



Photos from

Walton Parish Nursing  
( taken prior to Covid 19)



Chair exercise class



The parish nursing team



Craft group



Blood pressure monitoring by  
PN Lorna Bellamy

## Welcome to our Autumn update!

We trust this newsletter finds you in good health, and steadfastly enduring the season we find ourselves in. Our hope is that it will encourage and inspire you as you read it.

### Supporting Communities in Crisis

Our data shows very clearly how parish nurses have stepped up to the plate during this unprecedented pandemic. For example, from January to March 2020, we saw a sample of nurses making **200** interventions to support or manage a health crisis whereas in the next quarter (April and June 2020) that figure had risen to **654!**

Similarly, in the same time period, interventions to prevent loneliness and isolation had increased from **881** to **2330**.

More data submitted from 19 parish nurses in the last two months shows that they have seen over **2400** service users, nearly **400** of whom were new service users. Almost **800** of these service users had mental health needs – a critical aspect during the pandemic.

Another **800** were not regular worshippers, showing the effectiveness of parish nursing in reaching out to local communities and enabling people to experience the love of God.

We also saw a further **1337** interventions being made to reduce social isolation and loneliness.

These figures are taken from the activity reports that parish nurses collect every quarter. This data can be used locally by parish nurses and partner churches, to demonstrate local impact, and are collated by us nationally to show UK wide impact.

### Evaluating Impact

We would like to thank the growing number of parish nurses who are routinely collecting and submitting this vital data and want to encourage them to continue.

This year we hope to have a full set of activity data reflecting the work of all our parish nurses and their volunteers. This will allow us to show the essential work that parish nurses do across the whole of UK and the impact they are making on the health of the congregations and communities they serve.

### Feedback from a Service User

*“Our Parish Nurse has been excellent with helping my husband on the way to a full recovery from double pneumonia, with all the help and advice. She has given us so much support over the months, ringing up every week, with advice. I was desperate when I first rang her, as my husband seemed to be getting very ill again. We had no contact with the Doctor due to COVID-19. We cannot thank her enough for all her help and advice.*”

*God bless and from the bottom of our hearts thankyou”*



Julie Barry BEM

### Queen's Birthday Honours

Exciting news... Julie Barry parish nurse for Eden Church in Edenbridge, Kent has been awarded the British Empire Medal for service to her community given during the pandemic.

We send Julie our thanks and congratulations



### Parish Nursing Sunday

Parish Nursing Sunday was held on the 11<sup>th</sup> of October this year. Whilst the usual face to face celebration events were not possible due to the pandemic, many parish nursing teams found new ways to celebrate.



Stories of celebrations that were sent to us at PNMUK were promoted via social media.

## News from Dundee Parish Nursing Team

### Community Champions Award

Rachel McReady one of the parish nurses at the Steeple Church in Dundee has recently been awarded a Dundee Community Champions Award.

The Judges described Rachel as

*'a warm, loving, caring, individual who deals with challenges on a day to day basis'.*



Rachel McReady

### Songs of Praise

The Dundee Parish Nursing Team were featured on Songs of Praise this month and it was fantastic see the extraordinary work they carry out. Barbara, Rachel and Kirsty work with the homeless and those struggling with addiction within their city. They have developed strong partnership links with other services to support the diverse health needs of the people they serve.

### Stories from the front line

Parish Nurses have continued to adapt their practice as the demand for their inputs have increased during COVID.

This section of our update covers some stories we have received showcasing some of the amazing work being carried out on a weekly basis.

## Northern Ireland

Parish Nursing is growing in Northern Ireland and we now have two thriving services and growing interest from other Churches.

Parish Nurse and Regional Coordinator Jennifer Gault has worked with another Parish Nurse in the region to take part in a project to promote contact and provide support for people experiencing isolation during the pandemic.

Jennifer and her colleague have developed seasonal resource packs which are provided to people of all ages. These resources packs include a seasonal activity, a spiritual reflection and a prayer, as well as a topical health promotion factsheet. The project encourages connection with others, the church, and of course parish nursing.



Jennifer Gault

### St Matthews Church Sheffield

Located in the heart of Sheffield, the parish nursing service at St Matthews Carver Street is a relatively new service that is already making a big impact. With a thriving international congregation comprising people of all ages and backgrounds, including some of the many students attending the Cities two renowned universities.

Their mission is to provide space and time for people in the congregation and community to improve their health and wellbeing, sanctuary and support for people at times of crisis and provide spiritual care to people of any or no faith.

Activity data provided by St Matthews shows that they are already fulfilling this mission: since starting the service in January 2020, the parish nurse has seen 160 service users covering a wide range of health issues. However, with mental health in the city suffering during the pandemic, she has made 101 interventions to address mental health problems and dealt with 29 mental health crises.

