support groups, and family support.

"You are like angels sent from God. I don't know where we would be without you all. It is like winning the lottery."

PARENT

PARENTING GROUPS

We facilitate parenting groups, Nurturing Programme and Talking Teens and if needed work on a one-to-one basis with parents who cannot attend a group. This year we have facilitated:

- 6 parenting groups – attended by 41 parents (helping 65 children indirectly)
- 1:1 parenting programme with deaf parents (helping their children indirectly)

STRONGER TOGETHER

In October 2022 we set up our first Stronger Together group based in Hoylake Parade Community Centre followed by our second group at St Joseph's Social Club in February 2023. These groups provide a supportive environment where members can be empowered to tackle issues faced in their daily life including loss, isolation, emotional wellbeing and family challenges.

The groups have supported: 31 parents (helping 56 children indirectly)

COMMUNITY SUPPORT

Our community support service provides information, advice and support for families for various reasons including: child and/or parent mental health, children with Special Educational Needs and Disabilities, managing behaviour, school attendance, parental conflict, housing and financial difficulties, anti-social behaviour and domestic abuse. We work collaboratively with over 60 partner agencies including all Wirral primary and secondary schools. A strength of our support is the ability to link into our wider Caritas services such as counselling, listening ear sessions, parenting groups and bereavement support.

REDUCING ISOLATION

IMPROVING MENTAL
HEALTH AND WELLBEING

A HAPPIER FAMILY LIFE

SCHOOLS SERVICE

CHILDREN

Children have 1-2-1 sessions in a safe space where they are able to express their thoughts, feelings and emotions openly and freely without fear of judgement. We use a wide variety of activities when working with the children including arts and crafts, simple games and therapeutic work. Work with social stories encourages understanding and self-development skills around behaviour issues, bereavement, loss, fear, anxiety, self-esteem and confidence, mental health and communication, to name but just a few areas.

IMPACT

Children are able to overcome and manage issues that they and their families, and schools, have been voicing concerns about. As well as working with the children, we are able to help Parents/Carers with signposting and attending courses beneficial for their development and well-being, therefore encouraging a happier outlook for the children, higher school attendance, improvement in friendship groups and relationships with school.

PARENTS, GRANDPARENTS & CARERS

We provide 'Listening Ear' support, help and signposting to other agencies when needed. We help in the supporting of mental health and well-being, housing, cost of living issues and financial issues. We also offer support related to isolation, looked after children, bereavement, loss, family breakdown, and for families dealing with social care. Everyone has the opportunity to join our Stronger Together and Parenting Groups, and have access to our Counselling Service.

IMPACT

Parents, grandparents and carers have improved relationships with teachers and head teachers, which assists with positive communication. We link families with a wide range of agencies, from health providers to specialist charities and community groups, and support them with their appointments so that both physical and emotional health start to improve. Caritas enjoy a strong and positive working relationship between all of the agencies and families we engage with, and are extremely pleased with the positive feedback frequently received from clients. It is humbling and rewarding to be able to make such a difference to the families and schools involved in our schools service.

"Thank you for seeing him in school. I've seen a big improvement in him since he has been coming to you."

PARENT

"Thursdays are her favourite day in school she said because she gets to work with you."

PARENT

COUNSELLING SERVICES

 **595**
COUNSELLING
HOURS

62
CLIENTS 

Our counselling service is expanding and now collaborating with doctor's surgeries, local schools and other charities taking the strain from the fallout of the pandemic and cost of living crisis. A proportion of our clients live in poverty which has impacted their mental health. Because of Covid there has also been a rise in numbers suffering with bereavement and loss. In response we are developing a new bereavement and loss group prior to one-to-one counselling.

"I have just completed a series of therapy sessions...In a matter of a few months, Caritas managed to accomplish what 32 years of failed attempts from numerous professionals! I feel transformed. For the first time in my life, I feel confident, present, and capable and I can say I love myself and that I am a good, worthy person. One who finally deserves to have a full life.

I am a capable parent who is enjoying spending quality time with my family. My 4 children are so much more relaxed and I've seen a great improvement with their behaviour and sleep. I have recently started a mentoring course and am making plans for my future. Six months ago, it would have only been possible in my dreams. I cannot thank the Caritas team enough and I will be eternally grateful."

CASE STUDY

Caritas provided counselling to a single mum with 4 children. The staff at one of her children's schools had noticed that she was becoming increasingly emotional each morning when she was dropping her children off and were concerned for her.

When she was a teenager she witnessed domestic abuse between her mum and her mum's partner linked to drug addiction. She had been the victim of domestic abuse and worried about the impact the abuse had had on her children. Her confidence and self-esteem were at an all-time low after her own relationships continuously failed. Although she felt that she was holding everything together, she felt fragile and in need of counselling to overcome her experience.

The client had 12 sessions of psychodynamic counselling which looks at an individual's early formative years. She discovered that these early years helped to shape her thinking where she was living in constant fear, and domestic abuse was a 'normal' way to exist with her partner. She discovered she viewed herself as being a person unworthy of love and respect.

The client worked hard and realised that she could take control and not rely on others for validation. This encouraged the client to realise that all of her life she was looking for something she was not going to get from others but could provide for herself. She has achieved real success since the sessions finished.

