

# Pastoral Care Project

Registered Charity No 1094766



Welcome from  
Frances Molloy  
Project Manager

Thank you for using this PowerPoint – which includes an overview of the work of the Pastoral Care Project, ideas to inspire you and the last 4 slide is a Mediation.

This charity has been pioneering spiritual and pastoral care since 1994 and has led many seminars, training days and conferences as well as retreats.

We hope this presentation will inspire you to be creative in supporting those who are sick, lonely and those caring for a relative.



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# The Pastoral Care Project

is part of the Archdiocese of Birmingham

and supported by the

Catholic Bishops' Conference of England and Wales



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The Pastoral Care Project began in 1994, as a result of Frances Molloy now Project Manager, meeting with a lady in an EMI (Elderly and Mentally Infirm) Ward at the local George Eliot Hospital in Nuneaton, while visiting as a church volunteer in 1989. The lady had a form of dementia but was also blind and yet seemed to have an awareness, which captured Frances' attention.

At the time, Frances was training as a retreat leader (Light Out Of Darkness – Sr Kathleen O'Sullivan SSL) and the theme of the programme that particular week was 'finding God in my weakness'- the relevant scripture being Romans 8.26-27.

The lady visited was instrumental in this Project taking off because no-one had recognised that she too had a spiritual life, which was overlooked on medical assessment. Frances never knew the lady's name; the lady could not remember what it was – and yet she had this great awareness of God and others.

[www.pastoralcareproject.org.uk/history](http://www.pastoralcareproject.org.uk/history)



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## Our Mission

Raising awareness of the spiritual and faith needs of the frail elderly -  
enabling carers to support them in their journey to the fullness of life.

**We are inspired by the gospel of Luke 4.18-19**

The spirit of the Lord has anointed me;  
He has sent me to bring good news to the poor...

We are inspired by the gospel of Luke 4.18-19

*Who do you say the poor are?*

Are they those who have no money?

Those who have no food?

*What do you think?*

The poor can be all of us at any one time. We are raising awareness to encourage prayer and almsgiving for our charitable work as we are concerned and love those who are most vulnerable...the person who has a form of memory loss and those who are caring for them - have a longing for Holy Communion.

A pastoral visit - listen together to the gospel and pray... maybe a decade of the rosary, a hymn or what is familiar to them.



# Story of how a visit can help someone

**Albert** (not his real name and some information changed) had already been in the residential home for four days when I first met him. Albert gave the **appearance** of a gentle person. He was happy to be included in the group for a prayer service and gave the **impression** of feeling at peace.

I always made a point of getting to know those I was supporting. The staff told me he was **confused, quiet, no trouble** – “the resident every home would want to have”. They said he had a son, but that he never visits. (this concerned me)

Over the next few weeks I noticed during Holy Communion that Albert radiated **sense of joy**. He spoke of his family, his wife who had died and his longing to see his son. He shared about other times which saddened him stored in his distant memory. He told me he **felt sad now**. He had throughout his life given to others, at work, church and in the community; whether it be donations or time - he always gave a helping hand with a cheerful smile.

Now he said, **‘I have nothing and so can give nothing. It is hard to be here.’**

## Albert's story continued

He spoke for some length about his **feelings**, often with **tears** in his eyes. This mature man who had been a provider now living dependant similar to a child, only having a few £'s for himself after paying for his care - this hurt him.

Even though he was confused he did understand many things. The bond of trust developed between Albert and myself so I could help him to understand that he was still giving. Whilst he could comprehend the overall caring costs he was aware of the direct care from carers and so he understood that he was giving up all his money which was helping to pay the wages of the carers who in turn needed the money to help provide for their children. He had never thought of it in this way and was very happy to be able to give in a new way. **He was still a providing for others and not just a burden or user of a service.**

One example of a how pastoral visits are an integral part of Care.

# Examples of our work

Leading  
school assemblies  
and workshops



examples of our holistic work:

## Parishes – Religious Order Care Staff

Our Resources:

- Pastoral Companions
- VOICE Café
- SINGING Café
- Sounds and Senses
- Videos
- Reflections
- End of life and the Funeral Mass...
- ...more on website.



