

## MEET THE AMBASSADOR

We chatted to Gemma, our new service user ambassador

FREE

wearenugent.org

# together

#10 | Autumn 2019

# 10

### SUMMER FUN

Fun for our families and guests at Epsy

### WALK THIS WAY

Father James Nugent celebrated with walk

ALSO IN THIS ISSUE: CHRISTMAS APPEAL, COMMUNITY UPDATES, STRICTLY NUGENT, POETRY CORNER & MORE!

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# welcome

from Normandie Wragg,  
Nugent CEO



Hello everyone and welcome to the latest issue of **Together**.

This is our tenth issue and is a celebration of 10 years of our charity shop in Allerton.

Since opening, the shop has proved a huge success in raising the extra funds that help toward supporting the many people we serve. Our customers are always saying what a pleasure it is to shop in, how helpful and friendly all the staff are and how the amazing volunteer team make it more of a community! Read more about it on pages 4-5.

Our 2019 Christmas appeal is launched in this issue, this year raising funds to help support and raise awareness of families in crisis.

We see so many parents and their children struggling to make ends meet or in crisis, as a result of navigating the complexities of the benefits system, illness, or redundancy.

With your support we want to extend the services that we have in place for them. Go to the appeal pages (18-19) find out more information about ways you can help.

With thanks for your continued support.

## Normandie



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**99 Edge Lane,  
Liverpool, L7 2PE**



**nugent**

# upcoming events

## 2019

- 2 Nov** Strictly Nugent, Anfield Stadium
- 2 Dec** Tinsel Tea Dance, Marriott Liverpool City Centre
- 4 Dec** Light Up a Life, Metropolitan Cathedral of Christ the King
- 8 Dec** Light Up a Life, St Teresa's Church, Up Holland

For more information about any of our upcoming events visit [wearenugent.org](http://wearenugent.org) or call 0151 261 2000.

Registered Charity: 222930



*I decided I could help people after meeting some of the other service users and seeing some of the issues they face.*

# ambassador to our people

Welcome to our new service user ambassador, Gemma Lawson.

Our Ambassador Scheme aims to give service users a role which actively involves them in decision making and provides a sense of achievement, a feeling of belonging, empowerment and involvement.

Through our Ambassador Scheme, we demonstrate a commitment to welcome and include service users' voices in all aspects of our work.

Gemma is supported by Nugent Community Choices in Bootle, where she has been living since February.

Nugent Community Choices supports people in their own homes with their own tenancies and provides day services to people who require support to access the community and integrate within society as much as is possible.

*"I live with four others in my house, and the carer. I get on with them very well. I love living here. I was asked by Keith, the Registered Manager, if I'd like to be an ambassador, I had a meeting with the team and went out to see some of the other services to see what they were like. I decided I could help people after meeting some of the other service users and seeing some of the issues they face."*

Gemma is very active, and has two jobs, one at a local school, working in the kitchen, the other helping out in a charity shop near her home.

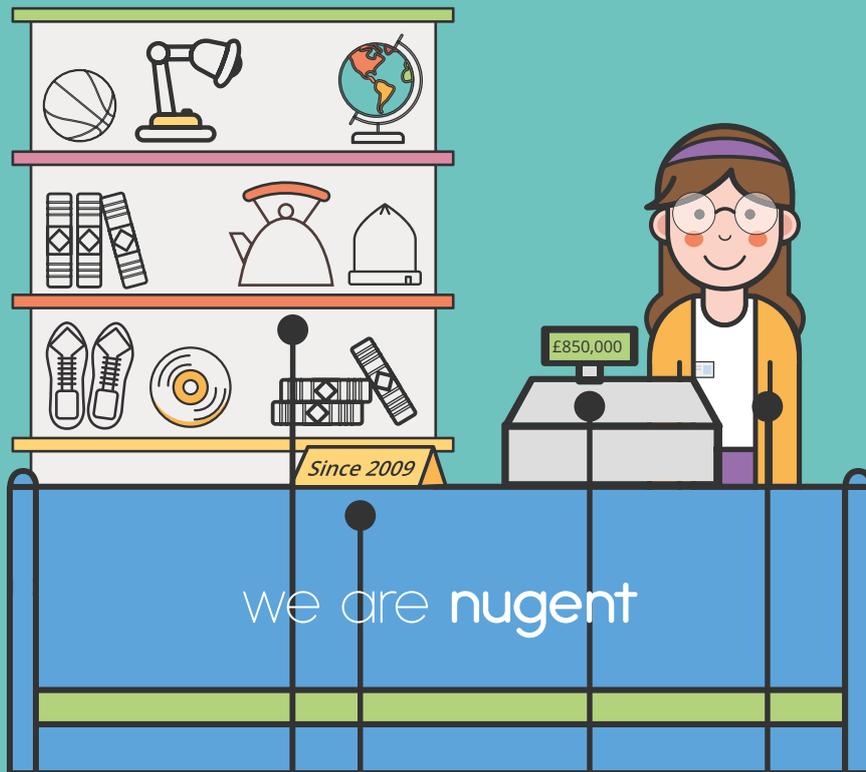
*"I love going to music concerts with my sisters, and my mum, I recently went to see Westlife, and have seen Olly Murs and Bryan Adams live!"*

