

Parish Nursing Project Update Summer 2025



Dear Friends,

In every season of life, caring for our health—body, mind, and spirit—is a journey we share together.

Our parish nursing service walks alongside our community on that journey, offering practical help, health education, and a listening ear, all rooted in compassion and faith.

Whether it's a simple blood pressure check, a friendly conversation, a health education event, prayer together, or connecting someone with the right support, our work is about more than medical care. It's about seeing the whole person, meeting people where they are, and helping them find strength, comfort, and hope.



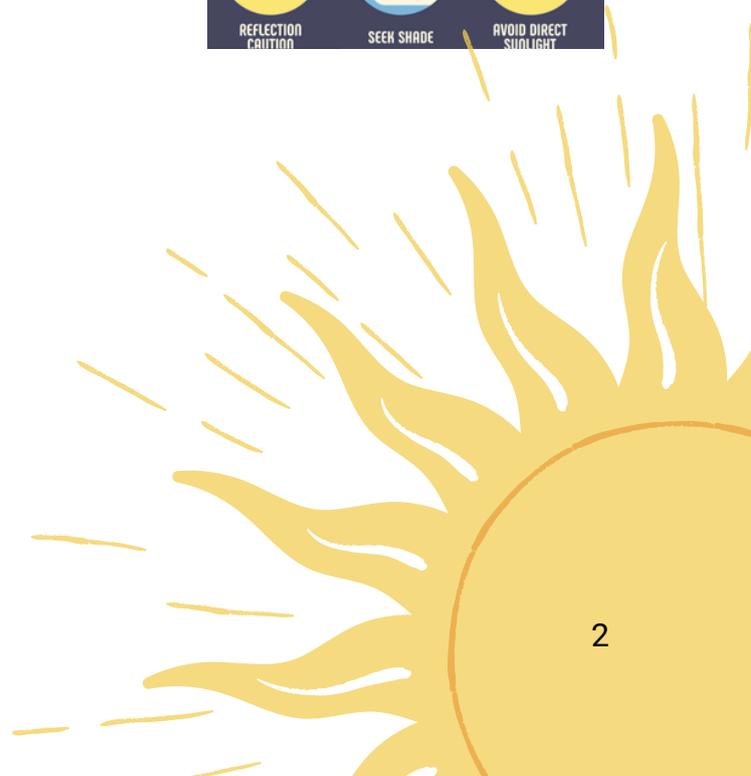
As summer brings longer days and warmer weather, it's a perfect time to enjoy the outdoors—but also to take care in the sun and heat. Simple steps like staying hydrated, seeking shade during the hottest hours, and protecting your skin can make a big difference to your wellbeing.

In this newsletter, you'll find updates on recent activities, stories from the people we serve, and practical tips for staying well—whatever the weather.

We hope these pages encourage you and remind you that you are never alone in facing life's challenges.

Thank you for your prayers, your support, and your trust in us. With every blessing,

Louise Smith - Lead Parish Nurse





News From The Stall

We continue to be very busy on the stall, and are still working in tandem with Diabetes UK and the Welcome Space.

Numbers of new clients have been high. In the last quarter 63% of clients visiting the stall were accessing our services for the first time.

We were excited to be involved in hosting a **men's health event** in July, run in partnership with the Welcome Space where we shared information and advice on many aspects of well-being. Remember that if you would like to talk about any aspects of health in your own life, the stall is free of charge and open to everyone.

Parish Nurses Louise and Michaela, along with Children and Families worker Minerva, enjoyed a very fun day on July 8th taking part in the **Young Marketeers event** in the city centre. This event allowed children to be entrepreneurs for a day selling food they had grown themselves or goods they had made. The nurses shared lots of activities around healthy eating and are already looking forward to next year's event.



Interventions

While most interventions take place through our market stall, we also step out into the community in a number of ways to ensure the greatest reach we can offer.

