



## WINTER NEWSLETTER

2022

### Good Shepherd Shopping List

Tinned meat	Chocolate
Tinned pies	Gravy granules
Long life Milk	Custard
Christmas Pudding	Fruit Juice
Boxed Biscuits	Coffee
Men's toiletries	Sugar
Toothbrushes	Hot chocolate
Tin openers	Jam

**Items can be delivered to  
65 Waterloo Road**

**Monday-Friday 8.30-11am or 2-3pm**



**Thank you for your support**

# A MESSAGE FROM THE BROTHERS

At the Good Shepherd, we always like to be looking ahead, planning and adapting to see how we can best meet the needs of our service users. However, during this 50th anniversary year we have also been looking back. There are many memories.

It all began in 1972 when, at the invitation and with the support of Bishop Cleary and representatives of various churches in the city, Brother Thomas Byrne started the Good Shepherd project to help people who were homeless or poor or otherwise in great need (and many of us at some time in our lives fall into these groups).

From then right up to the present, despite all the changes in society and the world, these groups have continued to be our focus.

Our work has taken place in three separate locations in the city centre: Thornley Street, Darlington Street and Waterloo Road. In each location we have had different types of facility to carry out our services. In Thornley Street we started out in a disused cinema, then moved across the road into a purpose-built centre, providing short-term and long-term accommodation and support, and drop-in food assistance.

In Darlington Street we rented space from the Methodist Church to provide a food takeaway and dining-room service plus other support. Now on Waterloo Road we finally have our own building, where we are currently providing a dining-room and food takeaway service and also extensive support services with plans to do much more.

We have had great support from the caring community of Wolverhampton over the last 50 years – from churches and other faith groups, schools, supermarkets, companies and other organisations (not least Wolves FC), Wolverhampton Council, the police and other public bodies and indeed many individual benefactors. Numerous volunteers of all ages and backgrounds, together with our employees, have helped us in our work, for shorter or longer periods of time. We are grateful to them all for their contribution.

We have had many 'celebrity visitors' over the years. Perhaps the most famous was Princess Diana who visited our new Thornley Street centre in 1984 and made a great impression on everyone (joking with Brother David about his white habit, she herself being dressed in white).



When the (then) Prince Charles and Camilla, Duchess of Cornwall, came to the Royal School, Wolverhampton in 2014 to meet representatives of local charities, some of our volunteers were presented to them and talked about our work.

The Duke of Gloucester visited us at Darlington Street in 2017 to present us with the Queen's Award for Voluntary Service. Mayors and Council Leaders and MPs have visited, and Archbishops and Bishops have toured all three of our locations. The nation's favorite cook, Mary Berry, helped serve a meal in our Darlington Street dining room, complimenting our cook on the quality of the soup and leaving us a recipe for her apple cake.



We are always pleased by the interest shown by our 'celebrity visitors' and we benefit in various ways from the resulting publicity. However, the most important 'visitors' to our centre over the years are, of course, our service users. So many people have passed through our doors, some needing us only for a short time, some for much longer.

It is very encouraging when we see people changing and establishing or recovering a stable way of life (among such 'success stories' are service users who have become volunteers and employees of Good Shepherd). Sadly, we have been aware that some of our service users have not managed to turn their lives around and have died tragically young. We cannot mention their names, but we do not forget them.

It hasn't always been easy. There have inevitably been a number of difficulties and setbacks over the last 50 years. The early days of running an overnight shelter in a converted cinema on Thornley Street were very challenging for the first Brothers, staff and volunteers. Things were easier when we moved into a new facility on Thornley Street. Later, when we were operating from the Methodist Church building on Darlington Street our space for storage and serving people was at first very limited, which made things difficult for our volunteers and service users.

Then we narrowly avoided disaster in March 2014 when a major fire on a Saturday night was barely brought under control before it destroyed the building. Again, conditions were very difficult for a short time after that, but we never stopped serving.

In the past 50 years there have been huge changes in every aspect of life. For most people life has become materially better. However, as a society we have not been able to solve the problem of homelessness and extreme poverty.

The Good Shepherd is still needed.





## MESSAGE FROM CEO TOM HAYDEN



As we approach Christmas this year, our thoughts are not just about ensuring we make the festive season something for our service users to enjoy during these challenging times, we are also celebrating the extraordinary 50 years' service of the Brothers across Wolverhampton, since they first arrived in the city in 1972.