On becoming an ambassador Gemma said,

*"I think I can be a good voice for people, as I meet them I can find out what they might want me to help with."*

# 10

# years of our charity shop



**600**  
items sold per  
week (average)

**300,000**  
items sold over  
10 years

**87,840**  
hours of  
service

**49,000**  
volunteered  
hours

**£850,000**  
income over  
10 years

**£85-90k**  
income per  
year (average)



**The shop team**

# a decade of deals

Nugent's charity shop on Allerton Road is 10 years old this September.

With an estimated 11,200 charity shops currently in the UK, the presence of charity shops on the high street have never been more prevalent. Nugent's shop remains firmly established in the heart of South Liverpool, on the bustling Allerton Road high street.

The shop, often regarded as a community in its own right, is celebrating its tenth anniversary this month and plays a vital part in raising funds to enhance the work Nugent does locally.

Jeanette Burnett has been shop manager since opening in 2009.

*"Our charity shop's often compared, by our customers, to that well known German supermarket chain that's also grown in popularity in the last 10*

*years! It's down to the variety and ultra-competitive prices of the 500-plus products that we sell on average each week!*

*"We've received a number of interesting donations, ranging from a selection of collectable WWI military postcards to a 'mourning brooch', dating back to 1776, that contained the original hair of the person being remembered. This item raised over £400 at auction.*

*"We've an army of volunteers who help run the shop; half of whom have been loyally volunteering since it opened and regard the shop's community as a family. They support me on a daily basis and are a vital piece of the jigsaw. I thoroughly enjoy supporting, motivating, training and developing them. I couldn't do it without them - it's a real team effort!"*

The shop is one of the most popular in the area, with lots of

regular customers. The team has sold over 40,000 items so far this year and raised over £90,000 for our community services.

Gill (front cover) has been volunteering with Jeanette at the shop since 2009, not long after the shop first opened. She said,

*"I really enjoy it, Jeanette has been great. It's a great shop, we keep the prices low and we're always busy."*

Beryl, another longstanding volunteer, said,

*"The shop's great fun to work in. We meet so many lovely customers, some have been coming for years."*



# stephanie mcclymont

**Cook, Lime House**

As the cook at Lime House, my job entails providing good quality food, using quality ingredients, whilst ensuring food preparation and food hygiene procedures meet the highest standards. Ensuring that food is cooked to the correct temperature and cooled within the appropriate time frame and is stored correctly to avoid cross contamination is really important.

I enjoy my role and I love to communicate with the residents regarding food choices and coming up with ideas for new meals for the menu. It's also really rewarding to know that residents have enjoyed their meal - it's lovely feedback!

**My role in six words...**

...Rewarding, challenging, enjoyable, sociable, busy, creative.

**Highlights in one sentence...**

...Knowing the residents are eating a balanced diet using good quality ingredients.

**Not many people know...**

...Nothing! I am an open, honest and trusting person.

**My favourite possession...**

...my family.

**My hero/heroine...**

...my mum.

WHAT'S COOKING?



Image for illustrative purposes only.

## stephanie's creamy chicken pasta

**Ingredients**

- 1.5 kilo diced chicken
- 1 large onion
- 4 mixed peppers
- 3 celery sticks
- 1lb mushrooms
- garlic puree
- grated cheese
- 1lb dried pasta

**Sauce**

- 200g plain flour
- 200g butter
- 4 pints of milk
- 3-4 teaspoons grain mustard

**Method**

Sauté onions, peppers, celery and garlic in a small amount of cooking oil to soften.