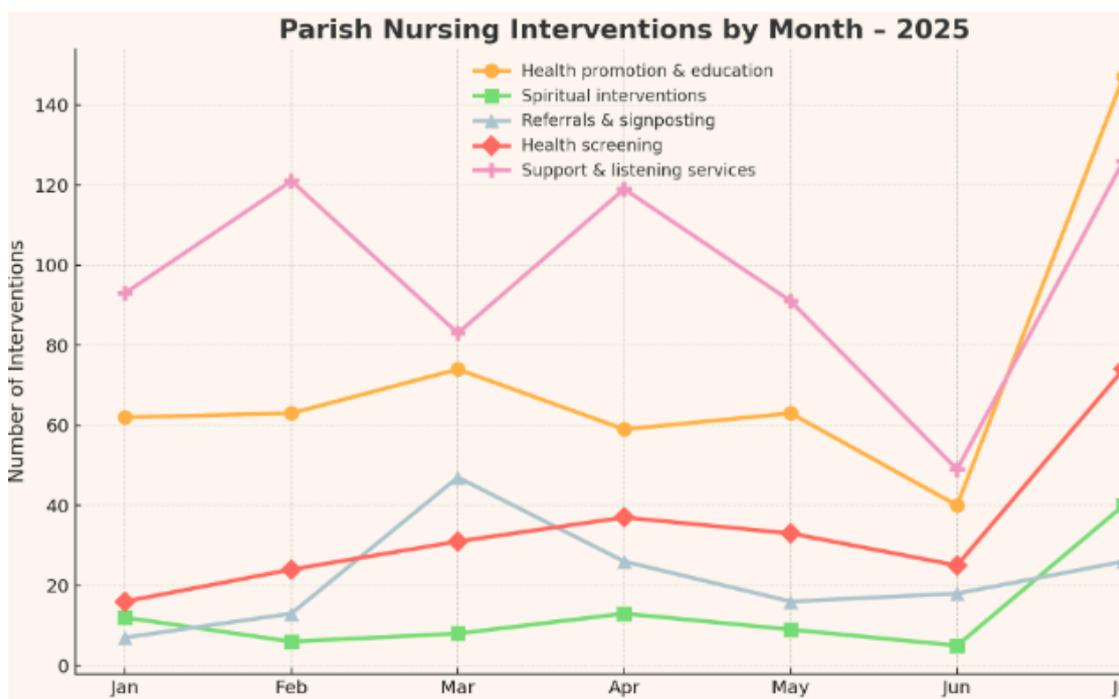
These include:

- Church-based groups such as Scriptorium student group and Little Prints toddler group.
- Arthouse groups such as the Anderson Green Project
- Visiting community organisations such as the Women’s Institute and Mothers Union
- Community events such as Young Marketeers, as outlined on the previous page.

More details of our activities can be found throughout this newsletter.

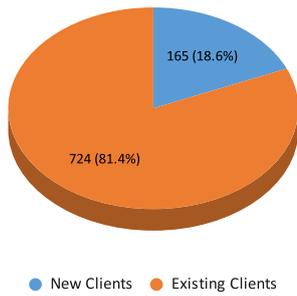
In the second quarter of 2025 our hardworking staff and volunteers have contributed 90 volunteer nurse hours, 307 employed nurse hours, 20 hours from our chaplain, 34 from our administrator and 19 hours from non nursing volunteers.

In financial terms our volunteers alone have donated the monetary equivalent of approximately £1724 during this period of 2025 alone.



174	Reducing Social Isolation	This is a major part of our work and has an impact on many other areas of health.
187	Mental Health	Mental health issues remain a major part of our work, our Mental Health First Aid training has proven invaluable.
34	Professional Liaison	This continues to be vital to ensure that we are getting the best service for our clients with the most up to date information available and we have strong links with numerous charitable and statutory organisations in the city.
39	Signposting to Other Services	These could be statutory or voluntary services.
67	Spiritual Interactions	These include, but are not limited to: conversation, prayer, rosary, providing resources such as bibles, rosary beads, prayer cards etc., and even the occasional pilgrimage trip.

