

Dear all,

We trust this finds you in peace and hopeful anticipation for the coming of Christmas.

We have had another great year at the project and wanted to update you with all that we've been doing and of course want to say a huge thank you for your support. We couldn't do it without your prayers, finances, and words of encouragement.

THANK YOU!!

## MOTIVATION, VISION AND MISSION

Motivated by our belief that Jesus lived amongst the poor and marginalised first, we seek to serve, love and minister to those in need. The vision for our parish nursing project is to reach out to promote the health of body, mind and spirit of those within our diverse community. Our mission is to offer a listening service with crisis support and to create sanctuary space and time for people; to provide information and health education, to signpost to appropriate services and to offer spiritual care to those of any or no faith. There are several ways that we fulfil this vision and mission.

## THE STALL WITHIN THE MOOR MARKET

The stall opened in the spring. We see a variety of clients including market shoppers and stall holders. Some come for advice about a specific condition or health concern. Others come regularly to check their blood pressure or weight and some come because they are lonely and feel isolated and like to catch up with us and share their news.

We ran several health focussed events including a men's health week which was supplemented with videos on facebook and a breast cancer awareness day to coincide with wear it pink. We also held a colouring competition for young people to get them thinking about how they could stay healthy in the holidays.

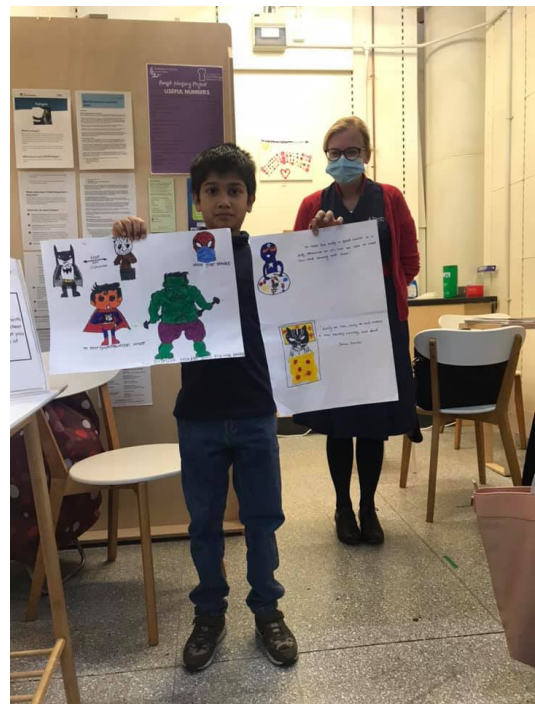
We provided information packs in relation to long covid as we saw several clients who were struggling and on a long waiting list for a long covid clinic appointment.

We have discussed poor mental health and referred clients to their GP or specialist support groups.

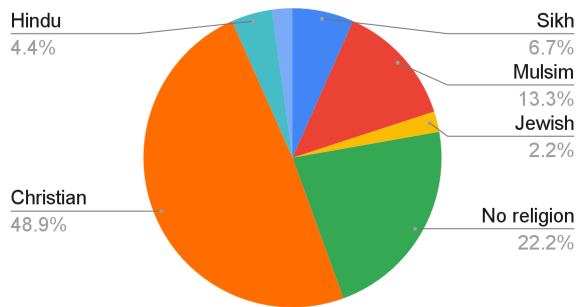
We picked up some significant safeguarding concerns and have referred onto appropriate agencies to ensure the clients are safe and supported.

We held an all souls event for those who had lost loved ones and collected names for our memorial wall and prayers were said for all on all souls day.

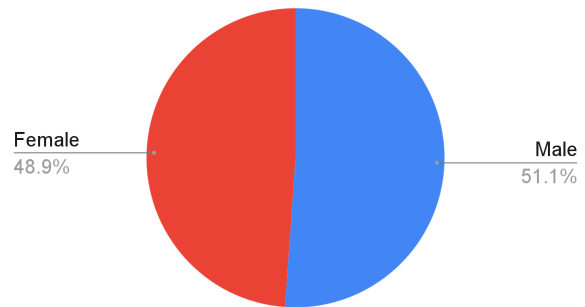
We have provided prayer resources including prayer cards, rosary beads and information booklets.