# How schools can get involved

- Assemblies – powerpoint online.
- Prayer eg decade of the Rosary 12-19<sup>th</sup> March
- Almsgiving event for the Pastoral Care Project
- Cookery – Bake ‘n’ Share – online resources
- Yellow Day – day of Hope
- Poetry Stories Songs Videos online

visit [www.pastoralcareproject.org.uk](http://www.pastoralcareproject.org.uk)

create a  
**YELLOW DAY**  
 - day of Hope  
 a few examples  
 the way our resources inspired  
 awareness and donations our work-  
**Pastoral Care Project** charity no 1094766.

Bake and Share  
 raises awareness  
 that people with  
 dementia can  
 enjoy baking.

**Bake 'n' Share** **Score Recipe (8 - 10 scores)**

Preheat Oven, 220 C, F210 C, Gas 7-8  
 Using a cream scone  
 sift 1mcx 250g of Self Raising Flour and  
 1 Tsp Baking Powder add 50g of castor  
 sugar, mix in 50g of butter  
 Make 1/2mcx milk, 1 egg in a separate bowl  
 - reserving a little for later  
 Add the milk and mix. Knead lightly on a  
 floured surface and roll out with a rolling pin.  
 Place on lightly floured baking sheet and  
 brush with the reserved milk/egg mixture  
 Bake for 10-12 mins. Cool on wire rack.  
**Beautiful Scones** - delicious, comforting -  
 you will want to share them with someone!

**Beautiful Memories**

Some of my brightest memories are of my Mum Mary,  
 baking in our kitchen...  
 We had the oven next to the open fire where the winter pellets would be shared.  
 When my Mum went through the first frustrations of Dementia she expressed the need to make her beautiful  
 scones. To satisfy negative her original recipe evolved over time and the scones which permeated  
 her flat again and her satisfaction of contributing again sustained her insight and her self esteem.  
 All good wishes and blessings. **Canon Edward Pogson**  
 Healthcare Chaplaincy Team Leader, George Eliot Hospital, Nuneaton

This activity is ideal for everyone including care providers in residential care homes, schools and you.  
 The message of Bake 'n' Share is simple, stimulating the sense - there are a few of the obvious:  
 Think - requires imagination  
 Feel - adding together butter and flour  
 Touch - kneading together the dough  
 Smell - freshly baked scones  
 Sight - beautiful scones and people gathered around table enjoying scones, tea and chatting  
 Taste - delicious, comforting - you will want to share them with someone!  
 What other senses come to mind as you think over a soughed ball scone?

Laughter  
 Self awareness  
 Touch

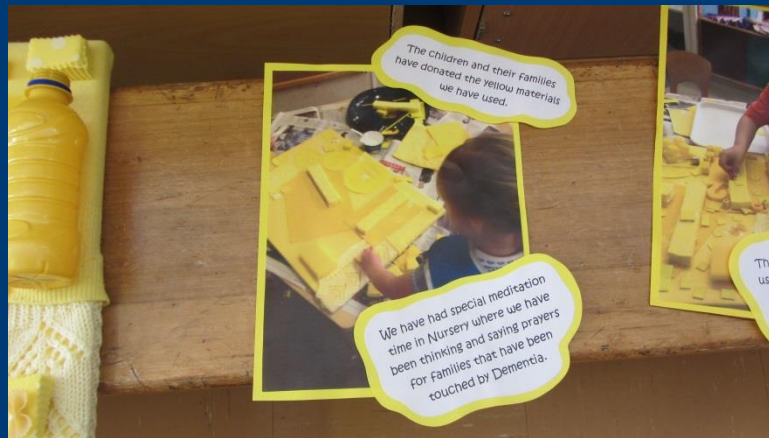
After reading about Bake and Share's guidelines label scones. In the first time, and brought them to a Care Home along  
 with the Project. Our the guidelines was respected in the preparation of well the care home.

