



Association for the Pastoral Care of the Mentally Ill

An association which supports the mentally ill and their relatives

NEWSLETTER NO. 6 MARCH 1989

THE CHAIRMAN'S MESSAGE

I recently had the pleasure of writing to a number of early donors, firstly to say how much we appreciated the help that we had received from them in our early days, secondly to tell them that our development since that time has been quite astonishing in terms of the involvement of people towards our aims and objects, and thirdly to advise them that the scale of this progress has increased our needs and our projected expenditure.

We have managed so far with only one employee and with the virtual full time commitment of my dear wife the Founder and President. At this stage of expansion, with more branches becoming established, drop-in centres opening, support groups forming, training courses taking place both centrally and locally and Befrienders actively visiting people affected by Mental Illness, we need to employ more staff. We need to raise more funds for this purpose. Amongst readers of this message there will be many who have helped raise funds for other causes in the past. I would very much like you to contact me if this relates to you. We need your help now. There will also be readers who may wish to step up their contributions to the Association - the Annual Membership fee barely covers printing and postage cost for our Newsletters and circulars. Arrangements will be made for covenant giving where appropriate. Please let me hear from you.

An appeal to convents of the Brentwood Diocese raised a total of two hundred and eighty pounds which I gratefully acknowledge, otherwise the quarter under review has not been marked by any significant donations. We were glad to receive many membership renewals, and on a sombre note news of our very first legacy. This is an area where most members will be able to help our long term plans. Please remember APCMI in your will!

I would like to publicly express my appreciation for the enthusiasm and involvement I witnessed in Croydon at the "Think-In-Day" mentioned later. Groups from Guildford and Dulwich joined local members and individual members travelled great distances to attend. This was a most encouraging experience. I greatly enjoyed the caring friendship of the occasion.

With Best Wishes to all.

AUSTIN LINDON

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Registered Charity No. 327532

In my capacity as Course Co-ordinator I have taken part in the Autumn Training Course and facilitated the monthly follow on Befrienders' support group. I continue the administration of the Head Office with the involvement of Austin and Jane Lindon. Together we are responsible for day to day policy making, future planning, organising events and producing the Newsletter and other promotional material. We participate in a weekly management meeting. I also attend the bimonthly National Management Committee meetings. My development and field work is expanding in an exciting way with the start up of new groups and branches.

November: On the 2nd I chaired the monthly meeting of the Kensington and Chelsea group; on the 7th I attended a General Meeting of the Guildford Branch and later in the week I chaired a General Meeting of the Dulwich and Forest Hill Branch. I participated in a Care and Counsel Consultation Day held in a North London C. of E. Church to discuss a possible programme of events for a four day Conference to be held in 1990, I spent an afternoon at Friern Hospital in North London at the invitation of the Chaplaincy team where we delivered a workshop on "Worship with the mentally ill". Mid month activities included an address to the Mental Health Locality Planning Team at St. Ann's Hospital, Tottenham and a useful meeting with Monsignor Michael Connelly,, Secretary to the R.C. Bishops' Social Welfare Committee who floated the idea of a Mental Health Information Leaflet to be presented to the Bishop's Conference. I joined Austin and Jane to attend a Consumers' Consultation, held under the auspices of the City and Hackney Community Health Council, to hear about the proposed developments in the provision of hospital care for mentally ill patients in the City and Hackney Health Authority district. These have met with some criticism. The Think-In Day was held on the 26th (see report) Jane and Austin and I attended the Annual General Meeting of the National Schizophrenia Fellowship which this year was held in conjunction with a large Parliamentary Lobby in the House of Commons. Nearly 300 people turned up to hear, among others, Professor Anthony Clare and Robin Cook M.P. (shadow health spokesman) make impassioned pleas for better mental health provision. We were impressed by the quality of organisation which included a buffet lunch on the Terrace, and the commitment expressed by all present.

December: I travelled to Eastbourne in E. Sussex to speak to a group of people who wish to set up an APCMI branch in their area. On the 5th Jane and I had a one hour consultation with the R.C. Archbishop of Southwark. In her capacity as Founder and President Jane likes to introduce and explain the work and mission of APCMI to church leaders. Two days later we met our N.S.F. colleagues at their London Advice Centre to discuss plans for our forthcoming joint Conference (see details). We took the opportunity to introduce ourselves to the NSF London Manager Mr Joe Persaud. Joe and I plan to meet on a regular basis. (Jane and Austin who are members would like to thank NSF for their continuing support both of themselves, and their son who is a chronic sufferer). On December 9th I had a meeting with Mr Jonathon Carruthers Voluntary Services Officer (mental health) of Hampstead. We agreed to work together to try and establish a relatives' support group in the Hampstead area. I was pleased to accept an invitation to join in the Dulwich Branch Drop-In-Centre Christmas Party. The Office was closed over Christmas.