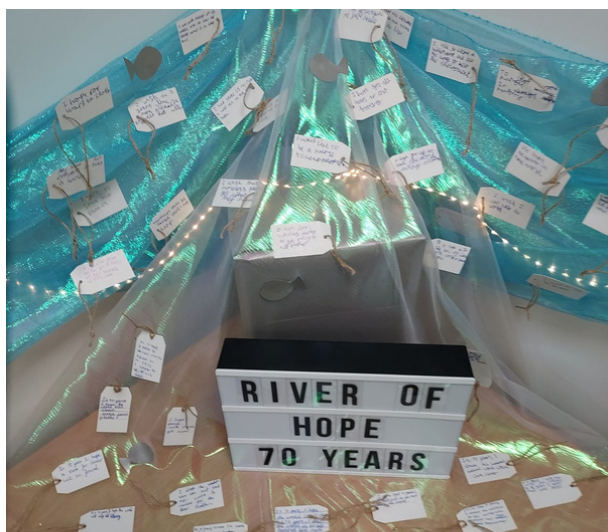
BEREAVEMENTS & LOSS SUPPORT



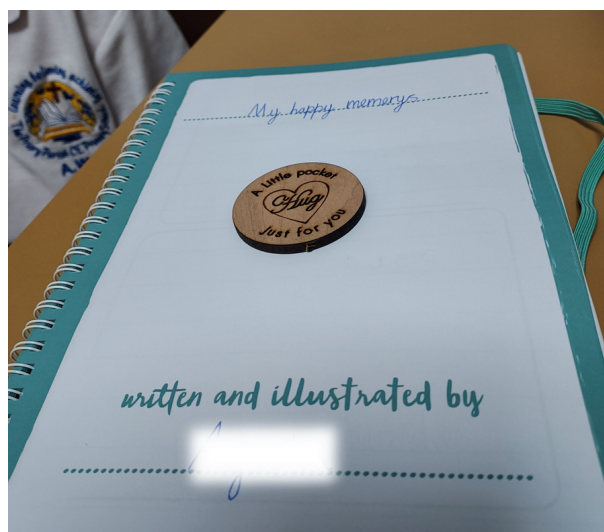
Referrals for both bereavement and loss have continued to increase this year and sadly there is an ongoing waiting list. Issues can include parental relationship breakdown, moving school or house, or a traumatic incident which has had an effect on the young person's emotional wellbeing/mental health.

IMPACT

Parents say they feel their child has been listened to, offered coping strategies, advice and support, which leaves them feeling that the service has made a positive difference to their child's emotional wellbeing and mental health. Adults who come to Caritas for bereavement support have said they appreciate how soon they get an appointment, as waiting lists for other agencies are very long.



River of Hope



My Happy Memories, bereavement, loss & support in schools

"Losing my Dad to Covid has been the hardest thing to happen to me in my life. Being 11 is an age when you think you understand most things but actually, I did not. Everyone was talking about Covid and I thought people knew how I was feeling but I soon realised not everyone did. Being able to talk to you has helped because you were not a family member so that has been helpful. I can now talk to my Mum about how I feel and I am asking her how she is feeling, something I was not able to do before. I have started to help my little brother who is still confused about what has happened to our Dad. I am using those suggestions you gave me – mention Dad's name often, talk about our happy times, include him in family decisions by asking each other what would Dad think/say? Thanks a million!"



Children's Loss Group
preparing heart to heart string



Children's Loss Group age 6
making a play dough family of
who they have lost



Children's Loss Group created
a link chain to connect to each
other in their loss



Children's Loss Group, Wirral

CASE STUDY

A grandmother contacted Caritas requesting support for herself, her husband and her grandchildren. Her daughter had taken her own life. The children had found their mum's body and witnessed their father trying to resuscitate her. Suddenly a grieving family all needed some help and support for their individual needs.

WORK WITH THE FAMILY

Caritas offered individual counselling to the parents of the deceased who needed their own space and time to express how they were feeling. Work focused on supporting the children with their grief. It was arranged with the school to meet with the children on a 1-2-1 basis to build a trusting relationship to support them. Age-appropriate resources were used that enabled them to talk, cry and remember their mum. The children made Memory Bags and wrote things to put in them such as special messages of things they wanted to say to Mum, and recalling special occasions and happy memories such as Mum's birthday, their own birthdays and Christmas.

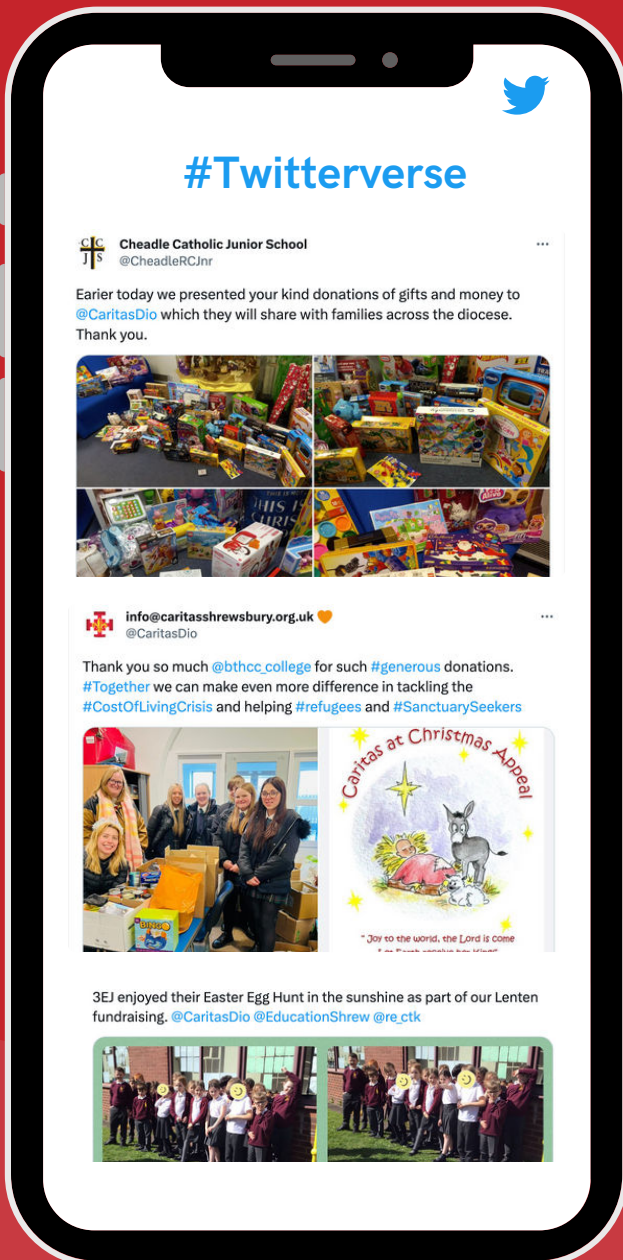
Conversations with the children helped them express any worries or upsets they had, as they did not want to have these conversations with their grandparents, as they were aware they were grieving also.