Add the diced chicken and cook through.

Add bacon and mushrooms and cook for a further 10 minutes.

To make the sauce, melt the butter in a pan and add the

plain flour and cook to a dry sandy consistency. Remove from the heat and add the milk gradually. Add the grain mustard and stir continually until the sauce thickens.

Set the sauce aside and cook the pasta according to the instructions on the packet.

Add the pasta to the chicken, vegetables and bacon.

Pour over the sauce and mix together.

Transfer to an ovenproof dish. Sprinkle with the grated cheese.

Place in the oven and cook until the cheese has melted and gone brown.



Two super cyclists took to the roads recently in an act of charity to support Nugent.

On Saturday 3 August 2019 Mags James, completed the RideLondon 100 cycle challenge. Mags, originally from Liverpool, now lives in Brighton and raised an impressive £700 cycling a closed road, 100 mile circular route, from Queen Elizabeth Olympic Park, across Surrey, finishing at The Mall, London.

Mags said, *"It was a great day, exhausting and exhilarating. Thanks to everyone for the support I received. I'll be back next year!"*

Our very own Mark Wellbelove, a Registered Manager at Nugent House Residential in Billinge, has recently completed a 274 mile ride from London to Paris!

Mark has been cycling for a number of years and saw this as a great way to not only raise funds for Nugent, but also to challenge himself to do something really big!

Mark's ride took three stages with a handful of challenging hill-climbs on route.

Mark said, *"This was such a big challenge, my training paid off though, and the support I've had was amazing, particularly from Steve at Quinns Cycles, and Jacks Supermarket. Thanks to everyone who has sponsored me. I'm going for a lie down now!"*

You can add to Mark's total at <https://uk.virginmoneygiving.com/MarkWellbelove1>

Challenge yourself for Nugent, find your own way to have an adventure and help us raise funds: [wearenugent.org/fundraising/take-up-an-act-of-charity-for-nugent/](https://wearenugent.org/fundraising/take-up-an-act-of-charity-for-nugent/)



## life at margaret roper house

*In the manner of John Betjeman*

### To my Friends

"Home Sweet Home", that is eponymous, but that is what MRH means to us. We are all psychiatric residents here; we live in a state of happiness without fear.

We spend these days "In a Summer Garden", and we do not have to ask where or when. The marvellous staff lay everything on for us; they are models of kindness, without fuss.

Truly, the birds sing away in the garden; We are all together for meals. The menus are printed from breakfast to supper; What a greater sense of comfort it feels.

When the sun climbs the heavens and then descends in the violet west, I am very grateful for this life's mercies; I go to my bed in a sure peace to rest.

Written by Clive Anderson

*A resident at Margaret Roper House*

5 July, 2019

# BAKE THAT!

for nugent

## Have you got a passion for pastries?

### Would you like a jam-packed fundraising kit?

**Bake That! for Nugent** is a bake sale event created to help you raise funds to support our work with vulnerable children, young people and adults.

It can take place in your school, workplace, community group or even just among a group of friends!

So, dust off your apron, dig out your rolling pin and get baking for your local charity.

For more information contact our Fundraising team.



**0151 261 2000**



[fundraising@wearenugent.org](mailto:fundraising@wearenugent.org)



[wearenugent.org](http://wearenugent.org)



99 Edge Lane,  
Liverpool, L7 2PE



Help support our work with vulnerable children, young people and adults in your community.



nugent



# a great big thank you

Three cheers for Our Lady of the Annunciation Bishop Eton & St. Mary's (Woolton), Justice and Peace Youth Group. Thanks for raising a fantastic £230 from a sponsored walk during our We are Nugent Week.

They also kindly did a plea for donations for local families that Nugent have supported over the summer holidays. It was wonderful to receive so many items that have already made such a huge difference.

Thank you to everyone from both Parishes who kindly donated and a special thanks to Sophia, Anna and Olivia for working together to donate lots of items such as pasta, biscuits and long life milk.

Congratulations also go to the group who have been nominated for a national Catholic award, Million Minutes - 'Celebrating Young People Awards.'

Finally, the group were highly commended in the Dorothy Day category, which is for fostering community and participation.

Everyone at Nugent thanks the group for their unwavering support for our causes, which is greatly appreciated. We look forward to working with them again in the near future.

