

The Chairman's Report

On 17th November, at an International Congress on the Human Mind sponsored by the Pontifical Council for Pastoral Assistance to Health Care Workers, Pope John Paul II underlined the importance of regarding the "whole truth about the human being" whilst neuroscience is opening up new horizons daily, reminding his audience that man has the unique ability to reach out to God through the human mind. He stressed the need for social relationships in the healthy development of the intellect. He appealed to "public authorities, scientists, sociologists, persons of goodwill to make a commitment to undertake joint action to understand better the vastness and complexity of the problems of the mentally ill in order to set up effective means for intervention, through legislative means as well, with full respect for the integrity and dignity of the sick person." He drew attention to the isolation of those mentally ill people who are often disdained and derided and pointed to love as being of singular help in preventing and curing mental disturbances. This call to Christians to show a preferential love for the mentally ill should give us all encouragement in our pastoral endeavours.

A full text of the speech as published in L'Osservatorio Romano is on file at APCMI Head Office.

Julian Hopwood, now four months into our Inner City Developments, is making very good progress.

Our York Regional Office is now operational. We welcome Christine Kelsey, Regional Development Officer, who is making valuable contacts in a wide range of locations from Sheffield to Newcastle-on-Tyne, and from Hull to Lancaster. A series of meetings has already commenced in Sheffield. Interested readers can contact Christine by post at: APCMI, The Raylor Centre, James Street, York YO1 3DW, or by telephone on 0904 414181.

We welcome Mrs M.F. Hartland-Swann ("Dee") who has recently joined the staff as a secretary.

Peter de Figueiredo continues to make a valuable contribution to the smooth running of Head Office—for which, many thanks.

Our former staff of one has now increased to four (plus Peter, a volunteer). Efforts are being made towards

further expansion by applying for grants from both charitable and statutory bodies to support a number of specific projects in particular areas, where we have plans to work in partnerships with other organisations—church, statutory and voluntary. Expansion on this scale requires adequate core funding to support central administration. Application has been made for a second time to the Ministry of Health for assistance. Whether or not this application succeeds we will require increased financial support from a wide range of sources, including members and friends. Members will receive subscription renewal forms with this Journal, and, for the first time a deed of covenant form (with Bankers Order) will be included. If you are able to, please increase your subscription and please use the deed of covenant.

At the time of writing National Committee member Rev. John Payne will be on his way to the Gulf as an Army Chaplain. I have written to assure him of our prayers and good wishes for his safety.

"VISIONS" exhibition and a two day conference "The Arts and Mental Illness", held at the Royal College of Art in December, were a tremendous success. The RCA authorities were able to say that "VISIONS" was one of their best attended exhibitions ever. We thank The Arts Council, Christies, Hamlyn's, NSF and SANE for bearing the cost. The conference made us a small profit which we applied to the exhibition overheads. We thank the Planning Committee, chaired by APCMI President Jane Lindon and all who helped these ventures to produce such a wave of favourable publicity for APCMI on TV, press and radio. It gave your Chairman great pleasure to meet with the Artists contributing to the exhibition.

Donations during the period include £500 from the Diane Trust; £500 from Bishop John Crowley; £375 from Messrs Christie, Manson & Woods; £250 from Miss Ann Yeardley; £144.39 from the Dean and Chapter of Wells Cathedral; £100 from St Cuthberts Parish, Wells; £50 from Miss Mavis Archer; £50 from St Edward the Confessor Parish, Cheddleton; £36.70 from St Phillip's Parish, Norbury; £20 from Mr Neil Fairlamb and £4,179 from SANE towards our project for development in the regions.

Austin Lindon

DEVELOPMENTS IN CENTRAL LONDON

In the four months since my appointment as Development Worker for Camden, Islington and Westminster progress has been made in raising the profile of APCMI in Central London, and in establishing contact with a wide range of other agencies. There is a clear need for APCMI activity in the area; many churches are burdened by the problems of the inner city, and mental health problems, often in conjunction with homelessness, are far above the national average. We are now working closely with Westminster MIND on a project with local churches in the Paddington area, and with Westminster Social Services on the establishment of a befriending project. As yet there are no branches as such in Camden, Islington or Westminster, though we are hoping to see their birth in 1991. If any readers who live in these Boroughs would like to see a branch in their area developing, I would be very pleased to hear from them: 'phone me on 071-278 4437 or write to me at Head Office.

Julian Hopwood

YORK REGIONAL OFFICE

Since taking up on 1st November the post of APCMI's Development Officer for the North of England, I have received a very warm welcome from both the National Committee and from the York Branch Committee, whose ongoing support I shall value.