Reading books, using art and crafts, playing games and having conversations were all ways to help the children remember their mum. The children were encouraged to include their mum in everyday conversations, reminding them it is ok to talk about her, and in decision-making such as "What would Mum do/what would Mum choose?" It was important to keep her in their lives and know it is ok to say her name or discuss what she would think about things that affect them.

IMPACT

The family are still recovering from the loss and will always miss their daughter, mum and sister, but having Caritas support at a time when they needed it has helped them to grieve in a way that has brought them together more than they ever imagined. Supporting the whole family has enabled them to become a stronger family unit. Caritas counselling has helped the grandparents through their worst nightmare. It had always been their dream to move abroad to retire in their later years but after their daughter's death, they thought this dream would never happen as their world was shattered.

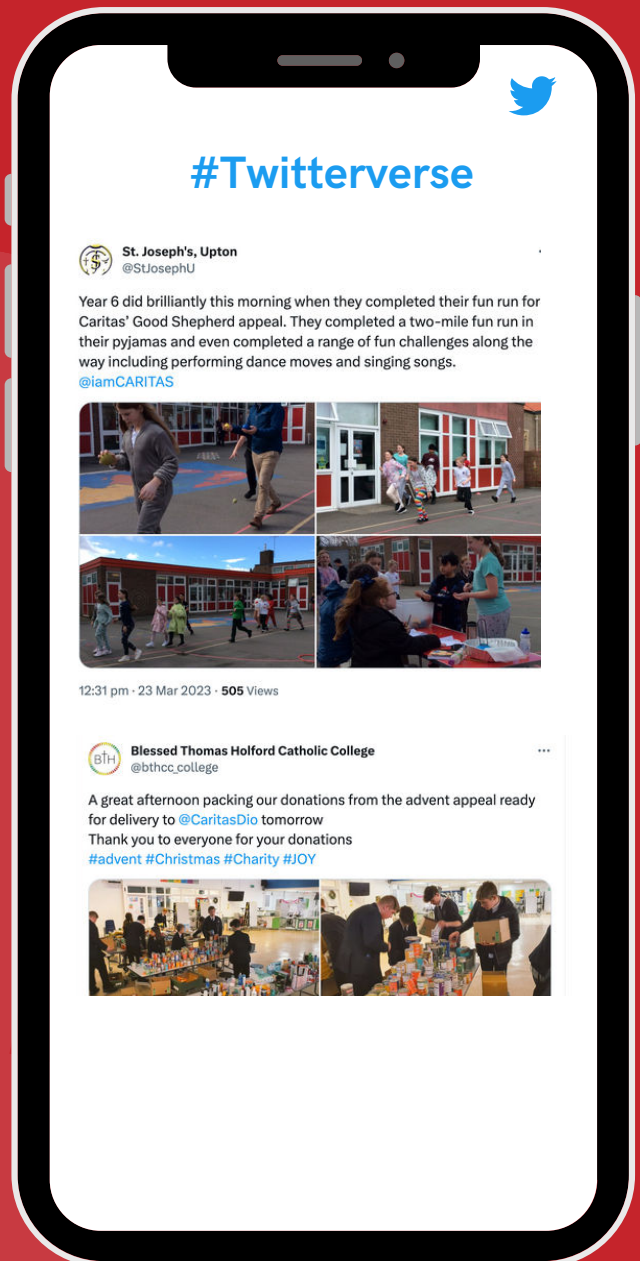
With Caritas supporting them all individually, they have now found the strength to put their dream into place. This is something they say they would not have been able to do without the support, advice and listening ear for their grandchildren and themselves from Caritas. The grandmother said her and her family would be "forever grateful to Caritas".