## toy soldiers

Earlier this year, we received a lovely phone call from Mrs Dooley, whose late husband Steve had been a past Grand Knight of Council 9, Knights of St Columba. They spend their time raising money for many charities, of which Nugent has gratefully received support over the years.

Steve had been a collector of toy soldiers, which had been his lifelong hobby. He had carefully and conscientiously collected many models, tanks and various elaborate figurines over the years. Mrs Dooley kindly donated his collection to Nugent in his memory, which was valued by Adam Partridge Auctioneers

and sold at auction in July for £605.00.

Many thanks to Mrs Dooley for kindly thinking of Nugent, and for this very generous donation.



# glitz and glamour returns for fourth year

Our fourth annual dance competition and gala fundraiser, Strictly Nugent 2019, takes place on Saturday 2 November at Anfield Stadium, Liverpool.

The event has raised over £110,000 in the last three years to help vulnerable children and families living with poverty. Now, in the fourth year, we're aiming to raise even more.

Normandie Wragg, Nugent's CEO said:

*"Last year, from the minute the guests arrived, to the announcement of the winners, Liverpool's St George's Hall was buzzing with excitement, the atmosphere was electric. We are so proud of the guests and supporters who have helped us raise so much."*

## SPONSORSHIP PACKAGES

Headline Sponsor, £5,000\*  
Event Sponsor, £2,500\*\*

Other support packages include:

Drinks Reception Sponsor, £1,500  
Platinum Table, £1,065  
Gold Table, £750  
Silver Table, £650  
Trophy Sponsor, £400  
Branded Supporter, £250

\*As Headline Sponsor of Strictly Nugent 2019 you will benefit from a host of brand placement opportunities before, during and after the event giving you multi-level exposure online, on site and in the media.

\*\*As an Event Sponsor of Strictly Nugent 2019 you will benefit from a host of brand placement opportunities before, during and after the event.

For more information on how to get involved or to support the event, please visit:

[wearenugent.org](http://wearenugent.org)

or contact Zoe Donoghue:

0151 261 2000 | [zoe.donoghue@wearenugent.org](mailto:zoe.donoghue@wearenugent.org)



# Lynbrook

## **Fourth year of support from Lynbrook**

Our Event Sponsor Lynbrook has supported Strictly Nugent since the beginning and has been a key part of our success.

Established 40 years, Lynbrook has become one of the most respected IT and print technology providers in the North West.

Lynbrook's knowledgeable, accredited and friendly staff pride themselves on delivering managed IT and print services to all levels of business. Their consultative approach ensures they fully understand customers' needs and enables them to deliver bespoke market leading solutions.

Ian Morgan, Lynbrook's Director said:  
*"We're really proud to support this great charity event for the fourth*

*year. It's always such an exciting evening, to be part of raising funds for such a vital cause is humbling."*

Follow us on social media (**@werenugent**) for news and updates from our dancers and other announcements.

See photographs from last year's Strictly Nugent:  
<https://www.wearenugent.org/news/strictlynugent2018dancers/>

# young people and families go behind the scenes

In August, young people and families were invited to take part in two events related to National Theatre War Horse during its run at the Liverpool Empire Theatre. Nugent worked with the venue's Creative Learning team to identify young people and families who would benefit from the exciting programme of show-related activities.

Thanks to the generous support of The Empire Theatre (Merseyside) Trust Limited, Reg. Charity no. 509458, young people aged 15-19 years were given funded places to take part in a unique careers experience. The two day event gave

participants an insight into the different career paths in the theatre industry, beyond the usual performing roles.

As well as learning from the in-house team that runs the Liverpool Empire theatre on a daily basis, young people gained hands-on practical experience working alongside the visiting company of War Horse. From lighting and sound to stage management and marketing, they gained an understanding of what it takes to put on a production before taking their seats to see the show come to life.

Later in the week, Nugent families were invited to theatre for a morning of pre-show activities like no other. Young people aged 9-14, together with their parents and carers, took part in a practical puppetry workshop with the Associate Puppetry Director of War Horse.

Following this, the group was given the opportunity to explore backstage at the Liverpool Empire on the set of War Horse and learn more about the show and its famous horse puppets. Lunch was provided by the Liverpool Marriott Hotel before families headed back to the theatre to see the show.



## share, promote, celebrate



We're very active on social media, with news and articles about what's happening and what our teams and services are up to.

