

Caring for Older People

Growing old, becoming frail and vulnerable, and losing independence and faculties are not only frustrating and worrying for the person concerned, but very often, the start of an anxious journey for close family members, unsure how best to care for their loved ones.

St Cuthberts Care cherishes life at all stages and provides several day resources for older people across our region. The charity also provides a 45-bedded nursing and residential home, newly-built some ten years ago. We are now investing further by expanding its capacity to 80 beds. The development will include specialist provision for dementia and end of life care, ensuring the highest standards of nursing expertise, compassion and dignity at all times; a right that we so often hear is lacking in many of our residential homes today.

The charity has recently launched a free respite service to help older people to remain in their own homes for longer, by providing day and overnight care to allow existing family members and spouses a well-deserved rest.

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Community Services

St Cuthberts Care is indebted to its supporters for their regular donations. The charity relies upon this generosity to pay for its entire range of community services that span the width and breadth our region.

The charity ensures its community services target the most impoverished people: those living in poverty; older people who have become isolated from their communities; asylum seekers; homeless individuals; those suffering from addiction or mental health issues and the many people who have lost jobs and are now struggling to keep their homes and feed their families.

In keeping with the charity's Purpose, we have devised ways to identify 'hard-to reach' individuals or groups: those people who have opted out of society for whatever reason, and have fallen under society's radar, becoming less visible than those accessing mainstream support services.

Our 5p Bus project is the most well-known of our community services, reaching out to more than

We have more than ten community services in operation, run by teams of volunteers supported by our staff team

1000 needy people each week. It is a mobile distribution and sign-posting service, handing out essential clothing, bedding, toys and new toiletries to those who are suffering most, for just 5p an item. In operation for almost three years now, the service has two buses that focus upon the north and south of our region respectively.

With over ten community services in operation run by teams of volunteers and supported by our small community services staff team, we encounter increasing need, month on month. Our only constraint is money.

How you can help

Thank you for taking the time to read about the work of St Cuthberts Care. No other charity in the north east provides the range of services we do, nor guarantees every penny of donated income will be spent entirely on its intended cause, without deduction.

If you would like to:

- Donate
- Fundraise
- Volunteer
- Find out more

Contact Austin Donohoe, Chief Executive on **0191 228 0111**, or email Austin at austin.donohoe@stcuthbertscare.org.uk and he will be delighted to help.

Donate by text

You can donate quickly and securely via text message through *JustTextGiving*, a mobile phone donation service run by Vodaphone. To make a donation simply send a text that includes our charity code: STCC00 and the amount you want to give (e.g. STCC00 £10) to 70070. Choose from the following donation amounts: £1, £2, £3, £4, £5, £10, up to a maximum of £30 per day. You will receive a thank you message confirming that your donation has been successful.

Texts are charged at your mobile phone operator's standard rate. The charity will receive 100% of your donation. You must be 16 or over and please ask the bill payer's permission. For full terms and conditions and more information, please visit: www.justgiving.com/info/terms-of-service



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Our Work



Welcome to the Work of St Cuthberts Care

St Cuthberts Care is one of the longest-established regional charities in the north-east. Founded in 1946 by the Catholic Church, its original aim was to offer food and shelter to disadvantaged families, particularly orphaned children from World War II.

Some 65 years on, St Cuthberts Care works across the whole of the north east region and seeks to help the most vulnerable members of our communities. Our work is specialised and often tackles areas of unmet need that is either unattractive or considered to be too high risk for other providers. We focus largely upon:

- residential care for children
- short-term and long-term fostering
- specialist provision for people with profound disabilities
- care for older people

The majority of our work is sensitive and emotive, reaching deep into people's lives. We engage and contract with a range of professional bodies and local authorities and this income pays for the full cost of our care, including overhead.

In addition to our care provision, we develop and run community projects. These span our region, targeting people who have absolutely nothing. Our fundraised income and donations pay for the entire cost of our community work.

In the summary of our work that follows, our Purpose, *working for the common good by enabling people to develop to their personal potential* is the tenet that underpins everything we do. It is why people are at the heart of our work and will always remain so.

Austin Donohoe
Chief Executive

Residential Care for Children

This is the most challenging area of our work. Today, more children and young people than ever are subjected to the most appalling levels of systematic abuse and neglect in their own homes. For many children, removal from the family home into foster care is the only remaining option open to them. In cases of extreme abuse, fostering care can break down.

There is possibly no greater trauma for a child to overcome than that of being removed from their family home, however grim the environment. Our homes provide long-term safety and stability for our younger children, and a platform from which to prepare for college, work and independent living, for our older children.

Every young person in our care, when leaving school, is offered a work apprenticeship with St Cuthberts Care, guaranteeing a permanent job. No other provider of residential care offers this level of commitment or security to its young residents. As one of the most successful providers of children's residential care in our region, we have helped scores and scores of young people over the years to put their trauma behind them and to work towards lives filled with purpose and aspiration.

We invest continually in the care and personal development of each child

We invest continually in the care and personal development of each child and also in the physical environment of our homes, having spent just over one million pounds on refurbishing and building new homes over the past few years.

We currently operate four *Auton* homes, the name the charity uses for its provision of residential care for children. These are located in Sunderland, Darlington and Newcastle. We also provide a specialist *moving-on* provision in Newcastle to support young people in our care to prepare for independence and adulthood.

Fostering North East

The charity has its own registered fostering agency, *Fostering North East*, which as its name suggests, is available throughout our region. With a pool of approved and experienced foster families, *Fostering North East* has provided quality, short and long-term foster provision to children throughout our north east region for over 50 years.

Through *Fostering North East*, children and young people of all ages in need of a loving home, are carefully matched with new families that offer nurturing, stability, and understanding.

St Cuthberts Care regularly recruits and supports new families to join their team

Our highly experienced and specialist team of qualified social workers ensures that both foster child and carer receive all the support and advice needed to guarantee a successful and happy foster placement.

Demand for fostering has grown considerably over the past few years

and St Cuthberts Care regularly recruits and supports new families to join their team.

Specialist Services for People with Profound Disabilities

For some families, coping with a profoundly disabled child, particularly into adulthood and beyond, is an immutable struggle of exhaustion and discrimination that can often be debilitating and isolating.

St Cuthberts Care recognises the demands made on these families and has responded by developing a wide-ranging mix of services for people with disabilities and their families.

Today, the charity operates:

- a number of services to support people with disabilities to live independently in their own homes
- permanent residential homes for young adults and older people with learning disabilities
- day resources for disabled adults to develop skills to become better equipped with everyday living, with a particular focus on social interaction
- residential short breaks for children and young adults with complex disabilities
- specialist therapeutic and leisure resources, tailored to those with profound sensory impairments

The charity has recently introduced a free respite care provision for the neediest of families

The charity has recently introduced a free respite care provision for the neediest of families, in direct response to the cut-backs faced by families relying upon regular short-breaks. We are also currently developing two further specialist residential facilities for children with autism, specifically those children presenting challenging behaviours and complex disabilities who are unable to live at home. Investment in provision for disability will remain a high priority for the charity both now and in the longer-term.

The charity is delighted to have the ongoing support of patron, Alan Shearer, who endorsed two recently opened facilities: *Alan Shearer Activity Centre* and *Alan Shearer Short Break Centre*. These two highly specialised and unique services for children with severe disabilities were made possible following the biggest and most successful capital fundraising campaign in the charity's history, raising a staggering £1.5million in under a year. This sum includes the largest proportion of Alan Shearer's testimonial money, which was generously donated and gift-aided to help the charity achieve its target.