January: I chaired the regular monthly meeting of the Kensington and Chelsea group; Mr Stan McGowan of APCMI has kindly agreed to chair their first Steering Committee meeting. I sat in at the Croydon Branch Steering Committee meeting. On the 11th I had lunch at the West London Methodist Mission where APCMI member Mrs Renata Rothwell was able to give me information about their pastoral work. The following day Austin and I had a consultative discussion with the City of London Director of Social Services, Miss E Crowther. The Social Services in Merton (London) are also interested in providing pastoral care as I discovered when I met one of their senior Social Workers on the 13th. I spent some time on Sunday the 15th at Bloomsbury Central Baptist Church meeting Ministers and members to discuss details of our Seminar to be held there on Saturday 15th April (see programme). I liaised with Rev. Patricia Thomas of Friern Hospital Chaplaincy to draw up plans for our future activities. The following week I visited the historic Priory Church of St Bartholomew the Great in Smithfield, a few minutes walk from the Office, to meet the Rector. That afternoon I took part in a "Church Caring Week" Exhibition held at a school in Ilford, Essex where we mounted our own travelling display material. To end a busy day I visited some Methodist Church members in Muswell Hill. They hope that we will assist them in setting up a Pastoral Mental Health Service in their area. On the 25th Jane and I attended a second meeting with the Bishop of Stepney, the Right Rev. Jim Thompson to discuss the role of the Church in providing pastoral care. The Bishop is very supportive of APCMI, and he has a deep and caring concern for the plight of mentally ill people in the East End of London. At the end of the month I chaired the second meeting of the Eastbourne group. Mr Norman Spiers APCMI member who is on the Executive committee of the Manic Depressive Fellowship called to see me at the Office where we discussed topics of mutual interest.

REGIONAL ROUND UP

CROYDON

We are delighted that the Archdeacon of Croydon the Rev. F.R. Hazell has agreed to become our Local Patron. He has always supported the work of A.P.C.M.I.

This Month we are starting two Carers' Support Groups, one at each end of the Borough and have the nucleus for one in the centre. This ties in with our plans to hold small groups near people's homes.

We have several appointments to speak at meetings of Area Councils of Churches and Deanery Meetings. As well as generally promoting the Association we hope to inspire interest in a local Volunteer Befrienders Training Course.

In the "up-date" we are sending to our members we have mentioned that we are looking to form a Management Committee to replace the Steering Committee by May this year.

Our local newspaper continues to report generously on our activities, we now feel we are on our way

BARBARA VIGAR

DULWICH/FOREST HILL BRANCH

The Drop - In Centre continues to operate on Tuesday evenings from 6.30 - 8.30, though we are moving to new premises on 7 March.

'Platform One' our home until now, needs to extend its own activities in order to continue to receive funding. The Branch was offered the use of St Peter's Monastery in Dulwich and the Friends Meeting House in Forest Hill, but finally accepted the Rev John Caldercott's offer of the Parish Centre attached to Christchurch & St Paul's Church in Sunderland Road, close to our present location. Our thanks to them all, especially Platform One for providing such generous support and accommodation up to now.

We are very happy to have a regular clientele at the Centre. It has resulted in the growth of rich and rewarding friendships for clients and volunteers. We also have a steady flow of clientele who come less regularly and new clients drop in all the time.

The Branch operates its own Volunteers' Support Group. This is facilitated by Daphne Cowan, a Chaplain at the Maudsley Hospital and meets every six weeks. It is a time when volunteers can reflect on developments thus far and the implications for their growth personally as members of the APCMI.

We are continuing to look at funding and shall be taking part in Mental Health Flag Day in April.

We are always delighted to hear from new volunteers who wish to join us at the Centre. For details phone headquarters on 253 9524.

