

# DEPAUL DIARIES

Bringing you news of your compassion set in motion across Ireland | April 2024

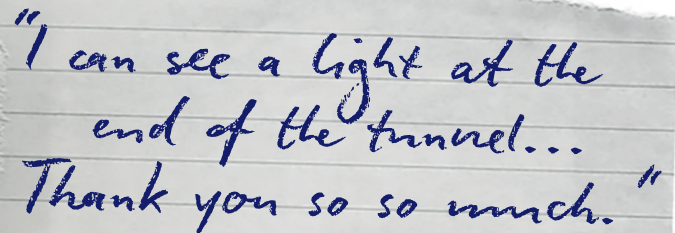
## Because of You, Ciaran Came In From The Cold This Winter...

*During the harshest, most unforgiving months of the year, we ask for your help for the people frozen and forgotten on our streets. It's a call you answer with your heart. This winter, your kindness provided hot showers, warm beds, and more cups of tea than we can count. But for Ciaran and many others, your generosity gives something more precious still...*

Ciaran well remembers his first night on the street, "I was terrified," he tells us. He's only young. Not too long out of his teens. And it was just coming into winter...

"I'd be up walking the streets to keep warm. But the next day you're exhausted and freezing. You just can't get warm."

But through it all, through the hunger and the bitter cold, Ciaran, held onto a dim and distant hope — "I always tried to stay



"I can see a light at the end of the tunnel... Thank you so so much."

positive. I never let myself go. I always made sure I could wash myself."

And this winter, because of you, Ciaran's hope was answered...

*Continued on page 4 >>*



**On Page 2:**  
How kindness like yours endures for friends like Brian.



*“I’m so grateful to people who donate to Depaul... I wish I could*

## “I left with absolutely nothing...”

*Homelessness or abuse... how could you choose?*

**F**or many women in violent, abusive relationships that is the terrible choice they face. *That’s how it was for Mary...*

For years she lived under the shadow of a violent man. “I didn’t have control over anything. I had no money. I couldn’t go anywhere. I lost my friends and family. I was completely isolated,”

But one day, Mary found the courage to leave with nothing but the clothes on her back. She managed to make her way to

one of Depaul’s six homeless services especially for women and families. And that was

endured years of abuse, control, isolation and fear. Mary was forced into

“*From the time I came in , I was just made to feel so welcome. So safe. Coming to Depaul has just been life-changing for me and I’m so grateful.*”

exactly the environment Mary needed to rebuild her life.

Mary’s key worker says, ‘So many women I work with have

homelessness as a last resort for her freedom. It’s heart-breaking.”

**A place of safety, thanks to you...**

Mary was recently handed the keys to her very own apartment. “Honestly, I’m

1,609

Depaul has supported 1,609 **homeless women in the past year**, but the housing crisis means **that number is rising all the time.**

*“My greatest friend back then was alcohol. Having a good friend like Matt, it’s made such a*

## A Coffee and Catch-up that Means the

**B**rian’s life began to fall apart when his drinking got the better of him. Before he knew it, he was **homeless... and friendless.**

Your kindness brought Brian in from the cold all those years ago and walked with him all the way home. But your love didn’t end there.

When Brian felt isolated and alone, he reached out to Depaul once again. And through our Community Befriending Programme, *your kindness did the rest...*

**A friend in need...**

Matt became a befriending volunteer when he retired. He wanted to do something meaningful with his time. And Matt and Brian hit it off instantly. If you met, you’d think they were childhood friends.

Matt says he’s seen a huge change in Brian since their friendship began — “When I met Brian first, he was drinking, but he’s come full circle. That’s not easy, I admire him for that.”

Brian says befriending has changed his life.



thank you in person." — Mary



so grateful to people who donate to Depaul," says Mary. "I'm a devil for the soaps, and just being able to turn on the telly in the evening, it's heaven. I wish I could thank you in person."

**For your steadfast support and for giving women like Mary a safe place to run... thank you.**



## Homeless Women's Wish-List



*Depaul is one of the only charities in Ireland with specialist women's hostels. But like all our services, they're struggling. Could you help with any of these much-needed items? For women like Mary, your kindness is more precious than gold...*

- ✓ **Women's Welcome Kits x 25 — €50 each**  
Essentials like soap, shampoo, and sanitary products for women like Mary who arrive with nothing.
- ✓ **Single Mattresses x 9 — €109 each**  
To replace the mattresses on their last legs.
- ✓ **Electric Hob x 1 - €249**  
To replace the broken cooker and help homeless women stay self-sufficient.
- ✓ **Tumble Dryer x 1 = €886**  
In our hostels, the dryer hardly stops. Could you help provide human dignity and clean clothes through hard times?

