

Annual Parish Nursing Project Update December 2025



Dear friends,

As 2025 draws to a close, I find myself reflecting on a full year in post as Lead Nurse, and on the fact that the St Matthew's Parish Nursing project has now been tirelessly serving our community for six years.

In that time, both our city and our service have undergone constant change and renewal.

We have worked hard to adapt, learning from our disappointments as well as from our successes—and we have certainly experienced both during 2025.

Our provision on the stall continues to grow, offering real and immediate support to people facing challenging circumstances.

Although our Mindful Music group saw limited uptake this year, there has been wonderful enthusiasm for our growing Maternal Journal group.

We remain committed to supporting the students attending Scriptorium; the babies, toddlers, and their caregivers at Little Prints; those on a journey of recovery through the Anderson-Green project; and all who come to the Wednesday Healing Mass.

We are also, now extending our reach by providing resuscitation first aid training to community groups in and around the region, it is so gratifying to be able to send out ripples of hope into the wider community.

There is much more to share, and we hope you enjoy reading about the work God has been doing in and through our parish nursing team.

We are also grateful to end the year with recognition in the form of several generous grants, including nearly £20,000 awarded by the National Lottery Community Fund.

Wishing you all a joyful and peaceful Advent and Christmas season!

Louise – Lead Nurse, and all the Parish Nursing Team



Interventions

Please note: the numbers for December are projected values based on the average for the previous 11 months as complete data for December is not yet available.

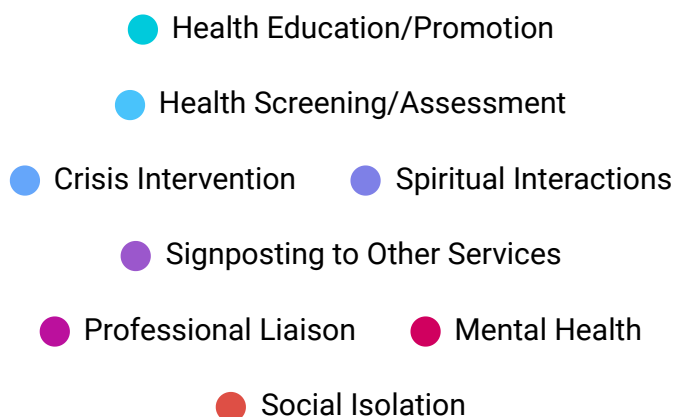
We saw 1576 clients between January and December 2025

Interventions Jan-Dec 2025

500	Reducing Social Isolation	This is a major part of our work and has an impact on many other areas of health.
566	Mental Health	Mental health issues remain a major part of our work, our Mental Health First Aid training had proven invaluable.
51	Professional Liaison	This is vital to ensure 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.
156	Signposting to Other Services	These could be statutory or voluntary organisations.
138	Spiritual Interactions	These include, but are not limited to; conversation, prayer, rosary, providing resources such as bibles, rosary beads, prayer cards, holding crosses, etc. and even the occasional pilgrimage trip.
19	Crisis Intervention	This covers mental health crises, homelessness, cost of living, emergencies, health crises such as administering first aid and getting a taxi to A&E.
445	Health Screening and Assessment	This includes consultations, and blood pressure screening and regularly leads to referral to other health services for specialised treatment.
982	Health Promotion and Education	e.g.diet / lifestyle /exercise / self-help to improve or maintain optimal health as well as first aid training.