GAIL COTTON

GUILDFORD

The first Befrienders' Course in Guildford is proving a friendly and thorough preparation. Twenty-four participants attend for a two-hour session once a week for 10 weeks from January to March; the organisers give a great sense of professionalism in the presentation and quality of speakers. There are people from many different backgrounds - some who have been ill themselves, relatives of sufferers, church pastoral workers, visitors to the local psychiatric hospital, chairman of the council of churches, and the head of a community Home who wants to help members of his staff. After the end of the course we hope to start a register of befrienders, which can be distributed to professional workers, voluntary mental health networks and church pastoral teams.

A Friday evening drop-in session at a Christian Coffee Bar in Godalming continues to provide a supportive and friendly atmosphere; we are not aiming for large numbers, but a place where a few people can unwind and relax in an understanding milieu.

There are also plans to start a relatives' support group, with a public meeting provisionally organised for the late spring.

APCMI has become a well-recognised group.

JEREMY BOUTWOOD

KENSINGTON & CHELSEA

On January 1974 the newly formed Kensington and Chelsea Steering Committee met for the first time under the chairmanship of Mr Stan McGowan. Mr Gerard Robson was appointed secretary and Mrs Joyce Coulter Treasurer. The committee consists of eight members.

Many issues were discussed with regard to the direction and running of the local group. Ideas and suggestions, which were plentiful, were later discussed with local members at the following monthly meeting on 1st Feb.

Fr. Digby Samuels, University Chaplain to More House, has kindly accepted an invitation to join the steering committee. We welcome him gratefully. The first meeting was held in the Vicarage of St. Mary Abbots, Kensington and special thanks are due to Rev. Robson and his family for their consideration and hospitality.

It was decided at the local group monthly meeting, after full discussion with local members present, that a support group for carers be set up as from the next meeting. Distressed people would also be made most welcome. The chairman also arranged for two speakers to come and talk about local needs in the area. The speakers who responded were the Rev. Bernard Hughes, Hospital Chaplain to the area, and Mr Chris Graham from the Richmond Fellowship, Lexham House. It is planned that such talks take place on an alternative monthly basis. Ideas for a future Drop-In Centre are also being considered. Special thanks to Fr. Arrowsmith, Our Lady of Victories, Kensington, for his continued support and for permission to make teas and coffees. The future for Kensington and Chelsea looks very promising, AND BUSY.....

STAN MCGOWAN

EAST SUSSEX - EASTBOURNE

Following two successful meetings a local steering committee has now been formed to establish a Branch of the Association in Eastbourne

SOUTH BUCKS

The development Officer of the Association has been invited to address the Oct. AGM of the High Wycombe Council of Churches.

KINGSTON SURREY

An informal meeting of local members and other interested parties will be held on Wednesday March 8th to discuss the setting up of a local APCMI Branch in the area. For further details contact Dennis Murray at Head Office.

MANCHESTER

In the past three months, several people living in the Manchester area have joined the Association. Should there be sufficient interest shown the Development Officer will be pleased to assist in setting up a local group.

APCMI THINK-IN-DAY

Thirty people attended the Think-In Day on Saturday November 26th 1988 held in the modern and well equipped St. Matthew's House Conference Centre in Croydon. APCMI provided the buffet lunch.

Jane Lindon, the President of APCMI, welcomed the attendees and introduced the guest speaker, Rev. Tony Yeldham who is Chaplain to Springfield Hospital Mental Health Unit in Tooting.

Rev. Yeldham's excellent talk gave a very clear picture of the need for pastoral care and how to go about providing it. He stressed the point that anyone of good will could befriend mentally ill people and that no special qualifications were needed. Of particular interest were his five guidelines: Sustaining, Guiding, Reconciling, Nurturing and Healing.

The talk was followed by a lively discussion session. After lunch Dr. Gordon Conran the Vice Chairman of APCMI introduced Dennis Murray, the APCMI Development Officer, who gave a talk entitled "Pastoral Needs of the Individual", in which he pointed out that the daily needs of mentally ill people were no different from the rest of humanity but that their needs were rarely met in toto.

There followed brief overviews given by representatives of three local branches.

1. Croydon: Establishing a Relatives Support Group.
 2. Dulwich: Establishing a "Drop In" facility.
 3. Guildford: Establishing a Befrienders' Training Course.
- These too resulted in animated discussion and all present agreed that they had learnt from each other.

At the end of the day Austin Lindon, Chair of APCMI, thanked everyone for attending and for their admirable work. He felt that the essential message of APCMI had been passed on in all its clarity to the local branches.

A.G.M.

Notice is hereby given that the Annual General meeting for the Association for the Pastoral Care of the Mentally Ill for year ending 31st March 1989 will be held at Friends House, Euston Road, London N.1 on Saturday 24th June 1989 at 1.00 pm.