It has been quite a journey! The Good Shepherd as a charity, and Wolverhampton as a city, has been so fortunate to have the support and guidance of the Brothers down the years, particularly their selfless attitude to helping people and following the values of respect, compassion and hospitality that continue to drive us all, half a century on.

Over so many years they have been at the heart of the Good Shepherd, and we are hugely appreciative to have Brother William, Brother Stephen and Brother Charles from the current community playing such an active role in the charity alongside our staff and volunteers.

As part of commemorating the Golden anniversary, we have organised several fundraising activities over the year, one of which was the '50 Miles for 50 Years' expedition by myself and Housing First key worker Paul Burns back in May.

We walked for 50 miles across North Wales – in various weathers! - before being joined by colleagues Lucy, Dawn and Surinder to climb Snowdon. It was a tough challenge but one in which we received incredible support in donations so thank you so much. We're already planning for next year!



I have been here at the Good Shepherd for almost five years now, and while there are too many people to mention who I would like to thank for their support during that time, I would like to highlight two, purely because of their fantastic overall contribution to the charity.

Firstly, to our Chairman Nigel Tinsley, who has been a strong source of advice and guidance to me as part of his history with the Good Shepherd which extends to 40 years, and then also to Helen Holloway, our Business and Finance Manager.

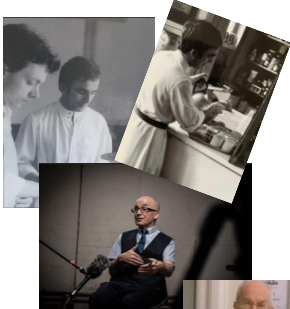
Helen first started volunteering over ten years ago before being employed by the Good Shepherd and, as anyone who knows us will tell you, she is the glue which holds everything together through the many trials and tribulations we experience!

In closing, I would like to thank our incredible team of staff and volunteers who worked tirelessly to meet the increased demand we have faced in 2022, and also to everyone who has supported us over the last year, and over the last 50 years.

We couldn't do any of this without you. Thanks



*Tom*



# 50 YEARS OF MEMORIES

# 50 YEARS OF GOOD



## John Price

"This amazing place saved my life when I was 13 years old and running away from my world. Since then I have seen them change lives, change people's futures and make a massive difference to the vulnerable, the needy and the lost in my town. It's a special place where everyone has the chance to be someone."

## Sister Marie Therese

I was volunteering at Thornley Street as a teenager just after the Centre was set up by the Little Brothers, and doing that changed my life. I think I would probably have gone into dentistry otherwise, but seeing the Brothers and what they did led me into a different life of searching for myself and my own vocation, and I joined the Order of Carmelite Nuns. The Brothers have always been there for us at Carmel, they are part of our lives. They have been a wonderful example to me in terms of how they treasure the dignity of each person. It is important that we all look at people as individuals, and it was the Brothers who taught me that.

## Chris Edwards

"For a good few months I would come to the Good Shepherd and have a meal and then go off again but then I heard about the groups, like boxing and competition night. Then I started to volunteer, and now that's a regular thing, helping Lou in the kitchen, also helping with the washing and a bit of other stuff. I love it here, and have met some lovely people. This place is such a big part of my life, and it really helps me with my mental health - it's the sort of place I've never really had before in my life."

## Memories from our chair of trustees Nigel Tinsley



The brothers have been in town for 50 years, and for 40 of those I've had the privilege of working with them. Rather than boring you with a timeline of those years, here are a few snapshots of some of my more memorable moments.

- Watching as Brother Malachy in full white vestments and with a shepherd's crook in his hand led the residents across the street from the old Night Shelter to the sparkling new Good Shepherd Centre.
- Realising that we didn't have a pen for Princess Di to sign our visitors book, and running round to Beatties (remember Beatties?) to buy a Parker ballpoint – I've still got it
- Holding a committee meeting in Darlington Street Methodist Church, and realizing that the glow through the window was actually the Church on fire.
- Bumping into Micky B, a long term resident, who was proudly sweeping the streets and had his own flat.
- Trying to eat rock hard soda bread that the nuns had made for the Brothers' garden party.
- Going to Buckingham Palace Garden Party as we received the Queens award for charity.
- Carrying, and spilling, a container of sprouts from Darlington Street to Snowhill for the Christmas Party. The car was almost undrivable for weeks.
- Hearing from a friend in a very dark place that Brother Simon had saved his life.
- Watching our new building fill up with wonderful people and wonderful support services.
- Above all, being privileged to work with the Little Brothers, and in a small way facilitating the work that they do in our City.