Total Interventions 2025

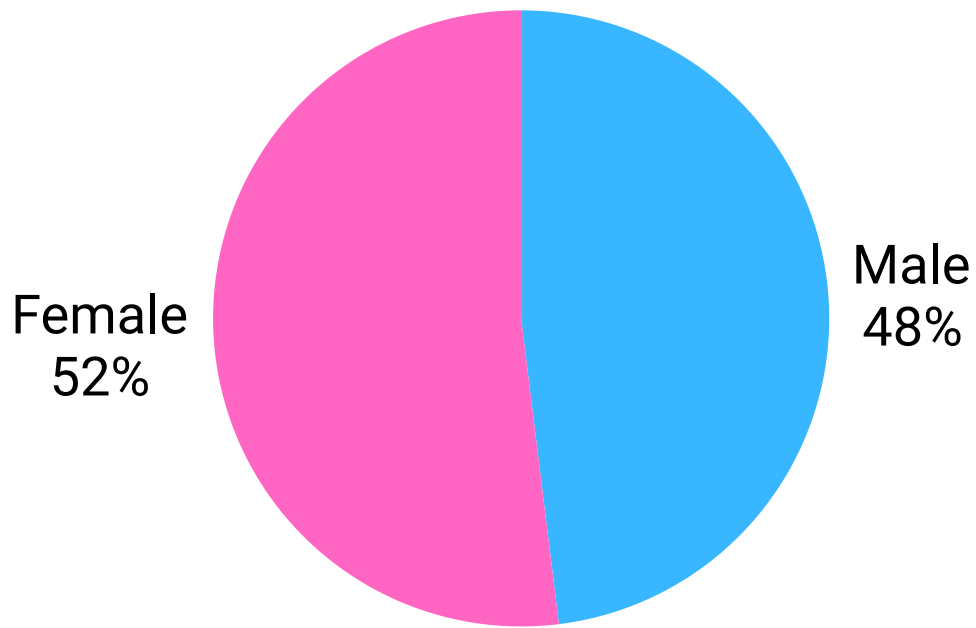
1576 Interventions



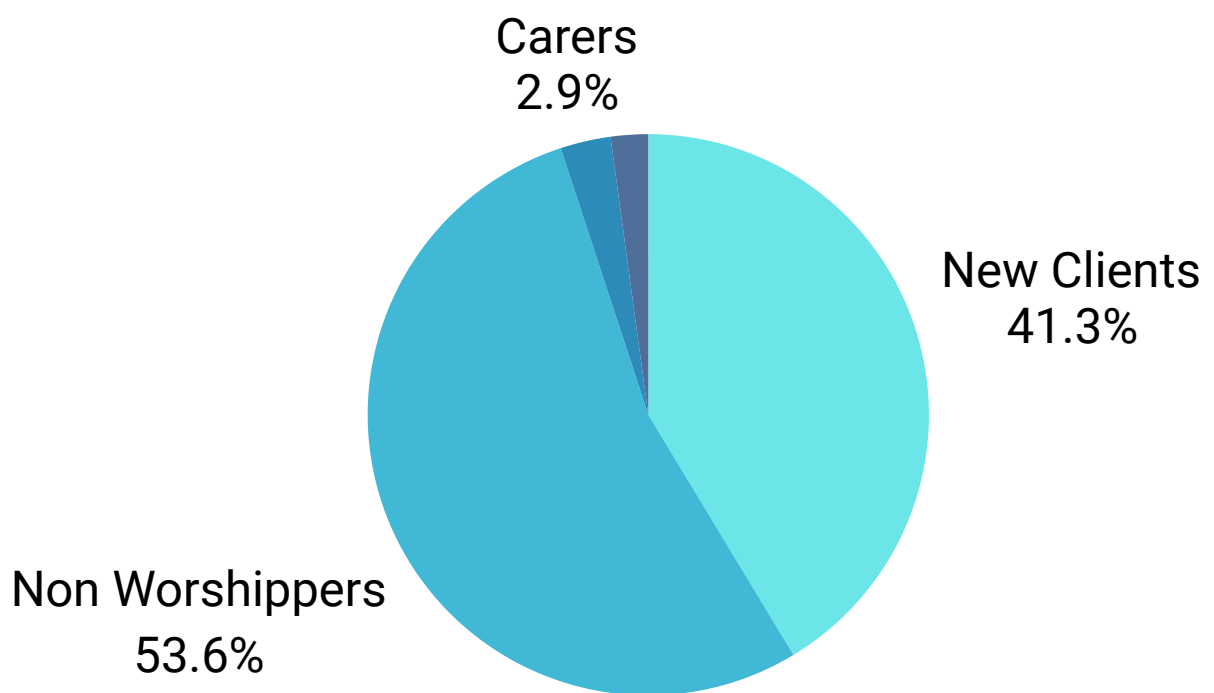
These interventions were enabled by a total of 1630 service hours including:

Lead Parish Nurse Hours: **1237**
Volunteer Parish Nurse Hours: **275**
Chaplain Hours: **101**
Additional Volunteer Hours: **118**
Administrator Hours: **158**

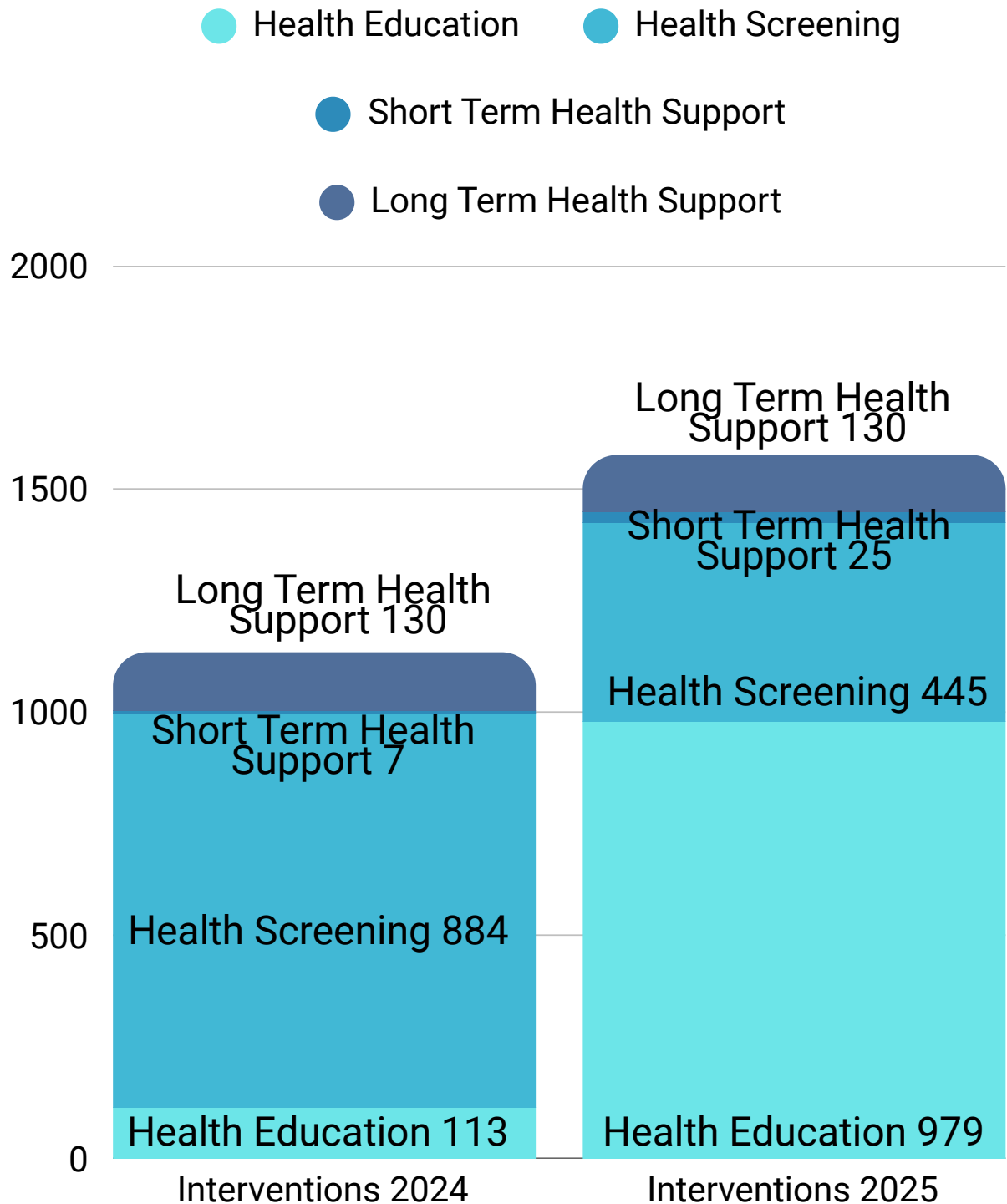
**Our generous volunteers have donated their time to the financial equivalent of:
over £5500**



- New Clients
- Non Worshippers
- Carers
- Bereaved



2024/2025 Interventions Comparison



As you can see from the data, our biggest area of activity is now health education and promotion. This is due to an increased number of clients attending the stall as well as the various groups we support, visits to events and conducting talks to provide information and first aid training to community groups.