Let us know what you plan to do in aid of the Pastoral Care Project's charitable work - organizers  
 of Dementia - Prayer Week 012-196 March, supported nationally. Donation form online or send donations  
 to the address below - thank you.

**Pastoral Care Project**  
 Pastoral Care Project, 18 George's House, Church Way, Colindale, NW9 3BU  
 www.pastoralcareproject.org.uk • Tel: 017675 434035  
 Registered Charity No 1094766



Meditation –  
 see the last four slides



Nursery and Infant School Yellow  
 Collage inspired by our  
 Dramatised Story of the Rainbow

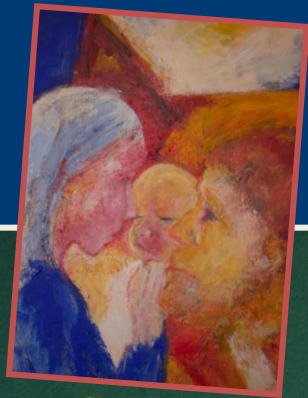


Sixth Form College, Pastoral  
 Care Project and Methodist  
 Housing Pastoral Visiting  
 Programme in progress...



Charity No 1094766

# Prayer Experience



*Create your own  
Prayer Board*

*Candle optional*

*Visit our website click here  
[www.pastoralcareproject.org.uk](http://www.pastoralcareproject.org.uk) click on video link for  
Prayer and Poem  
Additional prayers, poems  
and reflections available to  
download.*

*We would love to receive  
your poems, stories, songs  
whatever you create.*

*Thank you*

**REMEMBER** to pray for people who live among us with dementia, and all those who care and support them. Many schools pray every week during school term - will you – please let us know?

# Dementia – Prayer Week 12-19<sup>th</sup> March

let us pray together  
the Pastoral Care Project  
Dementia Prayer



Thank you for praying and supporting the  
Pastoral Care Project

## **Pastoral Care Project Dementia Prayer©**

*As the Father has loved me, so I have loved you.*

*John Ch:15 v9*

Lord, thank you  
for your presence  
this moment,  
holding us in your love.

Help us to share  
your love with those who live  
among us with dementia,  
that we may see  
your beauty in them.

**Amen.**

Dementia - Prayer 12-19th March is an initiative of the  
Pastoral Care Project, Registered Charity No 1094766

Pastoral Care Project, St George's House, Gerards Way,  
Coventry Road, Coleshill B46 3FG

*Visit our website:*

**[www.pastoralcareproject.org.uk](http://www.pastoralcareproject.org.uk)**

# Almsgiving - Donations

- Donations for Dementia -Prayer Week© is the initiative of the Pastoral Care Project and is a national week in many dioceses in UK. All donations helps produce resources and our charitable work. *Thank you. Frances Molloy, Project Manager* – visit the website and read the Charity's beginnings.
- Donations can be make via our website or cheques payable to Pastoral Care Project, and send to
- Pastoral Care Project, St George's House, Gerards Way. Coleshill. Birmingham B46 3FG

# The following slides may be used for meditation

This image is of a large painting by Sr Annie Bronham IBVM commissioned by the Pastoral Care Project and hanging in our office.



# An example of one of our meditation resources - Jesus and his family

Luke 2 v 40-50 — read the gospel

Mary and Joseph noticed that Jesus was missing.

They searched and he wasn't with the rest of the family.

They then went back to Jerusalem which took 2 days.

They found Him in the Temple.

How do you think they felt as they walked that 2 day journey?



An example of one of our resources

Meditation - Jesus and his family – continued

## Meditation

How do you think Mary felt when she saw Jesus?

How do you think Joseph felt ?

What do you think Jesus said to his family?

*Meditation exercise*

On next slide



# Jesus and his family – meditation continued

## Meditation experience

Be still and quiet.

Look at the picture

Listen to Jesus

What is he saying to you?

Write your own prayer

The Pastoral Care Project which owns this painting gives permission to schools to print this image to use as part of the prayer board experience.