# Memories from Helen Holloway Business and Finance Manager



I came and visited Brother Stephen at Darlington Street around 10 or 11 years ago. I was initially put off, I couldn't think of anywhere worse to go and volunteer! But gradually, something dragged me back in, week-in week-out, and I could see the wonderful work that was being done and how people, through no fault of their own, needed help. To see the mission in action, the respect and love that the Brothers give to our service-users, is so humbling. That's what drew me in and I realised I could play my small part by helping with fundraising and bid-writing and have been working for the Good Shepherd for several years. It is somewhere that I feel proud to come to every day, working with such wonderful people."



## The Molineux Sleep Out



This year's Molineux Sleepout fell on one of the coldest nights of the year so far – but that didn't stop approximately 150 hardy folk sleeping under the stars in the Stan Cullis Stand to support Wolves Foundation and the Good Shepherd. The Foundation's fourth annual Sleepout took place on Friday 18<sup>TH</sup> November, providing people with just one night's experience of being a rough sleeper to raise awareness of the plight of the homelessness and vulnerable, as well as funds for projects run by the two charities.

So far over £40,000 has been raised, which is a record total from the Sleepout for Just Giving alone, and, with donations staying open until the end of the year, and other funding to be added, it is hoped that the target of £50,000 could be reached. "It was another really inspiring evening, particularly to see so many people from across the community coming together to support those who are in need of help during these challenging times," says Head of Wolves Foundation Will Clowes, who took part in the event.

"The Molineux Sleepout has become a really important part of our calendar, both to raise awareness of the wide range of work which the two charities carry out in Wolverhampton, and also vital funding to deliver those projects. "We are hugely appreciative to everyone who took part and braved the elements, the local dignitaries, charity ambassadors and all who gave their time to help bring the event to a wider audience, and everyone who has made a donation which will have such a positive effect on the people of the city.

"The funds raised will ensure that we as a Foundation will be able to deliver some extra work for those in need this Winter."

Those who took part in the Sleepout included the Mayor of Wolverhampton Councillor Sandra Samuels OBE, Wolves director John Bowater, Foundation ambassadors Karl Henry, Mark Rhodes and Johnny Phillips, Good Shepherd ambassador and comedian Jack Kirwan, and BBC WM reporter Daz Hale.

Also popping in during the evening were Wolves Foundation ambassador Anna Price, Good Shepherd ambassadors Jaki Graham, Natalie Graham, Niall Farrell and Carl Ikeme, with the former Wolves goalkeeper joining other former Wolves stars John Richards and Steve Daley for a Q&A session hosted by Wolves TV presenter Gemma Frith.



Good Shepherd CEO Tom Hayden and senior volunteer Matt Waterhouse also spoke on stage.

# **Darryl's Story:**

## **Stopping The Avalanche**



There has been a time when Darryl had a partner and family, ran several businesses, bought and sold houses at auction, and had hundreds of thousands of pounds sat in his bank account.

And there have also been times when he has been sleeping in a subway, surrounded by faeces, spending £500 a day to satisfy his drug addiction and has walked to the top of a bridge, considering taking his own life.

Sometimes the line between living a 'normal' and contented life, and spiralling into danger and despair, can be very thin.

"I bit off more than I could chew," explains Darryl, chatting at the Good Shepherd alongside his Project Worker Paul Burns, one of the Good Shepherd staff working on the Housing First programme.

"I had a lot of money to my name, much of it tied up in assets, had my own roofing business, was involved in a mate's scrap business, and was buying and selling houses at auction.

"I think you can end up doing too much in whatever you are working in and that was me, I was drained and it was sucking the life out of me.



"That put pressure on the relationship I was in, and I ended up having an affair.

"From there I lost my businesses, lost my family, lost everything and just ended up spiralling, spending £500 a day on drugs for 18 months and all the money I had just dwindled away.

"I was addicted to the drugs, smoking crack mainly, and was taking as many drugs and as much drink as I could, I just wanted my heart to stop

"I went up to a bridge, and thought about throwing myself off. I had just had enough. I got to a stage where I just didn't give a \*\*\*\* about anything anymore."

The Darryl from those days is very different to the Darryl now sat chatting and laughing and enrolled on the Housing First programme, a pilot scheme which offers accommodation to people with a history of homelessness who have multiple and complex needs.