Recognising the importance of this work, the minister at St Matthew's reports that he has recruited two volunteers to work with the parish nurse.

As well as supporting mental health needs, the parish nurse at St Matthews supports people with addiction difficulties, and those with caring responsibilities. They also offer spiritual support through prayer packs which are distributed to people who are shielding or isolating.



If you want to find out more about the great work being done at St Matthews, then have a look at a recent report detailing their work and outcomes: this information was retweeted by the Chief Nursing Officer for England and can be read via Facebook and twitter or by following this link [https://stmatthewscarverstreet.co.uk/wp-content/uploads/2020/11/nurse-update-oct-2020.pdf?fbclid=IwAR0V0oOceEvF\\_hbW87prZ7xTCYsoZnCeUuDQd6Vwux8csZfXahzCNiiRi-8](https://stmatthewscarverstreet.co.uk/wp-content/uploads/2020/11/nurse-update-oct-2020.pdf?fbclid=IwAR0V0oOceEvF_hbW87prZ7xTCYsoZnCeUuDQd6Vwux8csZfXahzCNiiRi-8)

## Keeping in touch with strawberries

Volunteers led by the Parish Nurse at Narthex, St Johns, Birmingham delivered Strawberries and cakes to a large group of elderly and vulnerable people isolating in their homes. Over the lockdown they kept in touch by phone calls, a newsletter containing news, recipes, jokes and puzzles, a fish and chip delivery, compost and seed delivery and strawberries and cake.

The deliveries give the team the opportunity to check their mental health, pick up issues clients may have, pass on news and help them to still feel connected. All deliveries are done safely observing gov. guidelines.

The following message was received later

"I'm just enjoying tea with your yummy cake.... and strawberries are so juicy. Thanks so much for coming...I was a bit upset in the morning because of a small personal reason...but your surprise visit made my day"



## We are updating our Digital Communication

As mentioned in our previous newsletter, due to grant funding from the Hinchley Charitable Trust, we are working with a team of professional website developers, The Integrity Team Limited, to build a new website.

This development is central to our strategic goals: it will ensure that anyone wanting to know more about parish nursing can access up to date and engaging information and that there is ongoing communication with all our stakeholders.

We hope that our new website will contain more news stories and photographs from parish nurses and service users enabling us to promote parish nursing to a larger audience via our website and social media platforms. If you have anything to share, please send these items with confirmation that permissions have been given for PNMUK to use the items to [development@parishnursing.org.uk](mailto:development@parishnursing.org.uk)

## Cash for COVID

Regional Coordinator and Parish Nurse, Gill Fenner, whose service operates out of St Martins of Tours Church in Wolverhampton, has completed the 'COVID-19 Cash Recovery Course'.

This course has allowed Gill to support people in her community to develop positive financial capabilities, at a time when many are suffering severe economic crisis.

Gill has inspired other parish nurses in the Midlands and South West to complete the course online so that they too can provide this sort of support to others

<https://www.justfinancefoundation.org.uk/covid-cash-course>



## A message from our CEO

May I take this opportunity to thank all involved in this wider ministry for your overwhelming support for parish nursing throughout the COVID-19 pandemic season. This is clearly evidenced by the relentless dedication seen in parish nursing services, in continuing to offer help, guidance and support, both spiritual, practical and emotional within communities across the country.

Thank you also, for all the many contributions to this newsletter. It is heartening to hear the stories and testimonies, supported by recorded data, of how God has used parish nurses around the UK, and indeed the world, at this time of great need.

Alongside the stories, at this point we acknowledge the personal cost as a parish nursing family, as so many among us now feel the weariness of an unrelenting season of adaptation and change, and the giving of ourselves to meet ongoing presented needs. In the midst of it all, may we continue to create and protect personal space for refreshing and rest.

During the month of October, the central team at PNMUK, as well as some active prayer supporters, set aside a week to intentionally pray for PNMUK. It was a joy to spend dedicated time focusing on praying for our partner churches, parish nurses and services, amongst other things. There is no doubt that the role of prayer throughout this pandemic cannot be underestimated. If you would like to partner with us in prayer, please do get in touch via [enquires@parishnursing.org.uk](mailto:enquires@parishnursing.org.uk)

In closing, I'd like to mention that we are currently looking for new Trustees to add to the Board. In particular (but not exclusively), we have need for a Trustee with a financial skillset or background. Any interested parties can contact me in the first instance at the following email address: [ceo@parishnursing.org.uk](mailto:ceo@parishnursing.org.uk)

I conclude by quoting A.W Tozer:

*While it looks like things are out of control, behind the scenes there is a God who has not surrendered His authority'*



*Sue Bretherick*

CEO