Clients Seen April-July 2025



Community Outreach

Education and Awareness

Catherine and Louise were able to offer life saving resuscitation training to approximately 10 ladies from the Women’s Institute in Barnsley. One attendee shared that it reassured her that, when dealing with a resuscitation episode, staff have a recognised protocol to deliver resus which offered her some comfort. Another training is scheduled with a different branch of the WI in the near future.

Being able to share our expertise within the community empowering them to potentially save lives is extremely rewarding!

Networking and multi agency work

Louise attended the launch of the “Lift Thy Neighbour” Sheffield Charitable Network.

According to Foundry Sheffield Chief Executive Rose Durant the Sheffield Charitable Network aims to bring people together in a way that makes all more confident in the great work that is being done across the city. The group will be actually owned by Sheffield’s charities, uniting them through similar aims and shared learning.

As well as great guest speakers the event provided a wonderful opportunity for networking and connection with others doing really important work in all areas of city life.



Out in the Community

Louise gave talks about our work at the Mother’s Union at Gatty Hall, Ecclesfield as well as to the Mother’s Union of St Nicholas, Bradfield. Talks like these are a great way of sharing news, raising our profile around the city and also raising funds.

Many thanks to them for their hospitality and generosity!



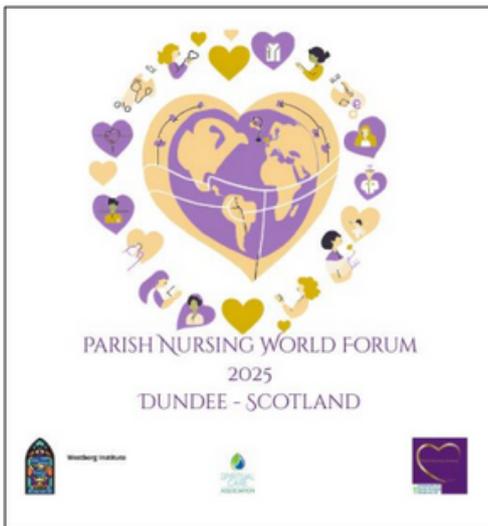


Supporting our Parish

You may have seen in previous issues about the support our nurses give to “Little Prints” the toddler and carer group held at St Matthew’s on Friday mornings during term time. As well as being available to give general advice and support, Catherine has led “Godly Play” sessions with the children. In June the nurses provided relaxing hand massage sessions to the mums and carers to highlight the importance of self care. It was much appreciated by all!

Training and Development

Parish Nursing International Symposium



Conference Theme
Caring Ministry in our Broken World



The Parish Nursing Ministries International Symposium took place on the weekend of the 1st-4th of June in Dundee. All three of the Carver Street nurses were in attendance. The theme of this year’s symposium was “Caring Ministry in Our Broken World” with the focus of discussion being around exploring global trauma such as war, displacement and racism, and how Parish Nurses can gain a deeper understanding of the effects this has and the contributions that can be made to contribute to healing. A valuable time of reflection, and fellowship.

Parish Nursing Governance

The 15th of July saw the convening of our regular Parish Nursing Governance meetings. At these meetings a board of trustees assist in overseeing the guidance and governance of the project, our work and plans. At the last meeting we renewed all of our policies which can be found on our website.

A reason to celebrate!



Hearty congratulations are due to volunteer nurse and registered midwife, Catherine Dodd who is now a fully qualified parish nurse and was joyfully commissioned in a celebratory mass held at St Matthew's church on the 3rd of August.

The service was moving, heartfelt and filled with joy as prayers were made for Catherine celebrating her calling to this vital ministry of faith-based care, compassion and wholistic health. We give thanks for her presence, her gifts, and the path ahead as she continues this journey with us. It was wonderful to gather afterwards over coffee and cake, and to share stories, laughter and blessings together. Thanks you to all who came along or supported in any way.