Outreach Developments

- Louise and Catherine are both now qualified to conduct first aid resuscitation training which they have been providing to community groups such as The Mothers Union.
- Our nurses and chaplain have given numerous talks to community groups.
- Louise has spoken as part of the panel for Parish Nursing Ministries UK to encourage and train other parish nurses.
- We are currently working alongside the Diocese to help establish new Parish Nursing projects in the Sheffield area such as one at St Catherine Of Siena, Richmond.
- We still keep in close communication with multi-agency outreach to maintain links and contribute to joined-up services within the city.

In July, Parish Nurses Louise and Michaela, along with Children and Families worker Minerva, enjoyed a very fun day at the “Young Marketeers” event in the city centre.

This event enabled children to be entrepreneurs for a day selling home-grown food and hand-made goods. The nurses provided activities around healthy eating and look forward to returning next year



While most interventions occur on the market stall, we also step out into the community in a number of ways to ensure the greatest reach possible. These include:

- **Church-based groups** such as the **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 above.

Supporting our Parish

In previous newsletters we highlighted 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 to attendees, Catherine has led “Godly Play” sessions and in June provided relaxing hand massage sessions to the mums and carers to highlight the importance of self-care. This was much appreciated by all!



Education and Awareness

Catherine and Louise were able to offer their first life-saving resuscitation training to approximately 10 ladies from the Women's Institute in Barnsley, with one attendee sharing that it reassured her that, when dealing with a resuscitation episode, that staff have a recognised protocol which offered her some comfort.

Additional sessions took place in September with the WI at Ossett, Trinity Bells.

Being able to share our expertise with the wider community to empower them with the skills to potentially save lives is extremely rewarding!

Networking and multi agency work

Louise attended the launch of the "Lift Thy Neighbour" event by Sheffield Charitable Network.

This aims to bring together people across the city in a way that makes all more confident in the great work that is being done here.

The group is actually owned by Sheffield's charities, to unite them through shared aims and learning.

Great guest speakers and a wonderful opportunity for networking and connection made this a memorable event.

Health Screening in the Wider City

In March we were able to offer blood pressure checks and health advice at the Winter Gardens, as part of the *Help Us Help* event.

This important initiative raised awareness about homelessness and the incredible efforts being made to support those in need.

We were so grateful for the opportunity to connect with the community.

A huge thank you to *Help Us Help* for organising such an impactful event, as well as to all who were involved.



In February Louise attended the launch of the new Healthwatch Sheffield contract at the “The Circle”, Sheffield.

The event provided a great opportunity for networking, insightful talks, and engaging activities aimed at shaping the future of health and social care in our community.

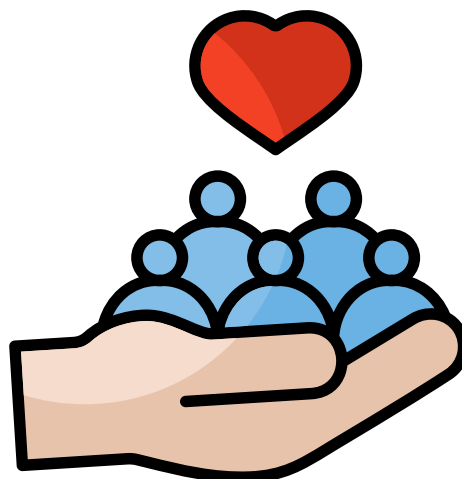
We’re excited to see how this collaboration will strengthen local voices in healthcare and look forward to working together for a healthier Sheffield!

Healthwatch is a statutory organisation set up by the Health and Social Care Act 2012, part of a network of over 150 local Healthwatches across England, with statutory powers and duties

Their work makes an impact locally, but also feeds into national research and campaigns through national body, Healthwatch England.