I came to York from Rotherham, in the Anglican Diocese of Sheffield and until recently I was Community Care Officer with Seven Hills Trust, a Registered Charity involved in the support and rehabilitation of the Mentally Ill. I have also been involved with the assessment and support of people with special needs. Other experience includes work in Inland Revenue and Local Government and some years teaching English and Drama in comprehensive schools. I have had specific counselling training and experience. My interests are centred around the creative arts, particularly writing and drama.

The task of developing the work of APCMI throughout the North of England promises to be exciting and rewarding, calling upon much of my past experience and I look forward to the challenge of this new post.

Christine Kelsey, Development Officer

THE HEALING ART

Alistair Boag reports on art as mental therapy

SINCE 4 DECEMBER, the Entrance Gallery of the Royal College of Art in London has been exhibiting *Visions*, a collection of paintings by artists who have experienced schizophrenia—a disorder that afflicts one in every hundred people in this country at some point in their lives.

The Association for the Pastoral Care of the Mentally Ill and the National Schizophrenia Fellowship, who organised the exhibition in conjunction with SANE (Schizophrenia: A National Emergency), also held a conference on 6 and 7 December at the College on "The Arts and Mental Illness", which explored the impact of arts involvement in mental health provision. APCMI is a voluntary organisation of Christian foundation devoted to providing care and friendship to the mentally ill, and promoting public awareness of the needs of those with impaired mental health. The Association's Founder President, Jane Lindon, who had organised the conference, sees this work as becoming increasingly vital as more and more emphasis is laid upon care in the community—"Sadly, community care very often means no care at all."

Over the past twenty years, the involvement of the arts in health care has moved from being a fringe concern to being almost

mainstream in its practice, and the importance of this development was reflected in the popularity of this conference, which was oversubscribed and attracted attendance from all parts of the country and all areas of related work.

The conference consisted of keynote addresses by psychiatrist Dr. F. Morgenstern; Mary Barnes, Author and Artist, and Dr. Linda Moss on the broader issues of the arts and health, followed by more specific workshops conducted by experts in arts education, music, drama, dance, painting, communication and rehabilitation.

In her address on "Art and Healing: An Overview", the Assistant Director of Planning for North West Arts, Dr Linda Moss, chronicled the resurgence of interest in the connection between the arts and health. The notion extends back at least as far as the drama of the ancient Greeks and their concept of *catharsis*, and examples can also be found in the Old Testament, most notably in the story of David's playing the harp for Saul. In the modern world, the non-interventionist healing potential of art is becoming more and more reflected in such areas as hospital design.

This renewal of interest has also led to a re-evaluation of the role of the artist in society, and Dr Moss saw signs of a return to the pre-Renaissance model of the artist as the servant of the community at large. The therapeutic value of the creation of works of art is widely acknowledged: artistic

projects within hospitals provide a focus for patients other than their disease, giving an important sense of integration to counterbalance the segregation caused by sickness.

The APCMI is committed to the spiritual, creative and psychological integrity of mentally ill people, and it was with this in mind that the *Visions* exhibition had been assembled. The works of art on display—and on sale—were notable for their boldness both of colour and form and the common concerns, often of a mystical and spiritual nature, expressed within them.

Schizophrenic art has a directness and a vigour that communicates something of the urgency with which the artists view their craft. "Apart from my children, art was the love of my life. On medication I lost my urge to paint. Because of this I lost my will to live", wrote one artist in the exhibition catalogue, designed and written by Jane Lindon the Curator. Another exhibitor spoke of the way that painting "serves as a bridge between inner and outer realities", and the conference used the collection of pictures as an educative resource.

The organisers of this unique event, all working in the voluntary sector, hope that the momentum of this very successful conference will work through to the statutory sector with the arts and mental health becoming an increasingly important aspect of mental health care provision in this country.

Church Times 14th Dec 1990

BRANCH REPORTS

CROYDON BRANCH

We completed a very successful training course co-ordinated by Andrew Wilson, chaplain, with a shared luncheon at Warlingham Park Hospital on Saturday 24th November. Members of the course and local APCMI members attended. The luncheon was followed by two discussion groups—one on alcoholism and one on worship. We concluded the day by meeting together in the chapel for worship.

The Drop-in has been continuing on a Monday evening and a volunteers' social evening took place on December 17th.