You can help, simply by following, liking and sharing our posts.

This really helps us to raise our profile and showcase our work, so get involved and help us spread the word.



*The incredible amount of donations by the young students of St Peter's*

# challenge accepted

Thank you to Year 7 students at St Peter's Catholic High School, Orrell, who kindly took on our #binbagchallenge in the run up to the end of the school year. We set staff and students the challenge to fill as many bin bags as possible, with donations of clothing, shoes, handbags, books and bric-a-brac for our charity shop. A bin bag full of items such as these could be worth up to £20 for our charity!

They not only collected dozens of bags but also dedicated a display board in school to

Nugent, which promoted our work and demonstrated the impact we have locally. Thank you to staff, students and the wider school community for the many donations we received. Your support and generosity is very much appreciated.

If your school, business, parish, community group or even your family would like to take on the Nugent Bin Bag Challenge, please do not hesitate to contact our Fundraising Team on 0151 261 2000 for more details.

## catenian circle



Many thanks to Roger Mullin, who is the current President of St Helens Catenian Circle, who has kindly chosen us as one of his chosen charities. The Circle will support us for the next year, during his time as President. We look forward to their continued support over the next 12 months.



# fun for all at epsy

The children and families who access our Epsom Street Community Centre had a fantastic family fun day recently.

Activities included an LFC inflatable pitch, face painting, beat the keeper, raffles and a range of fun and games throughout the day.

We even had a surprise visit from Liverpool FC's very own mascot, Mighty Red!

It was organised by the young people in conjunction with LFC Foundation and supported by FareShare, Slow Down For Bobby, Liverpool Marriott Hotel City Centre and Liverpool Justice and Peace Youth Group.

Thanks to everyone who supported the event.





# good shepherd update

The theme for this year's Good Shepherd Appeal was The Good Samaritan: Join the journey, walk in faith. To date, this year's appeal has raised over £36,000 and 73 schools across the archdiocese have taken part.

We welcomed over 1,000 attendees at our Good Shepherd Mass held at The Metropolitan Cathedral of Christ the King, Liverpool, which took place on Wednesday 12 June. A further 500 attended mass at Leyland

St. Mary's Church on Tuesday 18 June.

Many thanks to all the primary and high schools who attended both masses and also to schools who took part by singing in our Good Shepherd Choir. Eucharistic Ministers, led our banner processions, and delivered our prayers, readings, and offertory gifts.

If your school has taken part, we'd love to hear about your

fundraising activities in aid of Nugent.

Next year's Good Shepherd Masses will take place on:

Wednesday 24 June 2020, 10.45am at Leyland St. Mary's Church

Tuesday 30 June 2020, 1pm at The Metropolitan Cathedral of Christ the King, Liverpool.

## having a summer clearout?

Our Charity Shop on Allerton Road is always extremely grateful for donations of clothing, shoes, handbags, bric-a-brac and books to raise funds for local services.

Donations can be dropped off at the shop, 73 Allerton Road, Liverpool, L18 2DH, Monday to Saturday, 9am until 5pm or at Central Office, 99 Edge Lane, Liverpool, L7 2PE.

Please contact Jeanette Burnett for more information.



 **0151 737 2951**

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 [wearenugent.org](http://wearenugent.org)

 **73 Allerton Road,  
Liverpool, L18 2DH**





## a fond farwell

St. Anne's Catholic Primary School, Overbury Street, has bid farewell to Mrs Shields after being Headteacher there for twenty-two years.

St. Anne's Catholic Primary School has been a supporter of Nugent's Good Shepherd Appeal and Mrs Shields remembers the appeal growing up as a child. She also has fond memories as a young teacher building a sheep as a fundraiser for the appeal.

We would like to thank Mrs Shields for all her support for Nugent and wish you a very happy retirement.

## summer support from schools in our archdiocese

Many thanks to both Primary and High Schools who belong to the West Derby Network Learning Community for supporting us at your annual mass of Thanksgiving which took place on Thursday 23 May at St. Vincent's School Chapel in West Derby.

Thank you also to our Archdiocesan High School Chaplains for taking on our call to action to help us to support many families during the forthcoming summer break. We were extremely grateful to receive the many donations presented at the Liverpool Schools End of Term Mass which took place on Monday 8 July 2019 at The Metropolitan Cathedral of Christ the King, Liverpool.