Healthwatch is independent from the council and the NHS.

In Sheffield, the Healthwatch contract is held by Voluntary Action Sheffield (VAS) to connect to the city's voluntary and community sector organisations; Healthwatch works alongside these groups to listen to, understand, and share the views of local people.



healthwatch
Sheffield

Maternal Journal

Our new “Maternal Journal” group was launched, by volunteer nurse and registered midwife, Catherine starting with a taster day in September at St Matthew’s church.

Maternal Journal is a global community movement, and during sessions partakers share creative tools and techniques to support the huge changes, joys and challenges that occur during pregnancy, birth and parenthood.

All materials are provided in what is a safe space to process thoughts and feelings around childbirth.

Refreshments are also provided.

Sessions are provided both in person and online.



The Stall

The stall is now open 4 days per week, and continues to be very busy providing health checks, advice, signposting or just a listening ear from our nurses, volunteers and project chaplain, Fr Parker.

The change of stall location within the market has made a measurable difference with 63% of those seen in the second quarter of 2025 being new clients.

The stall is now our primary point of contact with the people of Sheffield city centre, and the number of visitors is at an all time high.

Our presence in the market has also been instrumental in ensuring good outcomes for several medical emergencies that have occurred with visiting shoppers in the past year.

Louise's presence on the stall has thoroughly proved its value, but it is our hope that we will be able to recruit an additional nurse in 2026 to expand our offer to the wider community through additional projects.

We continue to work alongside our colleagues from Diabetes UK and the Welcome Space.



Consultations with clients can sometimes call us to pursue unexpected actions, for example;

- Louise liaised with Sheffield Council to help a client arrange an annual fire safety inspection.
- She also liaised with Environmental Health to aid another client with mental health issues caused by light pollution on their property.
- In an emergency situation Louise was able to ready the defibrillator and offer first aid to a shopper suffering from a suspected cardio event in the market and to support the client and their family until the ambulance arrived.

We co-hosted a **men's health event** in July, in partnership with the Welcome Space where we shared information and advice on numerous aspects of well-being.

We are always available and happy to talk about any aspects of health and wellness.

Our service is completely free of charge, confidential and open to all.

We've been lucky enough to have had the help of three holy men in recent weeks! All three are currently on placement at St Matthew's, Carver Street;

- Mark Atkinson is on the Ministry Experience Scheme exploring his vocation. He assisted Fr Parker on the Stall one Wednesday afternoon followed by the Healing Mass.
- Richard Brooke a 2nd Year ordinand also spent a morning at the stall .
- Michael Gordon a lay-reader trainee also helped on the stall and attended three Anderson-Green group sessions.

Income and Expenditure

Please be aware that financial data for December has not yet been collated, so the figures only take us up to the end of November. The accounts are also yet to be independently audited.

Breakdown of some key costs for the year	2024	2025
Outreach Costs this includes basic refreshments for clients, spiritual tools such as bibles, rosaries and crosses, and resources for outreach groups such as journaling supplies for the Maternal Journal group and resources for events like "Young Marketeers".	£2187.98	£694.38
Volunteer Costs covers travel, training and resources for our volunteers.	£933.46	£1696.69
Administrator Employment Costs to ease the pressure on our nurses to save costs and increase client contact time.	£1621.47	1926.21
Parish Nurse and Chaplain's Salaries	£29092.83	27801.66
Stall Rental and Equipment Costs includes stall rental, rates, blood pressure equipment, stationery and printing etc.	£8136.59	6300.99

- Expenditure on **outreach supplies and gifts** were down again this year. This reflects our shift to more multi agency working as well as group and stall-based interventions which require fewer resources than outreach on the streets.
- **Market stall costs** went up this year, including business rates rising from **£5235** last year, to **£5510** this year but we are very grateful to the Harry Bottom Trust for awarding us with a grant of £6000 towards stall costs.
- **Stall resources** spending is down here, because we invested in new equipment and machinery last year, which does not yet need replacing.
- **Salary costs are now lower** as currently, we only employ a single part-time paid nurse, instead of two nurses. Other paid staff being the project chaplain and administrator (both part time). We were so fortunate to receive a funding bid of almost £20,000 from the National Lottery Community Fund to pay for our lead nurse's salary.