DATES TO REMEMBER

Saturday 15th April 1989. Day Seminar: Bloomsbury Central Baptist Church, Shaftesbury Avenue, London W1. 10.00 am - 4.30 pm.

Friday & Saturday 23rd 24th June 1989. Two day conference on the Pastoral Care of the Mentally Ill. Co-hosted with the National Schizophrenia Fellowship 10 - 4.30 pm each day at Friends House, Euston Road, London. Please remember that our AGM will be held during the conference.

AUTUMN LONDON BASED VOLUNTEER TRAINING COURSE

Heythrop College. (In the Autumn, details to follow).

CONTRIBUTIONS

A PRAYER FOR DEPRESSION

When I am in the depths of depression, Lord, help me to remember that you were once deserted by your friends and left alone to suffer and to die for me. Help me to know that I am not alone, that you share my suffering and you are here to comfort me. In my despair and desolation, let hope lift me that I may see the light at the end of the tunnel. In my turmoil and torment, let me know your peace. Where it seems that there are only obstacles, help me to know that you have the power to move mountains. When I am full of guilt, remind me that you died to save me and are ready to forgive me everything. When I am so exhausted I cannot move, grant me patience to endure and faith that my strength will be restored. However low I am, Lord, help me always to have one hand on the first rung of the ladder out of the pit. Be with me in my struggles, Lord. Help me to live one day at a time, neither dwelling on the past nor worrying about the future. Grant me serenity to accept how I am, strength to change what I can, and the knowledge that however low I sink, nothing can separate me from your love. Amen.

JANET LANG

THE CROSS

Things are looking bad for me! my Disciples all deserted.
Judas has betrayed me. His conscience now is dirtied.

Things are looking bad for me! the cross is very near.
My sweating falls as drops of blood, and all I know is fear.

I know that I was born for this, to suffer for mankind,
But with my courage failing I want to change my mind.

Take away this cup of poison sent by God on high,
I do not want to suffer, I do not want to die.

Now the soldiers place the crown of thorns upon my head.
After such a scourging to my death I am led.

Things are looking bad for me. Now Pilate stands accusing.
Between Barabbas and myself the hostile crowds are choosing.

As they raise me on the cross beneath the blazing sun,
In agonizing pain and thirst: "Oh God thy will be done."

FIONA FLEMING

COPY DEADLINE DATE

THE COPY DEADLINE DATE FOR THE NEXT ISSUE OF THE NEWSLETTER IS MONDAY
MAY 15th 1989.

For the second year, Howard Hopkins will be running in the London Marathon. Again Howard has graciously agreed to run on behalf of APCMI.

Enclosed with this Newsletter you will find Sponsorship Forms and full instructions.

Howard's efforts last year helped us raise over £1500.00 from this one event. Can we beat that total this year?

BOOK LIST

<u>Title</u>	<u>Author</u>	<u>Publisher</u>
HEALTH IS FOR GOD	Rev. C Hamel-Cooke	Arthur James
MEANING IN MADNESS	Rev. J Foskett	SPCK
A PLACE LIKE THIS	Roger Grainger	Churchman Publishing
HEALING AS SACRAMENT	Martin Israel	DLT
THE WOUNDED HEALER	Henri J M Nouwen	IMAGE
UNDERSTANDING MENTAL HEALTH	Angelina Gibbs	Consumer Assoc. Hauder & Staughton
LIVING WITH MENTAL ILLNESS	Liz Kuipers & Paul Bebbington	Human Horizons Series
A LIFE TO BE LIVED HOMELESSNESS & PASTORAL CARE	Patrick Logan	DLT
THE PASTORAL CARE OF PEOPLE SUFFERING FROM MENTAL ILLNESS		Social Welfare Commission of the Catholic Bishops Conference of England and Wales
OUT OF THE DEPTHS (A book of prayer in times of depression)	Patricia Thomas	Available from APCMI
RELIGIONS & CULTURES (A guide to patient's belief and customs)	Lothian Community Relations Council	Available from APCMI

APCMI OBJECT (from the Constitution)

"The object of the Association shall be to promote the relief of persons suffering from the problems of mental illness, and also their families by the provision of pastoral counselling and care appropriate to their individual needs to enable them so to develop their spiritual, physical and mental capacities that they may realise their full potential as individuals and participating members of society and so that their condition of life may be improved".