*BIG WISH*



**To give, use your reply form, enclosed, or visit [depaul.ie](http://depaul.ie) — Thank you!**

Your kind gift will support all of Depaul's work to help the homeless across Ireland. Thank you.

difference to me." — Brian

## e World

"We're the same generation," says Brian. "We both like the same music and history. It's like talking to someone you grew up with, you know?"

Not once has Matt forgotten Brian's birthday, and you can tell what that means to him — "I say to Matt, there's no need for a fuss, but he always remembers. I really appreciate that." ♥



### Could you be a befriender?

We're searching for kind, caring people like yourself to volunteer as befrienders. If you'd like to take a leaf out of Matt's book, contact: [volunteerROI@depaulcharity.net](mailto:volunteerROI@depaulcharity.net)

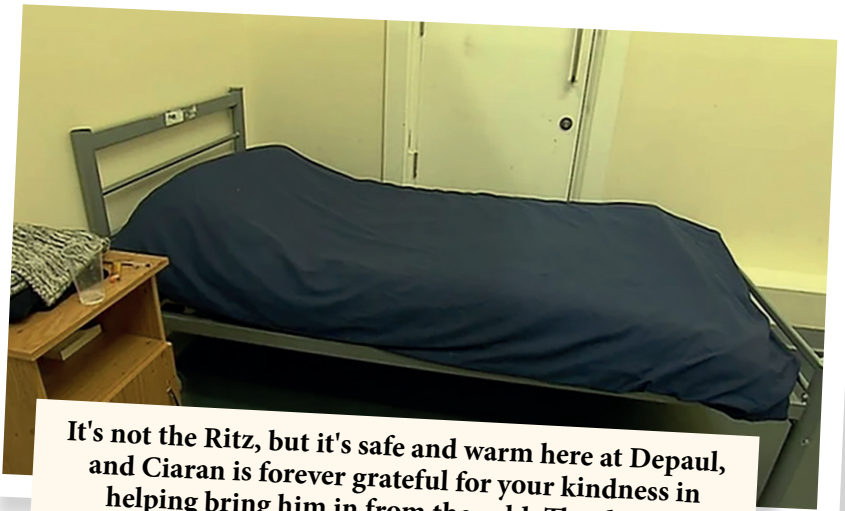
# Help, hope, and a way out of homelessness...thank you.

*Continued from cover...*

In one of his lowest moments, soaked to the skin and frozen to the bone, Ciaran turned to Depaul. Thanks to you, he was welcomed in with open arms.

Ciaran is just one of the people your kindness brought in from the cold this winter. *But a warm bed and shelter from the cold isn't all he wants to thank you for...*

You see, when he came to Depaul, a world of wraparound services opened up to him — *nurses, mental health professionals, housing key workers, and much more.*



**It's not the Ritz, but it's safe and warm here at Depaul, and Ciaran is forever grateful for your kindness in helping bring him in from the cold. Thank you!**

Because of your kindness, Ciaran is doing well — his health has improved. He has colour back in his cheeks. And renewed confidence in himself. You'd be so proud!

His ambition is to find a steady job. And he's dreaming

of the day he can hold his own set front door keys in his hand —

"I've a key worker now who's helping me with that," says Ciaran. "I'm so grateful to you... **I can see a light at the end of this tunnel. Thank you!**" ♥♥♥



**78,045** nights of safety and warmth provided for homeless people like Ciaran during the most **punishing Irish winter weather.** Thank you!

## A Special THANK YOU to our Monthly Givers

*Rising costs, record numbers of homelessness, and a chronic housing crisis... for your steadfast generosity through these toughest of times, we thank you.*

**W**ith your help, Depaul looks after more homeless people than any other charity in Ireland. Chef Shay expresses his gratitude for your help to feed hundreds of homeless people every day —



*"Money is that tight now, it's hard to keep our heads above water, even stretching every penny as far as it'll go. I just wanted to say thank you so much for sticking with us through all this..."*

If you're not a monthly giver but feel now might be the right time to join with our most constant supporters, use the back of your reply form, enclosed. **Thank you.**

**DEPAUL**  
Homelessness has no place

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To protect the privacy of the people we care for, images which show faces may be represented by stock photos. Thank you for your understanding.

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