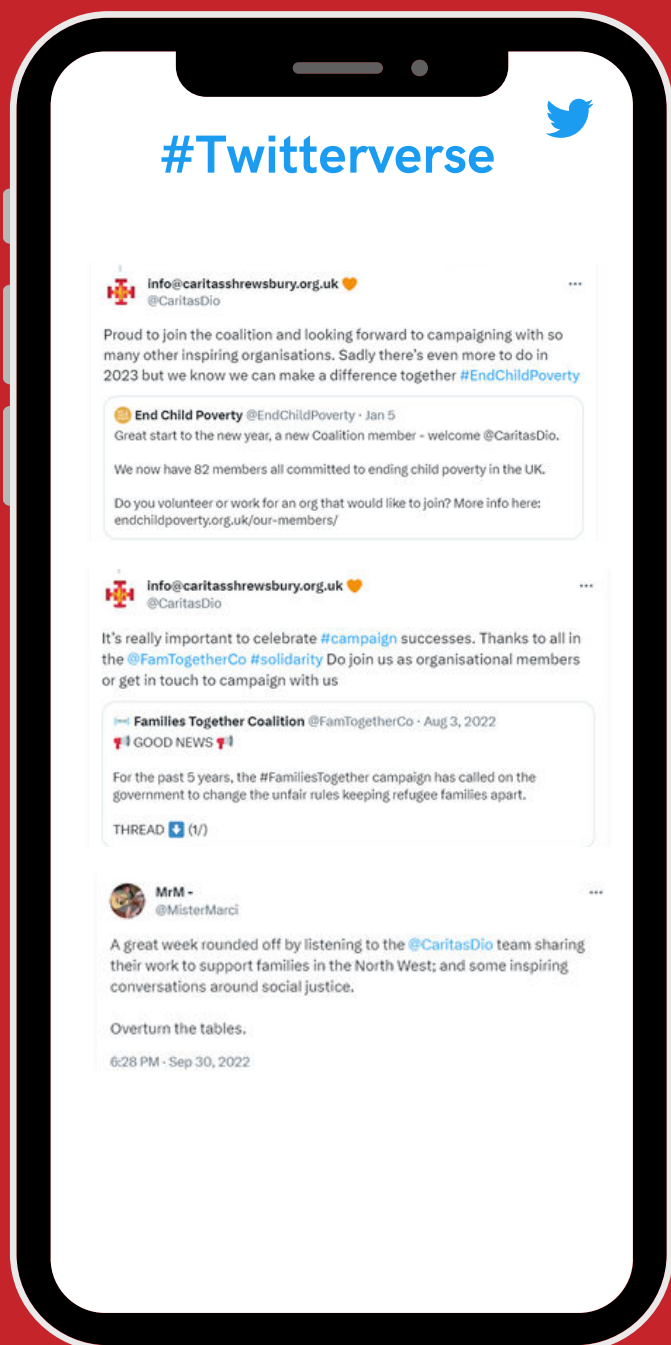


We had so much fun. And raised amazing amount. Well done family of All Saints. Thanks Mrs Bullock and Caritas ambassadors for organising. #community - @ASCC__



@CaritasDio - THANK YOU SO MUCH! We are blown away by the support for our Nativities and Carol Service this week. We were aiming to raise around £160 and instead, your generosity means that we raised £500! Incredible - thank you so much - @ STJosephU





Proud to be a signatory as part of the @FAMTogetherCo. Thanks @safepassageuk for all your work on this crucial issue
#ReuniteAfghanFamilies
#FamiliesTogether
#TogetherWithRefugees
@RefugeeTogether
@CSANonline @PublicIssues

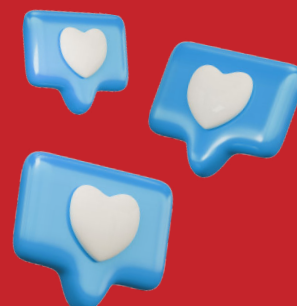


Thanks @The_Tablet for such important coverage. Great to see the #generosity across @ShrewsDiocese including @AllHallowsCC
@AHHCCChaplaincy highlighted

SUPPORT US



Supporting us has never been easier!
 Scan the QR code to donate.



BE SURE TO FOLLOW US
@CaritasDio



ST MARY'S CARITAS CENTRE, CREWE



Awarded Connected Communities Centre status by Cheshire East Council



Successful launch event on 20th January 2023 led by the Bishop of Shrewsbury, the Right Reverend Mark Davies, who was joined by Mayor of Cheshire East, Cllr David Marren, Caritas CEO, Ben Gilchrist and members of the team and local communities.

Representatives attended from the groups using the centre, the local parish and local community groups.



The Bishop of Shrewsbury, The Right Reverend Mark Davies and Mayor of Cheshire East, Cllr David Marren, joined Ben Gilchrist, Caritas CEO, and staff and community members at the official opening of The St Mary's Centre, Crewe.

We've come a long way since our Community Builder started at the beginning of June 2022 and the building opened in September. With the official launch of the centre in January 2023 we were able to share the joy of the new building with the parish and the local community. As the Mayor of Cheshire East, Cllr David Marren said about the opening in the local press, "I was delighted to have been invited to support the opening of the new centre, in Delamere Street - alongside the Right Reverend Mark Davies. It will make a massive difference to the lives of some people who might be struggling. - Cllr David Maren, Mayor of Cheshire East

PARTNERSHIP DEVELOPMENT

In line with our core value of 'partnership' we will be working with nine organisations on specific projects in the coming months:

- Family Food and Fun, weekly term-time activities and a meal for families, funded by Sports England and in partnership with YMCA Crewe, Everybody Health and Leisure, Mid Cheshire Hospitals NHS Foundation Trust and Active Cheshire.
- Developing the outside space, Incredible Edible and Forest School areas – some funding from Cheshire East and working with Reaseheath College, St Thomas Moore High School Eco Club, Crewe Shedders, Cheshire Wildlife Trust and the local Incredible Edible link person.
- Installation of a community AED (automated external defibrillator used to help those experiencing sudden cardiac arrest) outside the centre, supported by Crewe Town Council with First Aid training sessions to be arranged for community centre users and the local community.
- Holding a Community Fun Day, an opportunity to showcase the work of the groups and organisations using the centre and getting the local community involved.