Darryl finally feels he has a reason to live again, and to look forward.

"Without this fella (pointing to Paul), ringing me every day, and this place (the Good Shepherd), I'd be absolutely screwed," Darryl admits.

"They have done that much for me, from putting the clothes on my back to food in my stomach, letting me come and talk when I am stressed out and spitting fire, having someone there that I can have a cry to and a moan to.

"I was snowballing out of control but before it turns into an avalanche it's time to try and put a wedge in front of it do you know what I mean?!"

"It's nice not to wake up with that horrible and stinging feeling in my chest where I haven't got anything, it's half past seven in the morning, its freezing and going to rain all day, and I have nothing to do.

I feel more independent now, I've got a bit of respect back for myself and other people have got respect for me – they can see how much I am trying.

"It's really nice that Paul and the Good

Shepherd have been able to do what they have, and now it's all about keeping it going and carrying on moving forward."

Onwards and upwards.



**Darryl**



## FOOD SERVICE



Over the last couple of months, the Good Shepherd's Food Service has been a hive of activity as we collected and sorted through our harvest donations. We are enormously grateful to over 60 schools, faith organisations and businesses from Wolverhampton and the surrounding areas whose wonderful donations will help to sustain the Food Service in what could be our busiest winter ever.

In October alone, 1,862 meals were served to 372 individuals and there were 279 visits to the Family Food Pantry, with these numbers gradually increasing as the cost-of-living crisis impacts more and more people.

2022 has also seen us open our dining room to the public again and we were pleased to welcome visitors for the BAS9 (British Art Show) Exhibition, a coffee morning and, more recently, a Sunday Lunch where in excess of £300 was raised. We are planning to do another Sunday Lunch on February 12th 2023 where we would love to welcome more visitors to learn more about our work.



**Project Manager  
(Food and Advice Service)**

**Lucy Cox**



**Volunteer Co-Ordinator  
Karen Hancox**

## VOLUNTEERS



It's been a busy period with harvest and the lead up to Christmas. Our dedicated team of volunteers consistently give their time and commitment each and everyday.

The Good Shepherd is able to deliver its support to the community and make a difference with the contribution of our wonderful volunteers. We currently have 38 active volunteers as part of the team, supporting with a wide variety of tasks, with new volunteers coming on board.

We regularly get together with our volunteers and have been holding volunteer coffee events with quiz masters Gorn and Neil providing much fun and entertainment with their variety of quizzes. Its also an opportunity for us to say Thank You.

As well as individual volunteers many organisations are keen to spend their charity/community day volunteering with the Good Shepherd. Then gain insight into our services and how much of a difference we're making. The feedback received is always positive with them feeling they receive a warm welcome from everyone and have a great volunteering experience.





## Meaningful Activities

### Senior Key Worker Leon Barrett

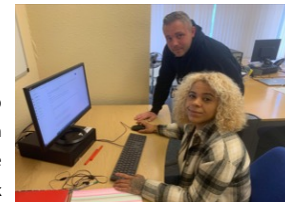
This year has been a great year for activities within the GoodShepherd. Due to growing our reputation within the community, we were asked by Wolverhampton's Social Prescribing team - as part of the Winter pressures contract - if we could produce and facilitate some groups.

The clients had to be referred by their GP or the Social Prescribing worker and they were individually contacted and given information about the Good Shepherd and the groups on offer such as art, football, 1-2-1 support, cooking and nutrition. The results that we have seen with some of the clients referred have amazed myself and our staff. Some of the clients who started the groups have grown in stature from being nervous and diagnosed with anxiety and depression to becoming calm and more confident individuals who help support each other and can make new friends. The cooking and nutrition class has really bought this to my attention where Louise, our Head Cook, has done an amazing job and, without a doubt, changed lives for the better.

The Art group have been recognised a lot since the British Art Show exhibition 'It Starts with a Meal' in April. I have received lots of emails from artists and organisations who want to work with our clients ranging from exhibiting their work in their exhibitions to national professional artists wanting to share their skills with our clients. This shows how far the individuals in the Art group have grown in recognition and continuing to grow and this would not be possible without the help and support from our facilitators Chris Manley, Neil Booth and Kate Penman.



## Project Manager Chris Cole



Since the Launch of LEAP (Lived Experience into Action Project) back in April 2022, we have been working very hard to reach the most vulnerable people of Wolverhampton to provide quick interventions to prevent homelessness.

