



A Word from St Wilfrid's

Helping homeless, vulnerable and socially excluded adults in Sheffield since 1991



Writing for 'Our Lives'

We are really proud that our Creative Writing Group were chosen to present their work as part of Sheffield's 'Off the Shelf' Literary Festival this autumn. On Monday 21 October, the group hosted 'Our Lives: Stories from St Wilfrid's Centre', reading and sharing stories, poems and other pieces that they wrote about their experiences.

'Our Lives' was the culmination of a 12 month collaborative project with Sheffield Hallam University's Creative Writing Department. Lauren O'Donoghue, Centre Volunteer and herself a student in Creative Writing, worked with the eight strong group of

St Wilfrid's clients to develop their creative writing skills. Over the last year the group produced work ranging from prose and descriptive writing to poems and memoirs. As well as the regular sessions with Lauren, the group also benefitted from specially arranged workshops run by published writers from Sheffield Hallam University, including Chris Jones, Joanne Dobson and Yvonne Battle - Felton.



After leading his workshop, Sheffield based poet Chris Jones said, "I really enjoyed talking to the group, and they responded with some brilliant work." Finding a way to express thoughts and feelings through writing can be a

great way to help people understand themselves better. All of the group members said how much they enjoyed attending the sessions, and also spoke about how they gained confidence from being able read their own work out loud to others.

"Telling stories is a great way for me to express how I am feeling."

"I've learnt how to write a full story and really enjoyed it. Lauren has been great."

"It's helped me beat the Monday blues coming to this class, it's helped with my confidence and it has got me back into reading and writing again. I particularly enjoy the poetry and I really want to keep writing at home, not just in class."

The Bishop's Walk – 21 years and still going strong



For the 21st edition of the Bishop's Walk we were privileged to be joined by both Bishop Ralph (Bishop of Hallam) and Bishop John (Emeritus Bishop of Hallam), alongside a group of walkers including Father Chris Posluszny (St Marie's Cathedral), Centre staff, clients, volunteers and supporters. We would also like to say a big thank you to staff and pupils from Barlborough Hall School, All Saints Catholic High School, Notre Dame Catholic High School and St Marie's Catholic Primary School who joined us on the day.

All the walkers enjoyed the stunning 21km route which started and finished at St Michael the Archangel Church, Hathersage. Despite an unseasonably high temperature, everyone completed the walk with the exception of Molly, Bishop Ralph's dog, who refused to continue after the morning coffee stop and took to the Centre's minibus for a lift!

Goodbye and Thank you

We will soon be waving goodbye to our longest serving member of staff, Stephen Corker. Stephen's sister, Diane Marvin, has also recently retired from St Wilfrid's, so we took the opportunity to catch up with both Stephen and Diane to ask them a few questions about their time at the Centre.

How long have you worked for the Centre?

Stephen: 25 years
Diane: 15 years

What has been your favourite part of your time at St Wilfrid's?

Stephen: Definitely working with the staff team, everyone supports each other so well. All of your colleagues are always cheering you on, and they are there to help you on a bad day.

Diane: Working with the clients, seeing them move on and better themselves.

What has motivated you?

Stephen: My faith, it keeps me going even through the difficult days.

What will you miss about your job?

Stephen: All of the staff. As the longest serving employee, I will really miss what we all have together.

Diane: The warm feeling at the end of the day knowing you have made a positive impact on someone's life.



Our Fundraising Heroes

Over the last few months, our supporters have done some amazing things to fundraise for St Wilfrid's, from running the Loch Ness Marathon and the Sheffield 10k to holding bake sales, quizzes and raffles, and making some beautiful items to sell.

Our congratulations goes to Mike Reynolds who raised money for the Centre by walking the ancient pilgrimage route, the Via Francigena, taking 12 days to complete the 250km journey.

'It was such a great experience: meeting people and knowing I was walking one of the great Christian pilgrimages whilst raising money for a great charity.'

Inspired? why not come up with your own ideas to fundraise for the Centre, or take part in one of our organised events (see diary).

What is special about SW?

Stephen: This again goes back to the people I've worked with. There is a massive sense of community here, both with staff and clients. Nobody does this job unless they really want to, which means everyone has similar values. In many places of work the focus is on getting promoted, however here the only goal is to support the people who come in.

A heart-felt thank you to the dynamic sibling team for everything that they have done for all the clients, staff and volunteers over the years. You will be missed.

Playing harmonica, drums and a schlagwerk...?

