

Caring for Older People

Growing old, becoming frail and vulnerable, and losing independence are not only frustrating and worrying for the person concerned but are, very often, the start of an anxious journey for close relatives, seeking the best possible care for their loved ones.

The charity's nursing homes, in Sunderland and Newcastle provide a warm and friendly atmosphere, ensuring our residents feel comfortable and settled in their new home.

Our nurses and care staff develop close and supportive relationships with residents, their families and friends, all of whom are encouraged to tell us their views and offer suggestions.

Although both St Catherine's and Holy Cross are essentially Catholic nursing homes, we welcome applications from people of any denomination and none and it is our policy never to reject anyone on purely financial grounds.

**St Cuthbert's
Care
cherishes life
at all stages**

The Catholic ethos of the homes undoubtedly contributes to the reassurance we can offer that dignity and respect are at the heart of our work.

Supporting our work

Thank you for taking the time to read about the work of St Cuthbert's 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.

We are supporting people with mental health illnesses back into work and this project depends upon the generosity of our donors. This is an area we plan to expand considerably over the coming years, entirely through donated income.

If you would like to help, you can donate quickly and securely via text message through JustTextGiving.

To donate by text

To make a donation simply:

- Send a text that includes our charity code: TASF09 and the amount you want to give (e.g. TASF09 £10) to 70070
- Choose from the following donation amounts: £1, £2, £3, £4, £5, £10, up to a maximum of £30 per day
- Receive a thank you message confirming that your donation has been successful

Texts are charged at your mobile phone operator's standard rate. 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

If you would like to:

Donate

Fundraise

Volunteer

Find out more

Please contact Moira Ashman,
Chief Executive, on **0191 228 0111**,
or you can email Moira at
moira.ashman@stcuthbertscare.org.uk
and she will be delighted to help

Thank you for your support



Patrons: Lady Elsie Robson • Lainya & Alan Shearer • Ant & Dec • Mike Browne

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Registered Charity No 512912 Company Limited by Guarantee Company Registration No 1645917



Welcome to the Work of St Cuthbert's Care

St Cuthbert's 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.

Now, over 70 years on, St Cuthbert's Care employs around 400 people and works across the whole of the north east region helping the most vulnerable members of our communities. Our work is specialised and often tackles areas of unmet need that are either unattractive or considered to be too high risk for other providers. We focus largely upon:

- Residential care for children
- Short and long-term fostering
- Specialist provision for people with profound disabilities
- Care for older people

Much 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 and supporting people who need the company and compassion of others. 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 why they will always remain so.

Moira Ashman
Chief Executive

Residential Care for Children

This is the most challenging area of our work. Sadly there are cases where children and young people are subjected to the most appalling levels of systematic abuse and neglect in their own homes.

For many children, removal from the family home to a foster family or, in extreme cases, to residential care is essential for

their wellbeing and the only remaining safe option.

However difficult the circumstances, there is possibly no greater trauma for a child to overcome than that of being removed from their family home.

Our residential homes provide long-term safety and stability for our younger children, and for our older children they provide a platform from which to prepare for further education, work and independent living.

As one of the largest and most successful private providers of children's residential care in our region, we have helped scores of young people over the years to work towards lives filled with purpose and aspiration.

We invest continually in the care and personal development of each child and also in the physical environment of our homes.

We currently operate five *Auton* homes, the name the charity uses for its provision of residential care for children. These are located in Sunderland, Darlington and Newcastle. The brand has become synonymous with quality guardianship and reaffirmed in one of our *Auton* home's Ofsted reports which commented: "Overall this home provides an outstanding quality of care and staff excel at promoting improved outcomes for the young people."

Fostering North East

The charity has its own registered fostering agency, *Fostering North East*, which operates across the region. With a pool of approved and experienced foster families, *Fostering North East* provides quality, short and long-term foster provision to children of all ages.

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.

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 Cuthbert's Care continues to recruit and support new carers to join their team.

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

The charity continues to recruit new foster carers to join the 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 Cuthbert's Care recognises these demands and has responded by developing a wide range of services for people with disabilities, their families and carers.

Today, the charity's provision includes:

- Residential short breaks for children and young adults with complex disabilities
- Longer-term, specialist residential accommodation for adults with complex disabilities and behaviours
- A permanent residential home for people with learning disabilities
- A number of services to support people with disabilities to live independently in their own homes
- Day resources for disabled adults to develop skills to become better equipped for everyday living, with a particular focus on social interaction
- A specialist therapeutic and leisure activity centre for disabled people and their families which is completely free of charge.

The charity is delighted to have the ongoing and active support of patron and football star, Alan Shearer. The Alan Shearer Foundation, led by Alan, provides a dedicated fundraising arm to enable the charity to continue to develop Alan's namesake disability service: The Alan Shearer Centre.

As a part of St Cuthbert's Care the Foundation's purpose is to:

- Offer a number of free short breaks at the Alan Shearer Short Break Centre
- Continue to support and further develop the free facilities at the Alan Shearer Activity Centre
- Enable St Cuthbert's Care to expand and develop its disability provision and reach across the North East.

The free facilities at the Alan Shearer Activity Centre benefit thousands of disabled people



www.alanshearerfoundation.org.uk