

PRO-ACTIVE PARENTING

Parents and carers have a difficult and important job and CCSP have always been able to help and support our families within the Diocese. We have been listening to the needs of the families and schools we have been supporting as well as attending the national CAMHS mental health training day, which discussed preventative measures to help with the mental health crisis the country is facing and have rebranded our Patchwork Parenting courses.

Pro-active Parenting launched on Wednesday, 2 November 2022 at St John the Baptist R C Primary School in Dartmouth. The new course now runs over two sessions each 3.5 hours long where we explore themes and strategies within the home to support everyday family life. These themes will be adapted to the setting to incorporate the Primary Years and then will be further adapted for the Teenage Years when we visit a secondary setting.



Session 1:

1. Parental Wellbeing
2. Needs vs Wants
3. Effective Praise and Communication
4. Boundary Setting and Responsibilities
5. Behaviour we don't like and the Consequences

Session 2:

6. Anxiety and Attachment
7. Bereavement and Loss
8. Technology and the Family

If you would like to book a course for your school or parish, please contact our Parent Facilitator Sarah Watts by email: sarah.watts@prcdtr.org.uk or on her mobile: **07564 838906**

Other schools we have signed up to support in 2023 include:

- St Mary's Catholic Primary School, Swanage Friday, 11 November and Friday, 9 December
- St John's Catholic Primary School, Tiverton Wednesday, 11 and 25 January
- St Peter's Catholic Primary School, Plymouth Tuesday, 24 January and Tuesday, 7 February
- St Joseph's Catholic Primary School, Exmouth Wednesday, 15 and 29 March
- St Mary's Catholic Primary School, Falmouth Wednesday, 1 March and 22 March

St Mary's in Axminster and St Mary's in Poole have also signed up for courses.

New service to be provided by CCSP

CCSP now provide a Rainbows service for CAST schools. We now offer Continuing Professional Development (CPD) for delivering Bereavement and Loss programmes within schools using Rainbows age related peer support programmes, which help foster emotional healing among children, young people and adults.

Our Parent Facilitator Sarah Watts is now a Rainbows Director and can offer high quality training in bereavement and loss by supporting communities in reviewing or developing their own bereavement policy and procedures.

This service is open to all CAST schools to become a Rainbows site and we will provide training for all members of staff and further training for facilitators and co-ordinators to suit the specific needs of your school. For those schools that are already Rainbows sites, ongoing support is provided to affirm and advise the trained facilitators and co-ordinators that run the programmes. If you would like to book some initial training or an update for your facilitators for your school, please contact Sarah Watts by email: sarah.watts@prcdtr.org.uk or on her mobile: **07564 838906**



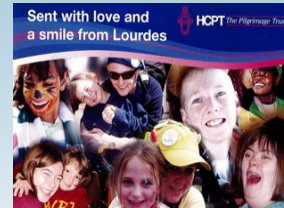
'100% of headteachers agreed that the Rainbows programme is a valuable resource for supporting vulnerable children in school.'

'96% of parents and carers would recommend the programme to others.'

'The Rainbows programme has made a huge difference to our family life. We found that our son was more able to cope with his grief and loss.' (Parent)

'79% of children agreed that they felt more confident and less worried about their problems after attending a Rainbows Programme.'

GRANT GIVING UPDATE



We are receiving an unprecedented number of applications to our Essential Grants programme as the number of families reaching out to us for our help reaches an all-time high. It is always lovely to receive some feedback from the families we have been able to support.

We recently received this thank you postcard from HCPT group 141. Back in 2020, CCSP gave a payment for one child to attend this pilgrimage to Lourdes, but the trip was postponed due to the pandemic but two years later, the child was able to go.

The Pilgrimage to Lourdes is a wonderful experience for all young people. You cannot put a price on the impact it will have on their life. It really is money well spent.

"I really want to thank you and the church for your help once again from me and my three children. Without the cooker we would be stuck eating unhealthy meals in the microwave. The children and I appreciate your help."

We could not support these families without the generosity of all donations received from parishes, schools and individual loyal supporters. If you know of a family who might need our help, please ask them to visit our website www.ccsplymouth.org.uk, call **01364 645420** or email ccs@prcdtr.org.uk



WAYS TO HELP

WE CANNOT DO WHAT WE DO, WITHOUT YOU!

LIST OF WAYS YOU CAN DONATE

If you would like to donate to the CCSP, there are a number of alternative ways you can do this via:

- **Crowdfunding page** www.crowdfunder.co.uk/p/extend-a-hand-give-hope
- **POST** by sending a cheque made payable to 'Catholic Children's Society (Plymouth)' to **St Boniface House, Ashburton, Devon TQ13 7JL**
- **BACS** direct into our account – Catholic Children's Society (Plymouth) **sort code – 52-41-60 account number – 06024335**
- **TEXT** – to donate **£5 text 5CCSP to 70085**, to donate **£10 text 10CCSP to 70085** or to donate **£20 text 20CCSP to 70085**

Please scan here using your mobile phone to donate to CCSP via Give a Little.

