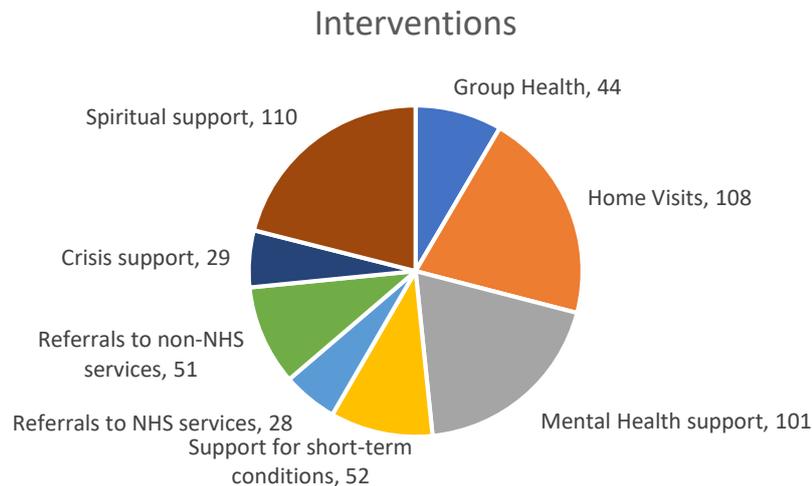


November 2020

Dear all,

Despite the pandemic, the project continues to be active and is increasingly busy.

Since starting in January we have seen **160 new clients**, not including those on the church mailing list.



Up to October 1<sup>st</sup>, we have provided the community with 742 paid nursing hours and 500 volunteer nursing hours - those volunteer hours equate to £10,764.00 wages saved.

This is sadly not sustainable moving forward. To offer people time and space we also need time and space to refresh. With this in mind, we have great pleasure in announcing that we have successfully recruited three fantastic volunteers. We are excited to have them on board, and will be spending the next few months working alongside them, training and supporting them in their areas of interest.

Maria has experience working with some of the most vulnerable families in the city and will be helping with outreach work on the streets.

Mimi will be supporting us with her fantastic admin skills and will be working alongside us in the community.

Barry has a wealth of experience in providing pastoral support for students and in helping to coordinate the St Matthews soup run. He'll be supporting our student work.



As we review the service and share our experiences with you on Sunday, it's useful to remind ourselves of the vision and mission of our parish nursing project

**Our VISION is to reach out to promote the health of body, mind and soul of 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, and to signpost to appropriate services and offer spiritual care to those of any or no faith.**

With these in mind, I'd like to share some stories. The people we meet are at the heart of our project and it's important that they are heard.

### **Crisis Support and signposting to appropriate services**

J was struggling with his mental health following the breakdown of a relationship and losing contact with his child. He had previously used opiates as a coping strategy but was anxious to stay off drugs and to prove to his family he could provide stable support. He had no food and felt lost and isolated.

We understand that sometimes the basics are most important so your funding enabled us to provide him with some food and electricity credit to support him until his benefits were sorted.

We were then able to liaise with mental health services, his GP and the opiate drug service to ensure he had access to medications and appropriate support services. Our student health visitor took him out for coffee to give him time to talk through his family issues and to improve his confidence and self esteem.

As he moves on he was feeling anxious about attending an assessment appointment with his new accommodation provider. Unfortunately because of covid we couldn't take him to the appointment but your funding meant we could provide a taxi, this seems like a little thing but it meant he could arrive at his appointment on time and relaxed rather than feeling anxious about getting a bus to a different part of the city and getting lost or being late.

J states that the service helped him to see the bigger picture and that it really helped to have time to talk.

### **Information and health education**

Part of our vision was to work alongside other providers and to support them in their work, caring for the carers is so important. We didn't plan for this to be a priority as we were just starting the service and knew it would take time to build trust. The lord works in mysterious ways and obviously had another plan. Here's some feedback from Tracey Ford the city centre ASB manager.

*"I met Michaela in her new position of St Mathews Parish Nurse, just before COVID, the plan was to introduce her to the providers and charities who were working with Sheffield vulnerable. You would think that COVID would have impacted on this, but quite the contrary.*

*Because of Zoom meetings, we have been able to collaborate more, which has resulted in Michaela getting involved in regular city centre multiagency outreach sessions, she has quickly established herself in the centre of our partnership working and she has been an invaluable resource and asset when it comes to supporting Sheffield most vulnerable. "*

*As part of this group we can make suggestions and signpost other agencies to training and resources relevant to health. In one meeting I suggested outreach workers use a meter ruler to assist with social distancing and signposted to the free covid 19 psychological first aid course.*

*Here's some feedback from Sarah who coordinates the Saturday night outreach team*

*"When you first mentioned the metre ruler I laughed , thought it was silly .. but then went out to do the walk and talk on the Saturday and people still not listening to me telling them to move back . I can sometimes say it a thousand times , then I spoke to one person and he said he didn't actually know what a metre was , which got me thinking , how many others don't know .. which made me think of the ruler Comment .. so I decided to ask if anyone had one which they did .. and I put it into practice got a few laughs but it made things a little easier , I'm not saying it's fully solved the issue but it's going the right way .*

*The training I took was fabulous , I actually learnt so much .. even on how to word things when speaking to others and I even realised I don't actually listen*

*properly 🧠 and the parts about body language this is something else I need to be mindful of .. so for me personally it's helped me a lot which can then go onto help others so again thank you"*



Multiagency day of action and outreach

## **Spiritual care**

One client recently fed back that the service had restored his faith in God and in humanity. We had been able to arrange for Father to hear his confession, provide him with communion and to attend mass. He says he'd got clean on the outside and confession and communion had meant he was now clean on the inside too.

## **The Moor Market**

We are also delighted to announce that the long-awaited market stall will be opening on November 5<sup>th</sup>. We will be open Tuesday, Thursday and Friday afternoons 1.30 -4pm. (Tuesday 10<sup>th</sup> we'll be closed for training) These times were decided in consultation with other agencies in the city who felt an afternoon session would enhance their service provision to clients. As with all new things we'll review this and are open to changing days and times depending on footfall, need and pandemic restrictions.

*"Partners are excited about the launch of the new stall in Sheffield's markets and look forward to strengthening our partnership relationships not just with Michaela but St Mathews Church"*

Tracey, city centre ASB manager

## **Thank you to our donors!**

We currently have a small group of individual sponsors who commit to helping the project each month. This £80 each month helps us to provide help in crisis and to reduce the pressure on workers who are constantly struggling to access resources for vulnerable clients. It will also help our new volunteers in their work with clients in the community. Thank you so much.