- Volunteer Costs have risen as a direct result of the increased activity and enthusiasm that volunteer nurse, Catherine has brought to the project in establishing new groups, and supporting existing groups, as well as Michaela's change of status from paid nurse to volunteer nurse.

Since last year our outgoings have dropped significantly overall. This is partly do to us having already invested in most of the medical equipment we required last year. Our focus on the stall and community health monitoring and education requires fewer resources in regards to supplies and gifts than in previous years, but requires a greater commitment in terms of service hours.

Our volunteers have donated their time up to a monetary equivalent of over **£5500** in 2025.

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:

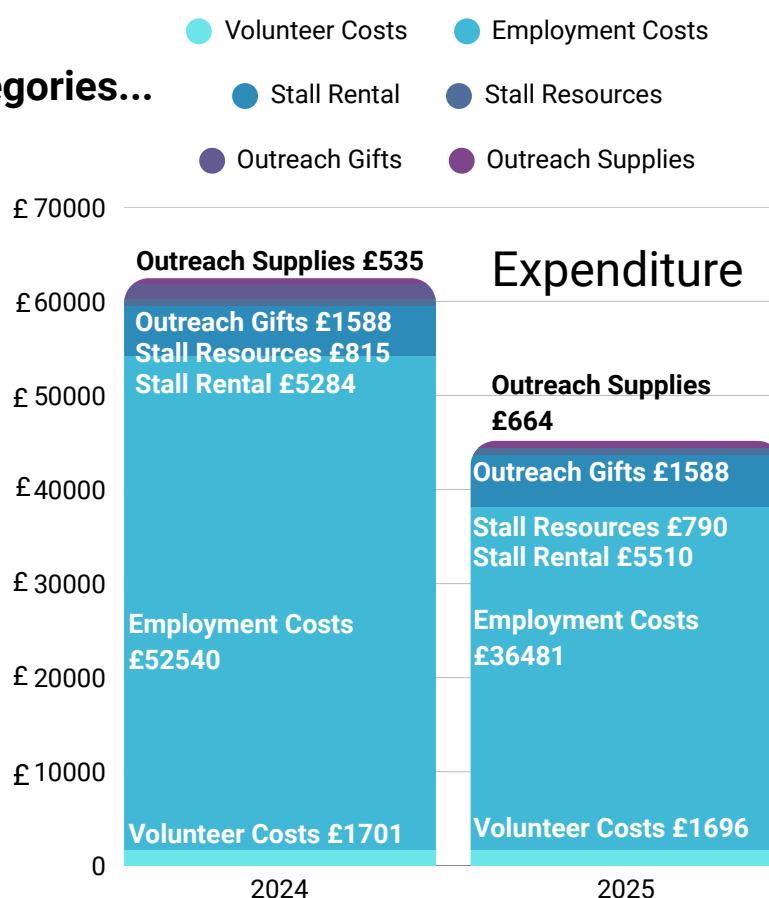
this covers personal equipment and expenses for our volunteers such as travel expenses, refreshments at meetings and resilience supervision sessions, professional registration, training etc.

Outreach gifts:

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

Stall Rental:

this is self explanatory and 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.