SHREWSBURY

17



**CLIENTS
DIRECTLY**

62



**INDIRECTLY
EXTENDED
FAMILY**

In August 2022 we moved to our new office in The Roy Fletcher Centre in Shrewsbury to provide a central Caritas hub. This will have a major impact on our community work with community drop-in sessions, parenting groups and Stronger Together group. We also have a counselling room for our new counselling initiative.

We became part of the task and finish group headed by Lloyds Bank Foundation. Discussions were around unlocking the potential in Telford and the impact this would have on the Community and surrounding areas. We also met with SVP from Shrewsbury who are interested in referring people for one-to-one support and group work that Caritas offers.

Caritas held a Music for Life concert on 5th December 2022 at the Orchard Café in Shrewsbury; we had a full house with great musicians performing to raise money to buy a keyboard. We raised a total of £401.52 (including the £81.46 raised by the Mini Vinnies at St. Luke's Catholic Primary in Telford) to buy a keyboard to enable children and adults in the community gain access to music resources they would otherwise not be able to have. The deputy CEO and Caritas Staff attended on the night to talk about the services we offer and to thank the musicians who were brilliant for giving up their time to help us. The concert really raised the profile of Caritas in the town centre, and we all had a fabulous evening of music and entertainment.

PARENT CAMPAIGNER DAY

Partnering with Save the Children we ran a Parent Campaign Day on Saturday 24th September looking at issues surrounding the cost-of-living crisis. Child mental health in Shropshire was a topic raised that concerned the local parents attending. We recruited one parent campaigner who is still actively involved with the Save the Children work.

SHREWSBURY COMMUNITY SUPPORT SUCCESSES THIS YEAR

- Parenting
- Childhood Anxiety
- Low self - esteem
- School Refusal
- Successful applications for DLA awards
- Liaising with local schools regarding teenage non-attendance
- The introduction of a keyboard as part of one-to-one sessions has increased teenage self-esteem and motivation
- Crisis applications to the local council receiving £1000 towards carpets for one client for a new house, and household furniture for another
- Referrals to food banks
- 1 family successfully received a new car on lease from the Family Fund Mobility Support as they were in desperate need



Caritas Wellbeing Seminar and Exhibition

Our Community Support Worker was always there to listen and always ready to help even to go the extra mile. I will never forget our time with Caritas. Thanks for all your help.



**Our Music for Life concert at the Orchard
Cafe, Shrewsbury**



**The official opening of the Shrewsbury Office
at the Roy Fletcher Centre**

ST AIDAN'S CENTRE, WYTHENSHAW

SEND TOGETHER SUPPORT GROUP

During the year the SEND Together Support Group for parents and carer of children with special educational needs and disabilities engaged over 50 families and broadened its support for families through organising:

- A summer play scheme for SEND families during the school holidays.
- A variety of SEND workshops on issues such as sensory processing and SEND benefits.
- A monthly 'SEND Den' with activities for SEND children and young people.
- Several outdoor activities.
- Members of the group are starting to transform a room at the Centre into a sensory space. They have also supported Caritas staff in helping to welcome a weekly SEN Youth Group for young people aged 13-18 to the Centre run by a partner organisation and funded by Manchester City Council.
- Group leaders also continued to campaign for better support for SEND families; helping local SEN students get their voice heard regarding the inadequacies of carers transport, playing an active part in Greater Manchester Citizens, particularly regarding the impact the Cost-of-Living Crisis is having on families.
- 3 leaders from the group completed 6-day National training, organised by UK Citizens.

ONE COMMUNION - ONE COMMUNITY

In the autumn 2022, St Hilda & St Aidan's Parish, Northern Moor, participated in a 6 session, programme aimed at developing leadership and a relational culture in the church, organised by Caritas. The aim was to reinvigorate parish life after the pandemic. The programme also helped address challenges within the Local Ministry Area (LMA) as the number of priests serving the local community has reduced. 14 parishioners took part. From this a core team of 12 was formed. Central to the training was building a relational culture within the parish, with leaders in the group arranging one-to-one conversations with other parishioners. This engaged over 20 other parishioners. From these conversations the group drew up an agenda for action.



Children's Bird Houses, SEND Group



Fun and activities at one of our SEN Den groups



SEND Group Easter Egg Hunt



Local schools helping support the Foodbank through the winter

"My daughter loves coming along as it allows her to be her authentic self. There's no need for her to mask who she is." - Mother

"Nice to be around kids like my daughter. She can't wait to come along. A place where children are happy in each other's space." - Mother

"We would have been stuck at home! We never go anywhere! There is nothing for him. Being able to bring my son to a place where people understand is massive" - Mother

THE MEND MINDS GROUP

The aim of this group for men is developing mindfulness through nature. The men, working with others involved in the centre, created a mural for the nature garden. They also planted hedging which is now beginning to flourish and screen the green areas at the Centre from the road. The saplings were donated by the Woodlands Trust to commemorate the Queen's Platinum Jubilee. Some of the men involved in the group have mental and physical disabilities. Recently the group visited a community gym in Wythenshawe specially designed to cater for people who have physical disabilities. Beforehand, many of men felt due to their physical disabilities they wouldn't be able to use any of the equipment but were all amazed to discover they could.