Demographics: Religion



Demographics: Gender



We see approximately equal numbers of men and women and people from a variety of faiths drop in.

## OUTREACH SERVICE

We spend time on the streets, talking with those we find begging or sleeping rough. Our team does this weekly and our lead nurse will check in with regulars, sometimes on a daily basis. We also take part in the city multi agency outreach service which happens fortnightly. This includes colleagues from housing, drug services, Hepatitis C nurses, the police and the city centre neighbourhood team. This multi agency working gives us a good understanding of who is out and what their needs may be and enables us to make appropriate referrals to other services to ensure these clients get the right support at the right time.

We are also members of the Sheffield city centre street outreach network which brings all providers together to share knowledge and experience. We are looking forward to the launch of the Sheffield best practice guidance for groups, charities and individuals supporting people who are vulnerable, begging or homeless.

This year we have spoken with 81 clients on the streets. No two sessions are the same. We provide food and hot drinks, Barry makes a super cheese and pickle sandwich! Some clients need support to find accommodation or support to access transport to a safe location. We signpost to services providing support during the day such as The Archer Project or Ben's centre and refer into health services such as the homeless assessment team for support with mental health concerns or to our



local GP service which supports our homeless community. Some need financial support to credit electricity or gas metres and this enables them to return to their property. We also provide hats, Socks, gloves and sleeping bags in cold weather and cold water and sun cream when the weather is warmer. We have links with pathfinder who provide us with mobile phones at a reduced rate, these help clients to keep in contact with their families and to access support and telephone appointments from drug and psychological support services.

This work can be challenging but is also extremely rewarding. Sadly, we have lost one of our clients following a traffic accident and have seen several admitted to hospital with severe health concerns. Thankfully we have seen several clients move on to permanent accommodation with ongoing support from housing and drug services.

The words of our clients say it best.

"I am now on a script and engage with my support worker every day, Thank you."

"The service is fantastic. Since receiving the phone he has been able to engage with support services, reduced his drug use and has begun to arrange and attend medical appointments."

"Thank you for all the work you've done with me. Thank you for everything you've done for me. I wouldn't have made it without you. Thank you so much."

"Thank you, you made my day, everything's coming together. I'm loving life."

#### SANCTUARY SPACE WITHIN THE CHURCH

Several clients continue to drop into the church for a cup of tea and a quiet space to reflect and share their concerns, frustrations and joys. One of our outreach clients recently spent the day in church sheltering from the rain and commented to his drug worker that it was a lovely, peaceful, safe place.

#### WALKING GROUP

The walking group run by Marjorie and Jean is going from strength to strength and has been a great blessing. We are now around fourteen walkers, some of whom are regulars. At present we meet once a month with walks around the city centre. The walks are very accessible especially for those who have not done any walking for a while and include a coffee break, an ideal opportunity to get to know one another. The walks have been a great encouragement for those who had found life difficult during this pandemic and the restrictions it imposed. They have encouraged people to get moving and keep moving. Not only have the walks helped with physical fitness but they have also reduced social



isolation and improved general wellbeing. It's also good to see people discovering more about the social history of Sheffield.

Below are a few words from one of our regular walkers.

‘The walking group has been a great blessing to me. Not only do I enjoy the company of my fellow walkers, but I have learned much about Sheffield and our parish from our great tour guides Marjorie and Jean. I encourage everyone to join us when we resume in January. Thank you, Marjorie and Jean. Blessings’.

## TRAINING

Funding from the Harry Bottom charitable trust meant we were able to purchase full mandatory training packages and laptops for the team. They continue to work their way through these. This includes manual handling, information governance, food hygiene, first aid and infection prevention and control.

Marjorie has completed her Listening skills training and is looking forward to using these skills in the new year. Marjorie also continues to teach on the Parish Nursing Ministries UK course to prepare new parish nurses for their practice.