Walsingham - St Matthew's annual pilgrimage to Walsingham took place in May.



Income and Expenditure

We received a grant award of £5000 in May from the Church Burgesses as part of ongoing funding contribution from the trust.

We continue to actively pursue funding from various sources, both new and established. This work is ongoing and we will update you with any news as we receive it. Please continue to pray that the Lord may graciously provide the resources necessary to sustain and develop our service.



This quarter also saw our regular individual donors contributing the very generous total of £679 from their own pockets! We are so blessed to have your support!

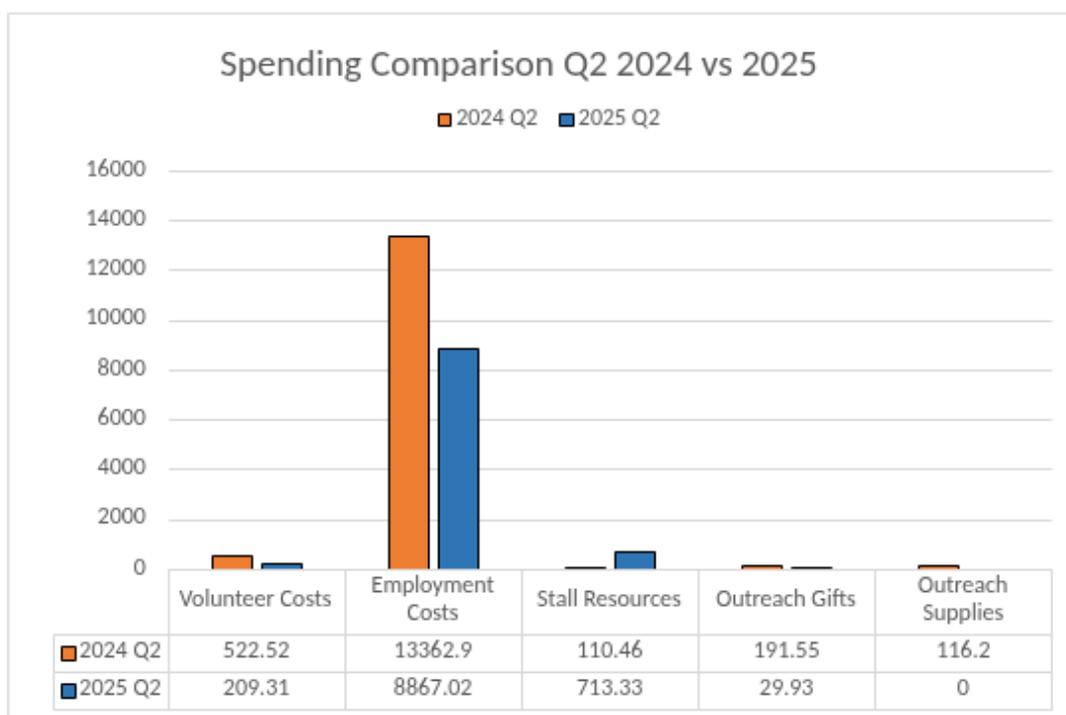


Breakdown of some key costs Apr-Jun 2025

This quarter expenditure remains pretty consistent with what it was for the first quarter of the year, an exception to this being the extra investment in April to purchase lifesaving resuscitation training equipment which was an additional one-off cost of just over £700 in the second part of the year.

Overall costs are still lower than they were this time last year, despite the increase in the number of interventions that we have been able to provide.

We anticipate that costs will increase in the future, due both to the rising cost of living but also because we would love to recruit a full-time nurse to increase our offer as we can only fill the hours that we have. There is always more that we can do.



An explanation of cost categories...

Employment costs:

currently this makes up the largest part of our expenditure. Employment costs cover the wages of our lead nurse, chaplain and administrator including pension contributions and payroll costs. It also covers personal equipment for staff such as a work phone for the nurse, laptops, uniform, clinical supervision, professional registration, training and so on.