Thank you to all staff, students, families and wider school communities who have kindly donated essential items that have helped many families during the summer break.



We were delighted to take part in the Father James Nugent annual walk, which took place on Sunday 7 July.

The walk, organised by Saint Francis Xavier's Church, Liverpool's Social/Justice Concerns Group, remembers our founder, Father James

Nugent, and celebrates his life work.

Our CEO, Normandie Wragg, and Governing Body member, Dermot O'Connor, were amongst the group who took part. Pat, our tour guide, was a font of knowledge, and we learnt so much about our

pioneering founder.

Many thanks to everyone who contributed to the walk and service, and also for the beautiful flowers that adorn Father Nugent's statue in St. John's Gardens.

# our christmas appeal

## FAMILIES IN CRISIS

Over  
**131,000**

children will be homeless this Christmas

**59%** higher than five years ago

More than 1 in 4

**1/4**

children are growing up in poverty

**47%** of children living in lone-parent families are in poverty

**70%**

of children growing up in poverty live in working families



Over four million children in Britain are growing up in poverty, with many at risk of going without nutritious or adequate food. As poverty has risen, families with children are among the hardest hit.

Recent reports suggest that most UK families would suffer more from a post Brexit recession than they did during the 2008 financial crisis.

The impact of the last recession

is still being felt by many families. Low and middle earners are more vulnerable and another downturn in the economy would impact those already struggling.

Incomes have fallen since 2008 amid stagnant wages and increased costs, meaning families have had to cut their outgoings and are now spending a much greater share of their income on essential items such as food and energy. That leaves little scope for further savings in

the event of another downturn.

At Nugent we provide a safety net for vulnerable communities working with local partners to find ways of supporting families in crisis, through development of our Community Food Market programme, working in partnership with our New Beginnings project, through our welfare advice support team and the Gubay Crisis Fund.

Recently these services have supported a family through the Gubay Crisis Fund who, through illness, had suffered loss of income and had struggled to support themselves. The fund helped provide the basics to set up a home and the family were directed to the Kirkdale food market where they found friendly support and advice that has given them hope for the future.

This all-round support really impacts on families living in crisis!

Just this year our services have:

- Supported 102 children and 109 adults through the Gubay Crisis Fund
- Provided advice to help over 50 people with PIP and benefit claims
- Supported appeals to recover over £6,500 in back pay after benefit appeals
- Supported over 120 people living with food poverty per week at our food markets in Woodvale and Kirkdale

We need your help to continue this vital support:

- £5 can buy vital food from our food markets
- £10 can buy a set of pans
- £20 can buy a new pair of school shoes
- £50 can buy bedding for a family

Donate now and help make life better for families in crisis. You can donate online at:

[wearenugent.org/fundraising/donate/](http://wearenugent.org/fundraising/donate/)

Alternatively, call our Fundraising team on 0151 261 2000.

## events supporting our cause

We have events across the Christmas season that help support our Appeal.



### Light Up a Life

Our annual *Light up a Life* lets us remember and celebrate the lives of family, friends and loved ones who are no longer with us or can't be with us at this important time of year.

In December, we will be holding two Light up a Life services across the archdiocese.

#### Wednesday 4 December

The Metropolitan Cathedral of Christ the King, Liverpool, at 12.30pm, led by Bishop Tom Williams.

#### Sunday 8 December

St Teresa's Church, Up Holland, at 3.00pm, led by parish Priest Father Philip Kehoe.

To remember a loved one, we ask for a suggested donation of £5 per dedication with all funds going towards our Christmas Appeal.

### Tinsel Tea Dance



Supported by

Don your festive costumes, pop your dancing shoes on and join us for an afternoon of dancing and Christmas cheer at our Tinsel Tea Dance in support of our Christmas Appeal.

Quickstep into the spirit of the season following the lead of international dance instructor Cat Foley.

Monday 2nd December, 2-4pm, Liverpool Marriott Hotel, Queens Square Liverpool.

Tickets £10 per person including refreshments: Turkey sandwich, tea/coffee, mince pie and a Christmas cracker.

To book your place:

Call our Fundraising team on 0151 261 2000 or post a cheque or postal order with your name and contact details to **Nugent**, 99 Edge Lane, Liverpool, L7 2PE.

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BUILDING  
FAMILIES



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 [nugentadoption.org](https://nugentadoption.org)

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nugent  
adoption