"When I woke up this morning my back was aching. Along with my arthritis, I was already thinking, what's the point in going?! I thought I wouldn't be able to use any of the equipment! How wrong was I? I was amazed what I could do. I felt so good afterwards. I was really thinking I am finished physically, but now I know I can do something positive. I can't wait to go back." Man in his 60's.

"I am feeling so good now. I wasn't sure about it and thought I wouldn't be able to do anything. I so wanted to get myself fit again but didn't know how. This place is a dream." - 32-year-old man

THE HOPE FOODBANK

325
CHILDREN



310
ADULTS

331 
FOOD PARCELS

 **226**
FAMILIES

Thanks to an amazing team of volunteers the weekly food bank helps people from across Wythenshawe. Referrals come from schools, medical centres, churches, children's centres, social services, and charities. Along with the food parcels, the centre offers a broader range of support such as with the cost of living, debt and housing.

WORK WITH AFGHAN REFUGEES

In order to deliver support across three hotels in Manchester, we worked collaboratively with 14 organisations including Manchester City Council, Manchester City of Sanctuary, Manchester Women's Aid, Saheli, Lingua GM, Manchester Grammar School, Cheadle Mosque and others.

Since last April, we have helped over 700 Afghan residents (women, men, and children) by organising donations, activities, signposting, and social events.

We organised football sessions for young adults, sewing classes for women, and sports sessions for children's and men's groups in each hotel. Because we have been working in hotel accommodation for more than 18 months, we could identify some of the issues that women face in the hotels and so we designed a rolling programme for women to discuss important and practical matters. This included healthy eating and budgeting, employment, financial advice, early education, domestic abuse, and women's rights. We are working with 5 social enterprises and 3 organisations to deliver this programme.

In the last year we have organised the following events with partners:

- Trip to the Kite Festival
- Three Eid Celebrations - we organised for residents to attend the Platt Fields Park celebrations with other Muslim community members
- Sandbach School Trip - the school invited 400 residents to a Sports Day and enjoyed Afghan food and music
- Christmas Party - a school offered to use their venue to organise three Christmas parties, one for each hotel. Most residents were able to attend the events and they enjoyed the activities
- Nowruz event in Manchester Grammar School - 200 residents enjoyed Afghan food and live music

The trips have proved to be crucial in connecting residents to their food and culture. Volunteering has helped residents gain knowledge and confidence, which has led to employment.

"The food here [in the UK] is not like back home, so this was really special. We met lots of other Muslim people in Manchester too." - Participant feedback



A day out at the Kite Festival



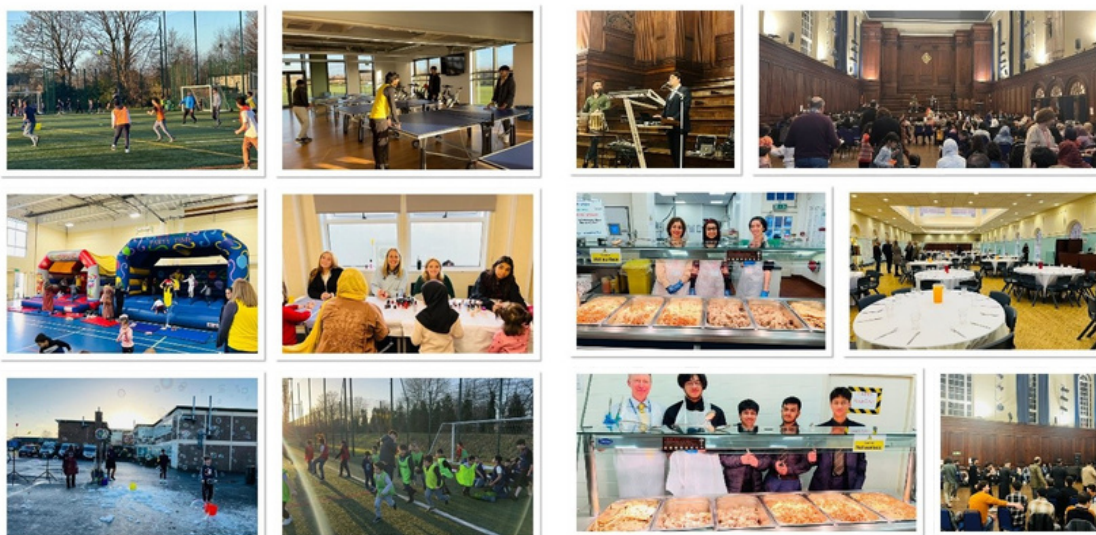
Residents attending the Platt Field Park Celebrations with Muslim community members



Volunteers at Wythenshawe Games



Residents enjoying Christmas



400 Residents enjoying a sports day at a local School

Nowruz event in MGS



A day out at the Kite Festival



Residents attending the Platt Field Park Celebrations with Muslim Community members

"Thanks to Caritas' volunteering opportunities, I now have a contract as a receptionist at the GP surgery. I hope to become a dentist."

"I recently got a support worker job at Manchester City Council. This was only possible thanks to the support of the charities in the hotel who encouraged me to volunteer first & then become a support worker. I now work across all 3 hotels and can do my part to give back."

THE WELL PROJECT

English classes - "I learnt how to speak English and gained reading skills. I would like to thank the volunteers and all those in charge of the project for their effort." English class

10 volunteers – 20 learners a session, 70 learners a year (1 volunteer delivering sessions online for 5 learners)

The 2 hours session (96 hours per year) run every Tuesday and is led by a qualified and dedicated ESOL teachers (volunteers). There are opportunities to learn basic vocabulary, conversational English and cultural exchange. English learners became more confident and can participate and play a significant role in the community which help improve self-esteem.

