



St James' Church, Rudry

Walking with Jesus

Web site: rudry.church

HOMELESSNESS



For every 10 people sleeping rough in 2010, there are now 26

Incredible as may seem in 21st Century Britain, the figures above from St Martin-in-the-Field show a 160% increase in homelessness between 2010 and last year. That's an average annual increase of 20%. The homeless charity Shelter states that the total figure of those recorded as homeless last year was 320,000. For some perspective, Cardiff's population is around 467,000. All the UK homeless would therefore represent nearly 70% of our capital's population.

This Christmas, St James will be focusing its fund-raising efforts on helping the homeless. All monies collected during our Community Carol Singing in the Maenllwyd, the Rudry Inn and the Hollybush will go to CRISIS, the national homeless charity, and HCT (Helping Caring Team), a local homeless charity covering Newport, Caerphilly and area.

PLEASE COME ALONG TO ENJOY GREAT SINGING SESSIONS AND HELP CONTRIBUTE TO THOSE WITHOUT HOMES THIS CHRISTMAS. Your carolling will be supplemented by St James' singing troupe and musicians, who will also perform seasonal songs for your listening pleasure (and to give your voices a rest and allow for drinking time!) The pub carolling will be on two evenings during the week before Christmas. The details are:

TUESDAY 17 DECEMBER, MAENLLWYD INN: First carolling session: 7pm-7:45pm. Second carolling session: 8:30pm-9:15pm. Managers Mike and Tony warmly welcome you to come and enjoy an evening of supping and singing.

WEDNESDAY 18 DECEMBER, RUDRY INN (THE MONTE): To cater for young families especially, Landlords Jo and Richard are hosting the carolling from 7pm to 7:45pm. For all the kids and adults attending there'll be free mince pies and sausage rolls. Mulled wine will also be on offer, as well the bar of course.

WEDNESDAY 18 DECEMBER, HOLLYBUSH: Landlord Adrian will be hosting the carolling from 8:30pm to 9:15pm. Free mince pies will also be on offer to the good folk of Draethen, with mulled wine on tap as well. Come along and check out the newly-opened Snug Bar. FYI, the Hollybush also runs quiz and open mic nights on alternate Thursdays.

A PERSONAL WORD

"My name is Donna and I am a community staff nurse and nurse prescriber in Powys. I am also a palliative link nurse to our Macmillan team, and I am currently studying a postgraduate certificate in palliative care. I am a Queens Nurse and have recently been awarded the Powys Stars award within my employment for the NHS for the work that I do with the homeless. However, my journey to the nurse I am today was not without issues. As a child I ran away from abuse and lived rough in London for many years. I became embroiled in street life and lived within volatile relationships and environments until one day everything changed. I went back to school and worked hard to change everything.

I am now the lead nurse and founder of my voluntary organisation "Homeless Hope". We are a voluntary nurse-led group that performs foot care to our homeless at street level. In Newport and area, we join with HCT, who are a group of mums who feed the homeless Monday, Wednesday and Saturday on the streets. HCT's aim is to bring people together, to generate support to pass on to those who currently have no door to lock at night or no roof to keep them dry. Once every four weeks Homeless Hope join with HCT on a Saturday and whilst HCT provide food, together we provide donations, and the nurses of Homeless Hope perform foot care. HCT makes up bags that include new socks and pants, hygiene items, a cold drink and a chocolate bar for all of those for whom we provide foot care.

In the twenty-eight years that I have been off the street, very sadly the only thing that has changed is an increase in the number of homeless. They are still invisible, and given little opportunity to access what they need to address the issues that haunt them daily. They have a life-expectancy of 43-47 years; are 9 times more likely to commit suicide; 4 times more likely to have a mental health problem; 41% use drugs/alcohol to cope with mental health problems and childhood trauma; 40% have been assaulted; 21% of the women have been raped. Our groups that turn out on a regular basis do so because they care, they give up their time and give back to society for free."

Please lend your voices to raising money for these wonderful people by carolling with us on the 17th or 18th. If you can't make it but would like to donate, you can do so at:

<https://www.paypal.com/pools/c/8iiG17v0wi> *Merry Christmas from all at St James!*