We also benefit greatly by donations being Gift Aided where possible. Please visit our website for further details where a form can be downloaded.



Different formats available...

To save postage, we can email future editions of our newsletter if you provide us with your email address. If you would benefit from receiving our newsletter in a different format, eg large print or Braille, please call the office on **01364 645420** or email vicki.dunstone@prcdtr.org.uk



If you've not given our Facebook page a like, please do so to receive news and updates on our fundraising events.

DATES FOR YOUR DIARY

- Crib Appeal 2022 –
- Crowdfunder prize draw closing date - **Thursday, 5 January 2023**
- Non uniform day – **Friday, 23 June 2023**
- Great Big Diocesan Quiz – **Friday, 28 April 2023**
- 2023 Annual Appeal – **Saturday, 26 & Sunday 27 August 2023**

Children First

The Newsletter of the Catholic Children's Society (Plymouth)



Autumn/Winter 2022 Issue 27



MESSAGE FROM OUR CO-CHAIRS

What an eventful first six months we have had in our new roles as Co-Chairs of the Catholic Children's Society (Plymouth). We have been overwhelmed by the number of applications we have received to our Essential Grants programme, which we always knew would continue to rise as it has been doing since the start of the pandemic.

At present we have had to put a maximum limit on the amount of grant funding we can approve each month, as we simply cannot continue to approve the number of requests for support. And we still envisage the number of families looking to us for our help will only continue to rise as the costs of living are becoming too much for many of our vulnerable families living in the Diocese.

As always, we continue to look for alternative and innovative methods of fundraising to support our regular fundraising initiatives (see details of our new Crowdfunder raffle on page 2) and we are so encouraged to report that this summer's Annual Appeal **'Extend a Hand : Give Hope'** looks to have been well supported. Thank you to all the parishes who continue to support our Annual Appeal - money is still coming in from individuals and parishes and it is not too late to donate. Please see the back page for a full list of ways to donate, which can also be found by visiting our website www.ccsplymouth.org.uk where there are links to our Crowdfunding campaign.

Thanks to our Catholic schools who continue to help with our fundraising, either by supporting our Good Shepherd programme or by running their own events – every little bit helps. Please remember the CCSP this Christmas and donate to your parish's Crib Appeal collection. This year, CCSP supporters can use their mobile phones to donate by scanning a QR code, which will take them directly to our Give a Little campaign page.

There are also a number of our parishioners who continue to consider CCSP even after they are no longer with us, by leaving a legacy in their will or by asking for in memory donations to be made to the Catholic Children's Society (Plymouth).



John Larter



Andrea Rodgers

Scan the QR Code



NEWS

2022 Annual Mass

On Thursday, 30 June 2022 pupils and staff at St Nicholas Catholic Primary Academy in Exeter welcomed our parishioners, staff and trustees for this year's annual mass.

Fr Albert celebrated the mass and Maria Quinn, the School Chaplain together with the school choir, delighted the audience with some beautiful singing, which was appreciated by all.

After the mass, the PTA provided the most amazing refreshments, which were certainly enjoyed by all. Thank you to everyone at St Nicholas' for all their hard work. Last summer they generously raised £391.08 in conjunction with Our Lady and St Patrick's in Teignmouth when pupils from both schools collected sponsorship money and walked the equivalent distance from John O'Groats to Lands End.



Still time to purchase your CCSP Christmas Cards

We have a small number of packs of CCSP Christmas cards available from our last two 'Design a Christmas Card' competitions held over the last few years. Packs are priced at £5 each and there are 12 cards in each pack (made up of the 4 winning designs from each competition).



To order your pack(s), please call the office on:

01364 645420

or email

ccs@prcdtr.org.uk

Do you know someone who might like to win one of these balls?

Thanks to Exeter Chiefs and Plymouth Argyle for donating these balls. We are raffling them off through Crowdfunder to raise money to help more families through our Essential Grants programme. The prize draw opens on Thursday, 1 December and closes five weeks later on Thursday, 5 January 2023.

If you would like to purchase a ticket, please visit:

www.crowdfunder.co.uk/p/exeter-chiefs-rugby-ball-plymouth-city-football



Regular donations

CCSP are very lucky to have some supporters who make donations on a regular basis and thanks to them £5,000 has been raised during 2021. We are extremely grateful for all donations and appreciate this generosity and support. Would you like to join our Caring Club and donate £100 every year as we are still looking for more members? Please call **01364 645420** or email **ccs@prcdtr.org.uk** for more details and an application form.



Parish visits

This year we have visited a number of parishes to make a presentation on the work we do to support children and their families living in the Diocese. This includes visits to Launceston, Collington and Bude after mass on Sundays in May as well as attending a Catholic Women's League meeting in Bridport back in May.