We are really excited to be able to offer a new music therapy service to our clients, thanks to a partnership with Nordoff Robbins, the UK's largest independent music therapy charity. Every Monday, Chloe, a qualified music therapist from Nordoff Robbins, is in the Centre working one-to-one with individuals in the morning and then running group sessions in the afternoon. As well as singing, the group is able to use a range of percussion, melodic and harmonic instruments from the harmonica and African drums to the more unusual schlagwerk (these are a type of percussion instrument - and we only know because we googled it!).



Running initially for 7 months, the Centre very much hopes that it will be able to continue this life enhancing project, given the very positive response from our clients to date. Says Chloe 'all of the clients I have worked with, are full of musical resources and creative in their ways of making music happen. In the sessions, we work together to make the therapy happen in a jointly musical crafted experience. I have absolutely loved working at the Centre so far and as a music therapist I feel it is an absolute privilege to make music with the clients.'

From Pip to Plate



For over 10 years we have had two allotment teams growing our own fruit and vegetables, most of which is then used to prepare hot and healthy meals for our clients and served in the café and dining room. However, the original condition of the allotment did present some challenges, particularly in terms of health and safety.

Our clients had come up with a number of positive suggestions to address these issues, and now, thanks to a grant from The Talbot Trusts, we have been able to transform the growing area. There is a new concrete path for ease of access, a new roof and guttering for our tool shed, four tons of topsoil for the raised beds and a cordless hedge trimmer and strimmer to keep everything neat and tidy.

The allotment has been transformed and our clients can safely enjoy being out in the fresh air, working together and growing food which is both healthy and good for the environment!

Book a speaker

Did you know that we have a team of Volunteer Ambassadors who can come out and visit your community group, parish or school to give a presentation about how you can get involved with St Wilfrid's and answer any questions?

For more info or to book a visit contact: tracey@stwilfridscentre.org

The last few months

JUNE

Clients and staff enjoyed a seaside trip to Blackpool.

JULY

A group of 13 clients explored the 'Five Ways to Wellbeing' on a residential trip to Northern College.

Knowledge Exchange: a group of St Wilfrid's volunteers visited The Booth Centre, Manchester.

AUGUST

The refurbished allotment area was officially opened and the Centre also had a summer spruce up.

SEPTEMBER

A group of 30 people took part in the sponsored 21st Bishop's Walk.

OCTOBER

Our Creative Writing group participated in the 'Off the Shelf Festival'.

NOVEMBER

'Volunteers Day' over 50 volunteers came together to socialise and learn more about the Centre.

The Things I Love

These I have loved
 Cool sea breeze
 On a hot summer's day
 Waves gently roaring
 Over the sand
 Freshly mown lawns
 Lazing in a hammock
 Reading my favourite book
 While watching the
 World go by Listening
 To the sounds of the country
 The birds, farm animals and farmers
 Busy on the land my favourite
 thing
 I like to go for a nice long walk
 Along the country lanes
 Flowers gently swaying in the
 breeze
 Which makes me forget everything
 And I feel free to roam the lonely
 Country lines taking in the
 Beautiful scenery
 While imagining
 A faraway place.

Client

Dates for your diary

WED 18TH DEC

Christmas Carol Concert
St Marie's Cathedral 7.30 pm

FRI 13TH MAR

2020 Sleep Out
Sheffield United, Bramall Lane

SUN 29TH MAR

Sheffield Half Marathon
Run, have fun and help raise
money for St Wilf's



Registered charity number 512021
St Wilfrid's Centre 524 Queens Road,
Sheffield S2 4DT.

*Book
your place
early!*

Can you help?

We are very grateful to all the wonderful individuals and companies who financially support our work and make it possible for us to offer a safe and supportive place to all the clients who use our services.

If you are not already a supporter, could we ask you to consider making a donation to help fund St Wilfrid's Centre's work with homeless, vulnerable and socially excluded adults.



pays for five hot meals a week



enables us to run two allotments each week



covers the cost of heating the Centre for one day



allows us to run an art class for five clients with a specialist trained teacher

If you would like to make a donation, please complete the following slip and return it to us with your donation to: 524, Queen's Road, Sheffield S2 4DT.



I would like to make a donation of £ _____ to St Wilfrid's Centre

Title: _____ First Name: _____

Surname: _____

Address: _____

Email: _____ Post Code: _____

Increase your donation by 25p for every £1 you donate with Gift Aid

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Please Gift Aid this donation and any donations I make in the future or have made in the past 4 years. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

Tick to apply Date: _____

Please make cheque payable to: St Wilfrid's Centre. Do not send cash. Or visit our website: www.stwilfridscentre.org and donate online for a single donation or to set up a regular payment.

Thank you for donating to St Wilfrid's Centre today.

We'd love to keep you posted with our news, activities and appeals. Please indicate below how you would like to hear from us. Please tell us if you would be happy for us to contact you via:

By Post By Email

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