Michaela and Maria have completed training related to trauma. Many of those we see on outreach or who call in to the stall have experienced trauma which affects their ability to build safe relationships and can make them vulnerable to abuse, this training informs our practice with this client group.

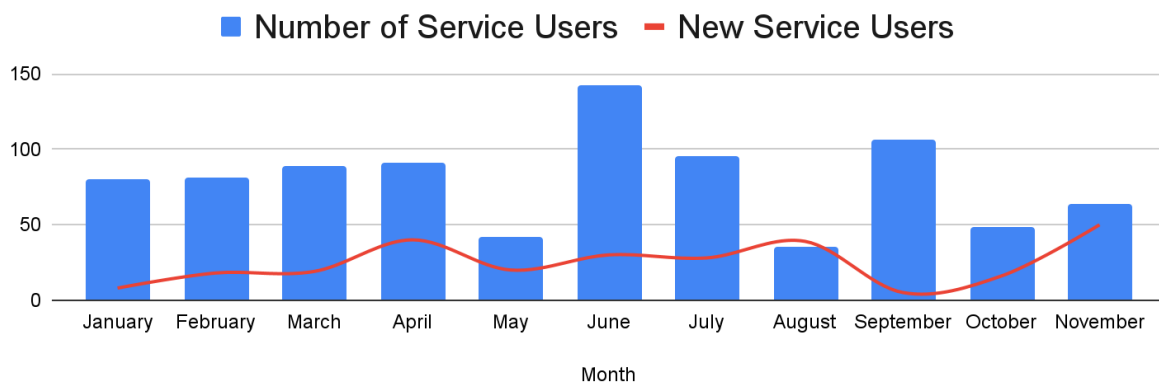
Michaela has also completed training relating to wound care. This was highlighted as a particular issue within the outreach work, with many clients presenting with severe leg ulcers and not accessing care appropriately. We now have links with the wound care nurse for this client group and can refer directly.

## INTERVENTIONS

Below is a summary of some of our interventions. One interaction with a client can lead to several interventions. For example, a home visit can support a mental health need, spiritual need and reduce social isolation.

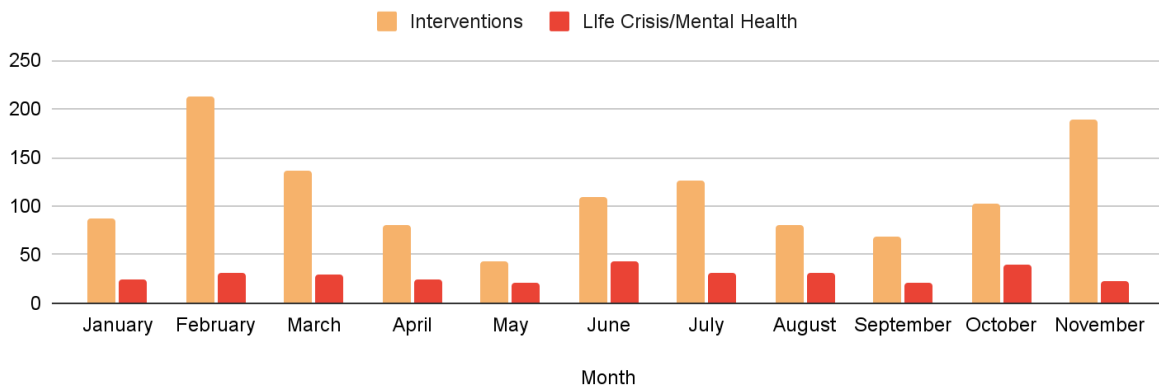
Since opening the stall we have spent less time online and reduced our input in the regular newsletters this is reflected in a reduction in clients in the data as previously our email listings counted in our numbers.