Many parishioners are unaware of the work we do and if you would like a member of our staff or one of our trustees to visit your parish after mass one Sunday or at a meeting in your parish, please contact **vicki.dunstone@prcdtr.org.uk** or call **01364 645420**.

FUNDRAISING

Well done Dalton

Back in the Summer, Dalton 'Walked a Mile in Their Shoes' and raised money for CCSP. Wearing clown shoes, he walked up and around Haytor rocks from the car park and back down twice raising a fantastic £45!

Raising money for different charities has always been close to Dalton's heart as he likes to help others. Here is Dalton in his funky shoes having walked a mile for CCSP.

Thank you Dalton – you truly are a Good Shepherd.



Great Big Diocesan Quiz winners

Friday, 1 July 2022 saw the welcome return of our Great Big Diocesan Quiz. Whilst the number of parishes taking part was down on previous quizzes, and some of the parishes had fewer teams participating than normal, those who did join in really enjoyed themselves and almost £600 was raised in total.

It was very close in the end and the overall winning team was 'The Only Ones' from St Peter's in Plymouth (pictured right) who scored a whopping 97 marks out of a possible 125!

Closely followed in second place by 'The Famous Five' from Holy Family in Bournemouth with 91.5 and in third place were 'Fishers of Men' from Ilfracombe with 90 marks (see photo below).



A special mention to all the teams from Yelverton who raised a fantastic £332 with 'No Hoppers' scoring 88.5 marks and also 'Priory 1' and 'Priory 3' from Ivybridge who jointly scored 83 points.

Thank you to everyone who joined in and especially to the organisers in each parish and the quiz masters. Work has already started on the next Great Big Diocesan Quiz which is planned for **Friday, 28 April 2023** so please pencil the date into your parish diaries.

We hope that more parishes will feel able to join in next year.

Well done and thank you Zach and Libby!

Zach age 10 and Libby age 8 had great success over the summer with their challenge to climb Scafell Pike to raise money for the Catholic Children's Society (Plymouth) and Shekinah Plymouth.



They reached their target of £500 to be split between both charities as well as reaching the summit, which is 978 metres above sea level!! It was a massive feat completing the brown tongue and the yellow stones route which took them 7 hours and 43 minutes to climb up and back down again.

What Good Shepherds you both are thinking of other children less fortunate than yourselves – THANK YOU!!



FUNDRAISING

An Orange Box record amount of money raised

Thanks to a very generous collection from the parishioners at St Austin's Priory in Ivybridge including a personal donation from their Parish Clerk Hazel Smith, 2022 looks set to be a record year in terms of orange box collections to raise money for CCSP. Hazel has been an avid CCSP supporter for many years and always encourages her parish to join in and support our Great Big Diocesan Quizzes, helps to sell our packs of Christmas cards and much more to help raise funds for CCSP. Thank you Hazel for always thinking of CCSP.

As reported in the last edition of Children First, since 2011 we have raised over £18,000 averaging around £1,500 over the last three years. But 2022 will break all previous annual totals as over £3,500 has been raised already this year thanks to the kindness of many of our parishes and schools some of whom have only recently started collecting using our Orange Box recycling scheme.

If your parish or school would like to help raise money by turning your 'clutter into cash', please phone **01364 645420** or email **vicki.dunstone@prcdtr.co.uk**

Items that can be collected in the orange boxes include: Stamps, Coins & Banknotes, Medals, Gold, Silver & Precious metals, SMALL household metal items (Including cutlery and old kitchen utensils), ornaments and watches (working or not). Recently, we have been able to receive Catholic memorabilia such as rosaries, crucifixes, pendants etc and these may be donated via the orange boxes.



Long time supporter of CCSP

Pamela Costello had a very long and successful career in nursing, many years of which were spent at Torbay Hospital. She was 'old school' and was of an age where nursing was about 'no-nonsense' and strict visiting. She had a dry sense of humour and as Sister on a surgical ward, she loved spending time with patients.

Pam was also a super crafter, making the most amazing knitted crib sets, as well as beautiful altar cloths, and many items which were sold at church. At her parish of the Assumption in Torquay, she was part of the craft club, who meet on a regular basis. Just a few months before Pam died, she discretely passed an envelope to one of our trustees with 'You're something to do with CCS aren't you?' written on it and inside was a donation from the crafters.

Pam washed, dried, pressed and ironed all the altar linen on a weekly basis and put her deep faith to very practical uses. She often went to support fundraising events for CCSP in her parish. For many years she lived with and cared for her sister, Pat as she started and continues to progress into a difficult dementia journey. We pray for Pat, now left bereft by the death of her beloved sister.



RIP Pam

If you would like to say thank you to someone from your parish by nominating them to be featured in our next **Supporters Spotlight**, please do get in touch.