During the last few months, we have helped numerous people not only secure tenancies but also to maintain those tenancies and progress in other areas of life including benefit entitlements, education, and employment as well as regular wellbeing related interventions.

LEAP has been very proactive with regards to engaging partners and key stakeholders, we are really appreciative have been welcomed with open arms. Our volunteers have already been supporting with outreach events within Wolverhampton by utilising their lived experience to engage rough sleepers into the relevant support services available to them. To date, LEAP has recruited 10 individuals all with a lived experience of either homelessness, mental health issues, to criminal justice system, addiction, or other related traumas. Our volunteers are already progressing really well with their lives in areas such as maintaining their recovery, employment, education and attending training provided by LEAP.

Volunteers have also taken part in partnership events that include the Black Country Mental Health Stakeholder Forum, Drug and Alcohol Partnership Engagement Event and the Molineux Sleepout with Wolves Foundation.

We now have two volunteers ready to take on the Adult Health and Social Care level 3 diploma which is a key part of the LEAP volunteer programme to help lead to potential careers within the health and social care sector. One of our volunteers has been given the great opportunity to do an apprenticeship within Wolverhampton City Council, along with what he is doing with us at LEAP.

Claire Johnson has really excelled and had great success in the LEAP volunteer programme and has now secured employment with the NHS. The Good Shepherd and the NHS Liaison and Diversion team in Wolverhampton have now teamed up to provide Peer Support Workers. Congratulations Claire!



## Finding Accommodation

### Senior Key Worker Tina Lane



In my role, I support people who present as homeless or at risk of homelessness, working closely with landlords and partner agencies to ensure we prevent rough sleeping.

I recently worked with a couple who were living in a tent where we managed to support with gaining information and identification needed for their accommodation that had been offered through the Local Authority.

Another person I supported had been without gas and electricity since 2019. We have now managed to get the issues resolved by working alongside his housing officers.

I closely liaise with landlords which is where some of my referrals come from. We have recently had examples of people who were employed but then, due to the current climate, have zero hours on their contract or no longer have that employment. I will support them to access benefits giving them the opportunity to be able to rent accommodation.



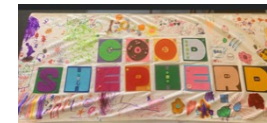
## Key Worker



### Kate Penman



The Good Shepherd art group is going from strength to strength. Most recently it has exhibited as part of the Whitmore Reans remapped project, funded by Esmée Fairbairn. Local artist Tess Radcliffe worked alongside the group to create footage around community and art within the Whitmore Reans area. The exhibition at the Newhampton Art Centre show cased Tess' short film about the Good Shepherd and its sense of community within.



What we have learnt from running the groups, is that it is great to create art but it feels even greater to be able to share that artwork, whether it be in exhibitions, films or in print.

Our most recent project has been our first Good Shepherd calendar, featuring artwork created by our service users.

What is most striking is the variety of work that has been created and the high standard. I love it when the group sees their work framed in an exhibition or featured in a film. It looks professional and it's their talent reaching a far wider audience. The calendar is no exception, and the group is delighted with the final product and the fact that their art is helping to raise funds for the Good Shepherd.



**The calendar is £5 and available from the Good Shepherd or can be posted out for an additional cost £1.65**

# Dates for the Diary

Thursday 15th December – 2.00pm

Service of celebration to mark

50 Years

St Peters Collegiate Church

Wolverhampton



Sunday 12th February – 12.00pm

Sunday Lunch at Good Shepherd

Waterloo Road



# THANK YOU



We hugely appreciate all the many different types of fundraising and donations we benefit from to ensure we can support the people accessing the Good Shepherd.

If you feel able to take part in any fundraising activities, or would like more information about how you can support us, please email

[office@gsmwolverhampton.org.uk](mailto:office@gsmwolverhampton.org.uk)

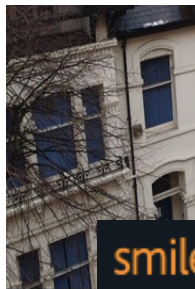


## Ways to Donate

## GOOD SHEPHERD SERVICES

### It Starts With A Meal

[www.gsmwolverhampton.org.uk](http://www.gsmwolverhampton.org.uk)



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Good Shepherd Services Wolverhampton



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## DONATION POINTS



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