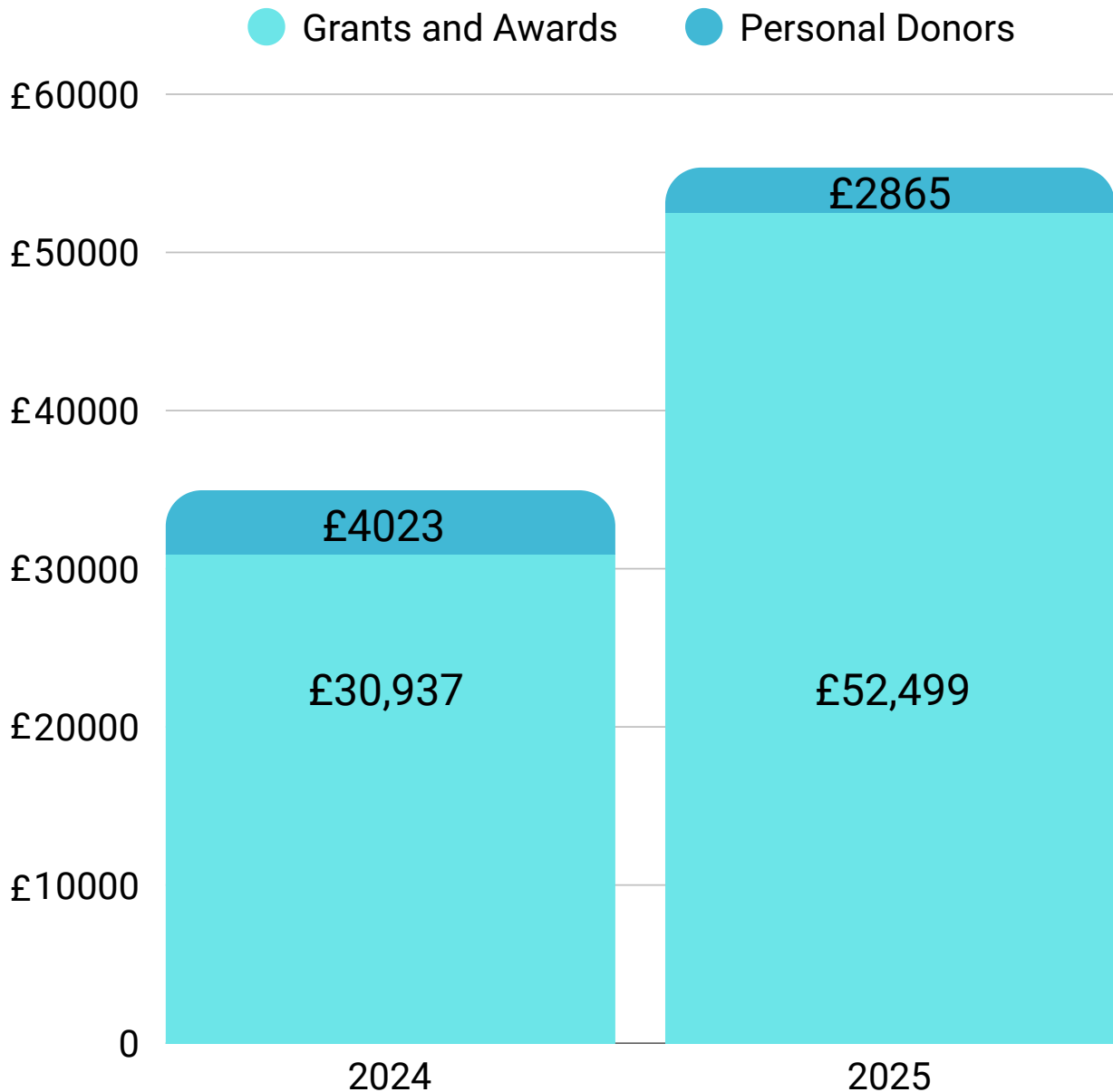
Stall resources:

this refers to any equipment and supplies to be used for our work on the stall such as; life-saving resuscitation equipment for our first-aid training sessions. It also covers basics like batteries for equipment, stationery and furniture.

Outreach Supplies:

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

Income



In 2025 we have received a fantastic total of **£2865** from individual donors including a core cohort of regular, monthly givers.

We really couldn't do what we do without your overwhelming prayers and support, so our deepest thanks to all who support our work in any way!

We also received a staggering **£52,499** in funding through grants and awards from charitable trusts and funding bodies.

Altogether, that makes a grand total of **£55,364** of income in 2025!

Funding Awards

In January Louise and Fr Parker were presented with a generous cheque for £1000 from the Combined Cutler's Company Charitable Trust.



The Company of
Cutlers in Hallamshire
Since 1624



In March we received a £12500 instalment from The Joseph Rank Trust who have been instrumental in supporting our project over the last three years.



In May we received £5000 from The Church Burgesses to assist with the costs of an additional paid parish nurse.



Church Burgesses Trust

Long term supporters, The Harry Bottom Trust, also awarded us a further £6000 in October towards the costs of running the stall.



