

## Legacy gift helps children thrive

A donation written into someone's Will many years ago, is helping children and young people today to thrive.

The legacy gift enabled New Routes fostering service to employ a clinical psychotherapist, Fi Newood, to provide specialist support to young people, families and staff.

Fi says this support is helping young people to heal from their past experiences. She says, "When children and young people have experienced trauma in their lives, they find it difficult to feel safe and to feel loved. This fear comes out in their behaviour. They may become aggressive, try to control what's going on around them, or become withdrawn. All that behaviour is their way of trying to make themselves feel safer in the moment.

"My work helps families and young people understand what's beneath that behaviour and come to terms with this. I work with staff to find ways to help that child or young person to heal from the trauma and feel more settled, safer, and secure. They are then able to support the whole family as they journey through this together."

This work was made possible thanks to the legacy of £3920, which was left to New Routes in 2017.

To the person that left the gift, Fi says, "Thank you. It's an incredibly generous thing that you've done. My work for a couple of hours a month helps a team full of professionals who go out into families who then work with children. We get this ripple effect that has a huge impact."

Head of Families and Children, Jo Walthew, says the support has made a massive difference. She says, "Its life-changing. Children and young people are feeling more settled with their families, placements are more secure so children and young people are much more likely to be able stay long-



term with their families. This is exactly what we aim for at New Routes; secure, happy, safe childhoods. This legacy decided on so many years ago is still making a difference, helping children who deserve a bright future to fulfil their potential and be part of a loving family."

Leaving a legacy is a very special gift that someone chooses to make, and this choice ensures our work can continue and develop. New Routes Fostering proves that a small legacy can make a transformative difference.

If you are inspired by this story and want to talk to us about leaving a gift in your Will, you can email Ginny Cullen on [ginnycullen@fatherhudsons.org.uk](mailto:ginnycullen@fatherhudsons.org.uk).

If you would like to find out more about becoming a foster carer, contact New Routes on 01675 434025 or email [newroutesfostering@fatherhudsons.org.uk](mailto:newroutesfostering@fatherhudsons.org.uk).

## From the archives: 100 year anniversary of charity match



Our Origins service, which supports adults separated from their family of origin, holds records, photos, articles and items dating back over a century. They shared this story of an iconic football match in aid of Father Hudson's Care.

April 20 marks the 100<sup>th</sup> anniversary the 'Grand Ladies Football Match'. It was the first time a women's match had been played in Birmingham and came just months before the FA banned women's football for being "quite unsuitable for females."

The Birmingham Gazette wrote: "The remarkable interest in ladies' football was manifested by the huge crowd which assembled at Saint Andrews last evening to witness the match arranged in aid of Mgr Hudson's Homes.

"Fully 30,000 people saw the game and £1,600 was taken at the turnstiles, in addition to which a large number of tickets were sold. So that a worthy charity will receive a worthy reward."

# Good Shepherd Appeal has a new look for 2021

Father Hudson's Lenten appeal has reached beyond the classroom thanks to new digital resources.

In previous years, schools could book assemblies with one of our School Engagement Officers, Margot and Lucy. The pair visited schools to talk about our work and how students could get involved. This year, schools can access a suite of educational resources to help children learn about our work and how it fits into wider Catholic social teaching.

Each week, the resources focus on a different area of our work and explore how different projects and services help people across the Archdiocese. There are fundraising resources available to those who wish to support the appeal, which include ideas for fundraising at home and at school, and videos from Margot and Lucy.

On Ash Wednesday, our CEO Andy Quinn spoke at Mass at St Chad's Cathedral. He described the acts of love that can be seen throughout our seventeen projects, and invited people to use Lent as an opportunity to learn more about how these projects support people across our Archdiocese.

Schools have responded positively to the new look appeal.



Children from Our Lady of Lourdes school held a silver trail to raise funds

One school commented: "children have enjoyed watching the virtual assembly from Father Hudson's, to find out more about how their money can help to make a change."

## Family Support, helping vulnerable children to flourish

*Father Hudson's Family Support in Schools service works with children and families that are experiencing difficulties. Family Support Worker, Fiona, shares the impact one of her families has left on her. She writes:*



We spoke this morning about the families we support, how as a team we support them and the difference it makes. It made me think of the family who sent me this plant as a thank you back in 2019 for helping their daughter, Kay.

She probably doesn't realise that I still think of her when I see my plant growing and flourishing, as I hope that she is now that she is in year 8 at senior school.

Initially school did not notice that Kay was struggling with worry and anxiety, because she was a model student, working well and achieving academically. It was her mum who approached me for support as she had heard about Father Hudson's Family Support from another parent.

I remember that we completed the 'Mighty Mo' booklet to support her to cope with those Big Feelings. We shared the work and strategies with her parents who also supported her at home to implement all that she had learned.

The final outcome was a positive one, where both mum and daughter shared the increase in confidence, coping with worry and successfully trying new things. Of course the thank you and the plant were unexpected but lovely to receive and always takes me back to this young person.

*After receiving the support, Kay's mum wrote:*

Kay's confidence has really grown and she is doing things she would never have done before. She doesn't seem to worry as much and she can control her feelings better. Fiona has been fantastic throughout the process and has been brilliant with supporting Kay.

*Names have been changed to protect identities.*

## The last word - a message from our Chief Executive

In 'the Greater Love', Fr George Hudson describes the visit to the Homes of someone who notices one of the sisters nursing a little neglected baby and says, "I do not understand how one woman can love another woman's child." Such a woman was sister Jenny. Her love extended beyond children, and those who knew her could not but be impressed by her commitment to and support for Anawim for over 30 years, and the many women who benefited from this support.

This is how I came to meet sister Jenny over 15 years ago. Father Hudson's and the sisters of our Lady of Charity as they were then, now the sisters of our Lady of Charity of the Good Shepherd, were the Foundation partners of this excellent charity and have worked together for many, many years. It is rare to find a partner who shares the same gospel inspired

ethos so fully, where there was complete trust in the other.

At the age of 90 she was still in touch with children who had been in her care nearly 70 years before – such was the unbreakable bond of affection. In obedience she took on the leadership roles when requested for many years, whilst in these last few years she had been completing her work as archivist. This may sound like a dry and academic pursuit, but to me it resonated with her belief that what the sisters have done has an enduring value and is worthy of being remembered. I could not agree more. Her close friend sister Jo shared one description of her as 'gently formidable'. My prayer for her this Easter is that she will enjoy the company of her saviour. I cannot imagine her resting in peace, but I can imagine her bringing peace, even in the next life.