Volunteer costs:

this covers personal equipment and expenses for our volunteers such as travel expenses, refreshments for meetings and resilience supervision sessions, professional registration, training etc.

Stall resources:

this refers to any equipment and supplies to be used for our work on the stall. You can see that the amount spiked this quarter due to the acquisition of life-saving resus equipment for our first aid training outreach in the community.

Outreach gifts:

This included items given directly to clients examples include as a taxi fare to hospital, prayer cards and resources for clients or, in one case, a pair of diabetic socks for a client.

Outreach Supplies:

Regularly needed supplies for our outreach work including resources for our outreach work and groups such as journaling supplies for our upcoming Maternal Journal sessions.

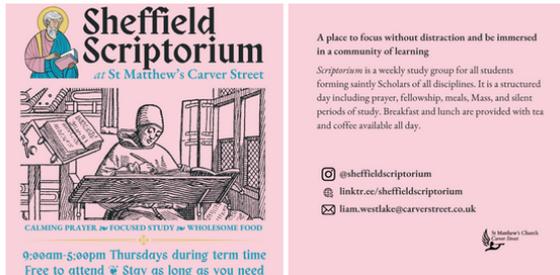
Stall Rental:

this is self explanatory. The reason that it has not been included in the quarterly comparisons is because it comprises a single payment made once in the year. It is a cost that continues to increase year on year, this year costing us £5510.45.

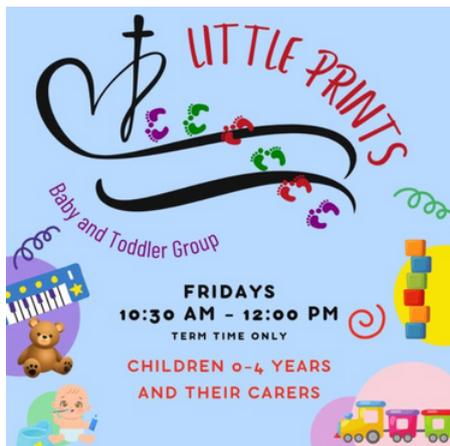
Looking to the Future



The **Anderson Green** wellbeing cafe at The Arthouse, which our nurses have been supporting, is due to restart on Friday 12th September.



The Scriptorium, with which the nurses are also involved, is due to restart in the Autumn term providing a prayerful space for work and study every Thursday. A safe, communal space for students and home workers.



Little Prints which our nurses have been actively involved in, is due to restart on Friday 12th September at St Matthew's Church with sessions running from 10.30am to 12 noon.

Maternal Journal is a global community movement, and we are establishing a group in central Sheffield beginning with a taster day on Wednesday 24th of September 2-4pm at St Matthew's Church, Carver Street, Sheffield, S1 4FT.

During sessions we share creative tools and techniques to support the huge changes, joys and challenges we go through in pregnancy, birth and parenthood.

- All materials provided
- A safe space to process thoughts and feelings around childbirth
- Non-mobile babies welcome
- Refreshments available (including vegan/gluten-free cake)
- Facilitated by an experienced Midwife



Come along as a taster and see what's on offer for a block of sessions in the Autumn.

LOOKING TO THE FUTURE

As you can see, despite the Summer break, we have remained very busy, but there is always so much more that we could be doing to support the people of our wonderful city.

That is why we are still hopeful to recruit another nurse to expand our offer in 2026 and beyond.

- We hope to organise a Blood Pressure event at Ben's Centre with the City Centre Community Nurses.
- Our project retreat day coming up in August.
- Another Resuscitation training day is scheduled for the 5th of September with the WI at Ossett Trinity Bells.



Finally, we must express once more our deep appreciation for the overwhelming interest, encouragement, prayer and generosity that we receive day in and day out from our friends, supporters and partners. Nothing that we do would be possible without you and we hope you realise that we are praying for you too!

Love and blessings from the whole team...

Louise Smith – Lead Parish Nurse – Summer 2025