The Well Women's Group - 5 volunteers, 10 participants a session, 50 a year

"I can't skip Friday women's group session it feels like home and reminds me of our family gatherings at my mother's house every Friday."

The 2-hour sessions (96 hours per year) run every Friday. Ladies come for company and friendship, they feel safe and cared for. The Well Women helped raise awareness of the challenges the ladies face and guide them to overtake these challenges.

CASE STUDY- FAMILY WITH 6 CHILDREN WHO RECEIVED SUPPORT FROM CARITAS

"We arrived in Manchester in mid-September 2021 and were living at one of the airport hotels. With all six children, this was very challenging. There (were) delays with getting school places so keeping the children entertained in the hotel during the day was difficult. However, we were soon offered daytime activities for the children and adults including education, sports and well-being support.

These sessions were useful as England is very different so these activities helped with well-being, rights and laws, financial support and understanding the British culture. There are many people who have arrived from rural areas who are not aware of modern-day living in Afghanistan and certainly not how to live in Britain. We were given clothing donations via Caritas before we could buy anything for ourselves. Caritas ensured all the children received a present at Christmas. This wasn't part of our culture, as we don't celebrate Christmas, but it mattered to our children to have something to open. Seeing our children happy was awesome.

One of the trips was for Eid. Prayer, celebrating and spending time with other families were important to a lot of people. The trips and activities have been well coordinated by Caritas. If we ever need anything, we know to contact Caritas for help. There has been a lot of teamwork and support, from Caritas, the Council and other services. Trust has been built between the Afghan people and those supporting us. This trust has helped to empower people to access service and support for themselves."

WORK WITH PEOPLE SEEKING ASYLUM

We have been providing Sim cards and phones from Vodafone, and food vouchers for families in the hotels for people seeking asylum. We worked with Cheadle Mosque to provide 700 kilos of dates which residents used to break their fasting during Ramadan. They also delivered 200 meals for three days a week during this month. Working with Manchester City of Sanctuary and Rainbow Haven, we planned an Eid party in the hotel where children enjoyed a bouncy Castle, circus activities, sports activities and henna painting. All the children received a gift donated from the local community.

COMMUNITY SPONSORSHIP - WELCOME REFUGEES FAMILIES

We supported parish groups to welcome three refugee families last year bringing the total number sponsored to six across the Diocese. The St Ambrose group will finish their 2 years support next September. The All Saints group have been supporting their family for almost a year. Our Lady, St. Christopher's, and Hazel Grove welcomed their families last October. United Stockport has finished part one from their application form and are working towards their final approval. Please get in touch to learn more about how your parish could welcome a refugee family to the UK.



A special Christmas delivery to one of the hotels

CARITAS AT CHRISTMAS



Caritas at Christmas raised £11079.51 from

27
PARISHES



6
SCHOOLS



4
INDIVIDUALS



 **173**
FAMILIES

250 adults and 359 children were supported, including a collaboration with other agencies to help the children and families of the women in Styal prison.

"We have spoken to the women and families at Styal, and they were all surprised and extremely grateful for the chance to give their children a gift for Christmas. The children were all really excited, discussing what they were going to buy with the vouchers and then show their Mums."

GENEROSITY & PARTNERSHIP



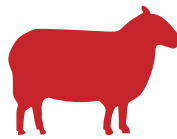
**£17,130 RAISED
FROM 63 REGULAR
GIVING**



**£3,200 RAISED FROM 32
ONLINE DONATIONS**



**£16,310 RAISED
FROM 352 PARISH
COLLECTIONS**



**£12,840 RAISED BY 13 SCHOOLS
FOR THE LENT GOOD SHEPHERD
APPEAL**



**547 DONATIONS
FROM 537 +
PEOPLE**



**3 COUNCILS - MANCHESTER,
WIRRAL & WEST CHESHIRE**



**£11,080 RAISED BY 34 PARISHES, SCHOOLS AND DONATIONS FOR
THE CARITAS AT CHRISTMAS APPEAL**



**23 GRANTS
INCLUDING
FROM SCHOOLS**



**SUPPORT FROM
42 PARISHES
AND 13 SCHOOLS**



**£7,770 RAISED
BY 8 SPECIAL
PARISH APPEALS**



**£299,100 +
RAISED FROM
GRANTS**



**LAST YEAR
£130,650 +**



**2 BUSINESS
DONATIONS**

CAMPAIGNS

Caritas Shrewsbury is committed to tackling the root causes of the many issues that we respond to in communities. We are passionate about campaigning to change unjust structures in society and speaking up for social justice. We focus particularly on ending child poverty and for a compassionate, fair, and efficient system of welcome and support for people seeking asylum and refugees. This is best achieved as part of national coalitions and networks where our voices are louder together.

In particular, we work alongside other members of the national Caritas Social Action Network (www.csan.org.uk) and this year helped chair the new Advocacy Alliance. We've also joined the End Child Poverty coalition (www.endchildpoverty.org.uk) and are calling for the two-child limit to be scrapped as one of the single biggest policy changes that could help reduce child poverty. You can help by contacting your MP here - <https://act.cpag.org.uk/page/127961/action/1>

We have continued to speak out as one of the over 500 organisations in the Together With Refugees coalition (www.togetherwithrefugees.org.uk) about our grave concerns around the Government's cruel new Illegal Migration Bill (now sadly passed into law) and will continue to call for a fair, kind and more effective approach to supporting refugees. As part of the Families Together (<https://famielstogether.uk/>) we have called for all refugees to be entitled to reunite with their close family however they arrive, wherever they're from, and whatever their age and in particular that child refugees in the UK must have the right to sponsor their close family. This will help them to rebuild their lives together and integrate into their new community.