### Number of Service Users and New Service Users





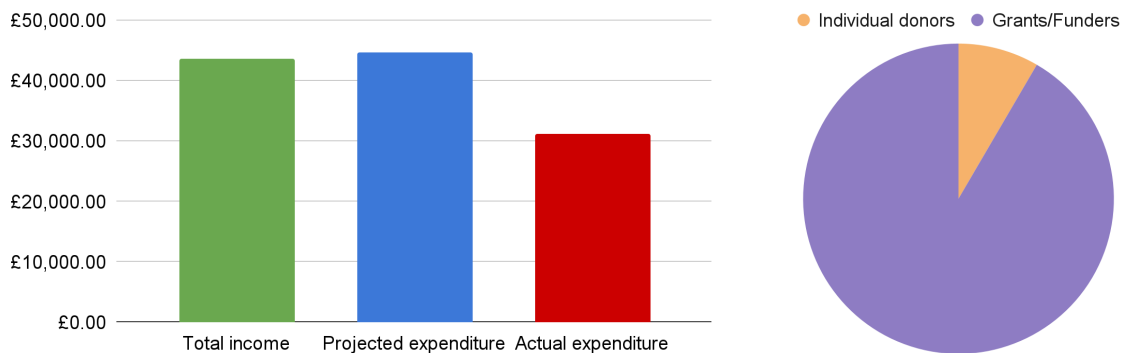
## Interventions and Life Crisis/Mental Health



## INCOME AND EXPENDITURE

Our key benefactors are The Fellowship of St John Trust Association, The Number One Trust, and the Harry Bottom Charitable foundation as well as one-off and regular donations from individuals. Without this income this vital work would not be possible. We remain grateful to those who have joined us as donors.

Our biggest expenditure continues to be employment costs for our lead nurse. To date this year they total £18,020.17 and include wages, pension costs and payroll management costs. Volunteering hours remain high. The nurses have given 357 hours this year and Barry, Maria and Mimmi have given



204 hours.

We have spent £244.76 on prayer resources for the stall including rosary beads, books and prayer cards.

Our annual fee to Parish Nursing Ministries UK continues at £595.00. This provides us with essential supervision, support and guidance.

We have reduced our PPE costs significantly thanks to the generosity of Sheffield City Council who now provide this free of charge because we work with a vulnerable population.

We have spent £1246.00 providing support packs for those we meet on outreach or who are referred via other services. Services are grateful that we are able to respond to their requests quickly and that

they can see an immediate benefit for their clients. They tell us this helps them to build rapport and trust and helps the therapeutic relationship moving forward.

We have a budget for quiet days for our volunteers and retreats for our nurses. Michaela was able to take an individual guided retreat at Mirfield which cost £460. This combined the budget allocation for years one and year two. Marjorie will be booking a retreat in the new year.

Barry and Maria have decided they would like to explore a few options such as quiet days and retreats and this is on the agenda to arrange for the new year.

We supported two people to attend our Walsingham retreat at a cost of £390.00. This was thanks to a large single donation from one of our supporters. THANK YOU!

Total expenditure to date is £26782.17

We have approximately £14,000 to carry forward into year three. This along with pledged funds of £25,000 (subject to approval) provides a healthy balance of £39,000. This will give us a buffer for the start of year four as we will need to explore other potential funding streams. We are hopeful that with evidence of our effectiveness and feedback from other providers and clients this will be achievable.

#### LOOKING TO THE FUTURE

In many discussions over the last few weeks people have asked how we will develop and expand our project. We are clear about our vision and mission. We are also aware of the toll that the pandemic has taken on each of us and our clients and that with Omicron looming there could be a long way to go. We therefore feel that this year will be about consolidating our learning, fine tuning what we do and ensuring we do it well. It will also be a time of reflection and we will be discussing what is working well and what may need to change to ensure our clients get the best care possible. We will be consulting with our clients to ensure they have a say in how we work and what we do.

Thank you for your support, encouragement and interest in our project. Please do contact us if you have any questions.

With our prayers and best wishes for a peace filled and happy Christmas

St Matthews Parish nursing team.



**THE FELLOWSHIP OF ST JOHN TRUST ASSOCIATION**  
*Serving God... Serving Others... Transforming Lives...*



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OF SHEFFIELD