HARRY BOTTOM
CHARITABLE TRUST

We also continue to receive funding from the Fellowship of St John, who awarded us £15,000 per year for three years, with the final instalment due in January 2026.



The icing on the cake came just weeks ago in November, when the National Lottery Community Fund awarded us **£19,999** to fund our lead nurse's salary, thus securing our work further into the future!

We really couldn't do what we do without the generous help of all our supporters, **please** do continue to pray for us and our work, every investment of time and resources goes back into serving our wonderful city of steel!

Proverbs 19:17: *"Whoever is kind to the poor lends to the LORD, and he will reward them for what they have done."*



Training and Development

In 2025 volunteer nurse and registered midwife, Catherine Dodd fully qualified as a parish nurse and was happily 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, her unbounded enthusiasm and her energy as she forges a path ahead on this journey with us!



2025 has been a characteristically busy year in regards to training. Our staff and volunteers:

- **Louise Completed Safeguarding Leadership and Recruitment Training**
- **Louise and Catherine completed Resuscitation and First Aid in the Workplace Instruction training.**
- **Food Safety Certification training was completed by several team members**
- **Additional GDPR training was undertaken by Louise and Holly**
- **Holly, our administrator, took part in a training event on the theme of *working with volunteers* hosted by UCAN (The UK Church Administrators Network). This had some great practical ideas for helping to recruit, encourage and co-ordinate volunteers.**
- **Louise spoke on the panel for PNMUK to help to train other Parish Nurses**
- **Catherine and Louise also completed their revalidation with the Nursing and Midwifery Council.**

Parish Nursing Ministries UK International Symposium

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.



Conference Theme
Caring Ministry in our Broken World

Our Parish Nursing Governance meetings continue to take place every quarter. 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.

Some Highlights of 2025

As well as the symposium, other highlights of 2025 include our team retreat day at Bishopscoft, as kind guests of Catherine Fox, who sits on the Parish Nursing Governance Team, and Bishop Pete Wilcox.



Walsingham

Our annual pilgrimage to the Shrine of Our Lady of Walsingham is always eagerly anticipated. A peaceful and fruitful time!



Parish Nursing Sunday

On October the 19th we were overjoyed to welcome as guests of honour, the Deputy Lord Lieutenant Dr. Jaydip Ray and Dr. Karabi Ray, as well as the Master and Mistress Cutler among other distinguished guests to our Parish Nursing Sunday celebration. The event began with the celebration of the mass followed by a presentation of our work and delicious refreshments. A wonderful day!



Looking to the Future

Currently our commitment to consistent availability on the stall, though incredibly needed, limits our capacity for wider outreach.

For this reason we will soon be recruiting a new employed nurse to extend our offer.

Plans are being considered for a lung health group, a walking group and a chair-based exercise group.

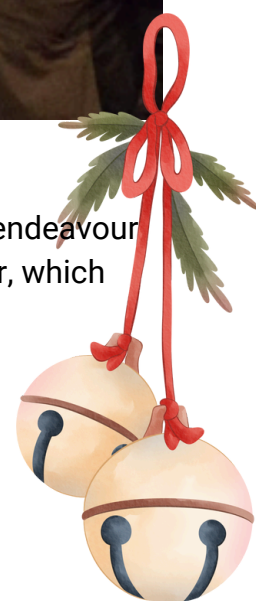
Plans are also underway, with support from the Diocese, to help support the foundation and growth of new Parish Nursing Projects serving other areas of our wonderful city, which is so exciting!



As I write this in Advent, the anticipation of what is to come is strong. We will endeavour to meet the future with patience, determination, compassion and good humour, which are, dare I say it, a hallmark of our team.

With God's help all things are possible, and even joyful!

Wishing you and yours every blessing of the season and a wonderful 2026!



How to Make a Donation

If are considering make a contribution to our mission of bringing “whole person health” to the people of Sheffield, the most cost effective way to give is directly through your bank.

Our account details are as follows:

Name: St Matthews PCC

Account Number: 03996810

Sort Code: 30-97-51

REF: Nurse (to ensure your donation is allocated to the correct fund)