If you would like to become a campaign volunteer, please do get in touch.

CRISIS GRANTS

WIRRAL COUNCIL WARMER WINTER GRANTS

Caritas were awarded £19,500 to distribute warm items including quilts, bedding, throws, coats and heaters.

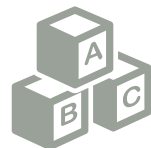
126
FAMILIES



183
ADULTS



257
CHILDREN



"Thank you so much for helping us out. Wish we had asked sooner! We've been so cosy and snug. God bless you both and the church for the work you do. You really are the hands and feet of Jesus. God bless."

WIRRAL COUNCIL COST OF LIVING GRANTS

Caritas were awarded £7,750 to distribute white goods and food parcels.

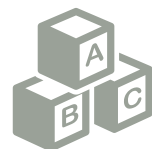
41
FAMILIES



50
ADULTS



64
CHILDREN



“

"A big thank you to the team for the support you have shown me, it's allowed me to put food on the table and take the worry and pressure of me whilst I've been unwell. I can't thank you all enough for reaching out to help me, it's been a huge help and I am extremely grateful from the bottom of my heart."

"...so happy that we have been given this brand new cooker- we can start to cook proper family meals again, thank you so much for all your help." - Family of four whose cooker broke in November and were managing with just a microwave. We were able to help by purchasing a new cooker for them."

”



Blankets, heaters and warm clothes to help during the cold months



STANDING ORDER FORM

Please complete this form in **FULL** using a ball point pen. Please return the completed form to the Caritas Diocese of Shrewsbury, Wheatland Lane, Wallasey, Wirral CH44 7ED. We will send it to your banks and make a copy for our records. If you set this Standing Order up directly with your bank (either on-line or at your branch) please contact Anne Smith on 0151 652 1281 or send an e-mail to anne.smith@caritasshrewsbury.org.uk

..... Bank Plc Postcode PLEASE PAY THE SUM OF £ : p <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">To:</td> <td>Lloyds Bank plc</td> </tr> <tr> <td></td> <td>Prenton Branch, PO Box 1000, BX1 1LT</td> </tr> <tr> <td>Sort Code:</td> <td>30 – 15 – 52</td> </tr> <tr> <td>Account Number:</td> <td>55224260</td> </tr> <tr> <td>For the credit of:</td> <td>Caritas Diocese of Shrewsbury</td> </tr> </table>	To:	Lloyds Bank plc		Prenton Branch, PO Box 1000, BX1 1LT	Sort Code:	30 – 15 – 52	Account Number:	55224260	For the credit of:	Caritas Diocese of Shrewsbury	Please insert the full name and address of the Branch of your Bank or Building Society - including the Post Code If you would like to Gift Aid your donation, please indicate below and the paperwork will be sent out to you. YES / NO
To:	Lloyds Bank plc										
	Prenton Branch, PO Box 1000, BX1 1LT										
Sort Code:	30 – 15 – 52										
Account Number:	55224260										
For the credit of:	Caritas Diocese of Shrewsbury										
AND DEBIT MY / OUR ACCOUNT NUMBER:- SORT CODE:- - - IN THE NAME(S) OF:- BEGINNING ON THE:- DAY OF 20.....											
AND THEREAFTER MAKE THE SAME PAYMENT UNTIL FURTHER NOTICE EACH MONTH / QUARTER / YEAR (delete as appropriate)											
THIS ORDER SUPERSEDES ANY EXISTING STANDING ORDER IN FAVOUR OF THE ABOVE ACCOUNT Signed: (Your Signature) Address: Postcode: Date:											

Protecting your Privacy

Caritas is registered as a charity with the Charity Commission (charity number 1169317) a record of your personal information and donations will be held by the Caritas and stored securely on the charity's database.

We comply with data protection and marketing legislation and the Fundraising Regulator's Code of Practice. We do not transfer your data to third parties to use for their own marketing or fundraising purposes. We will use your details to administer your gifts. This may include sharing your information with external organisations working on our behalf such as IT support companies, or when required by law (e.g. to claim Gift Aid).

We would also occasionally like to send you news by post on the work of Caritas in pursuance of our legitimate aim, which is to support other who see our assistance and give you the opportunity to support future appeals. **If you do wish to receive these communications, please tick this box** ☐

Many thanks for your continued support. You can read our full Privacy Notice at <http://www.caritasshrewsbury.org.uk> The Statement also contains details on how to opt-out of further communications from Caritas if you change your mind at a later date and how to update your preferences.

Supporting us has never been easier!
Scan the QR code to donate.



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Facebook: @CaritasWirral
Facebook: @CaritasShrewsburyRFc
Facebook: @StMarysCentreCrewe

Caritas Diocese of Shrewsbury
Wheatland Lane
Wallasey
Wirral
CH44 7ED

www.caritasshrewsbury.org.uk
Registered Charity Number: 1169317
Telephone: 0151 652 1281



CARITAS
DIOCESE OF SHREWSBURY
CHILDREN | FAMILIES | COMMUNITY