One of our number, Pam Freeman has recently commenced a Southwark Pastoral Auxiliary Course for Southwark Diocese with her community involvement with APMCI being her main focus. She has received a lot of support from clergy and the lay training team and she feels that this course will be very helpful for her to see how she can develop the work and raise awareness for the issues of APCMI in the Southwark Diocese.

Rev. Andrew Wilson has a lot of ideas for developing his work in the Croydon area and we hope that we can interest more people to come along and help.

DULWICH and FOREST HILL BRANCH

Our group continues to flourish. We now have a core of members who come regularly and we are getting to know each other very well and enjoying the company. The great thing about it is the way people muck in and do what needs to be done, like making the coffee and washing up.

The London Musicals Company again ran a Gala evening of their production at which our members were guests. It also raised £450 for

our Branch funds. We are very grateful for their support.

In the summer we had a successful barbeque in the garden and all the food disappeared.

Two mini bus loads of us went to Chessington Zoo, where we had a picnic lunch. The weather was wonderful. Some of us waited in some very long queues. Adrian in particular enjoyed the Magic Carpet. The verdict was "fabulous". Psychiatrist Dr Connor Duggan from the Maudsley Hospital gave us a talk about mental problems and their treatment. Everyone's attention was captivated. We all found it very beneficial and were glad of the opportunity to ask questions.

We have been asked to arrange something similar in the future dealing with some other aspect of Mental Health.

One evening we had a quiz and we were surprised how much we all knew. Some of us went to the Art Exhibition at the Royal College of Art, and enjoyed it very much. We particularly liked "Me, Myself and I" by Allan Beveridge and "Connections" by Aidan Shingler.

Martin, Michael, Adrian, Brenda, Connell, Irene and Evelyn

EASTBOURNE BRANCH

The branch continues to reach out to those who have mental health needs—and their carers—through well organised befriending work. We also run a popular monthly social evening and a well attended support group.

We maintain impetus in our drive to recruit new members and volunteers. This was assisted by successfully publicizing those parishes involved in the "RENEW" programme.

Our last musical evening was so enjoyable to so many participants and supporters that we have planned another for February and we are hoping this will help with our fund raising once more.

FOREST BRANCH

Formed in September, the Forest branch serves the London Borough of Waltham Forest, and the adjacent areas of Wanstead and Woodford.

A planning group working with Dennis Murray, set up a successful study day in June, and it was this event which generated the support that has enabled us to form the branch. Considerable interest in the work we hope to do has already been expressed, both by churches and professionals in mental health.

Although the group is too new to know exactly what we will be doing in the future, we have already decided to arrange a training course for "drop-in" volunteers and befrienders, which should take place after Easter.

Two other areas which we are investigating are sheltered work opportunities, and leisure facilities for the mentally ill. Claybury, the local psychiatric hospital has provided these until now. With reprovisioning and the eventual closure of Claybury it is not yet clear how these services will be provided for patients relocated in other places, and for the ex-patients who currently return to Claybury's facilities. FOREST branch is watching this area of concern and considering how the resources and contacts of the churches can be useful.

Stuart Jenkins, Chairman

GRAMPIAN BRANCH (Aberdeen based)

The Grampian Branch of the Association was formed on 16th August, 1990 and we should like to express our thanks for the welcome we received from the Association via Mr Dennis Murray, the Development Officer, and for the help and information which he

BRANCH REPORTS

gave us in setting up the Branch. We look forward with anticipation to being part of such a relevant body.

We have little in the way of news to share since the months since our inauguration have been taken up with forming the Management Committee, organising various Sub Committees and clearing the undergrowth in preparation for the tasks ahead.

We have, however, held one Workshop on the subject of Pastoral Care attended by the members of the Management Committee in which we looked at what each of us means by Pastoral Care and at how we saw Pastoral Care for the Mentally Ill being exercised in concrete terms. Hopefully this has helped us to prioritise the development of a special type of facility for the mentally ill in Aberdeen and the surrounding area.

We look forward in the coming year to engaging more fully in the provision of services and also with the other branches of the Association.

GUILDFORD BRANCH

The big event of the last few months has been the launch of the Carers Helpline (0483 38936). Margaret Norris, who has been the guiding light in this project, has a team of twelve trained telephone listeners, who are available over 24 hours of the day, and able to help callers try to find the next step forward. All the team have been through six 2-hour sessions under Margaret's direction, including role-play and watching videos. The biggest need in the coming months is to ensure the widest publicity, and the trust of local professionals and other agencies who will be in the position to recommend the Helpline. An extra bonus was the winning of the Regional Award for a Community

Initiatives Competition arranged by Scottish Widows, which not only added a welcome £1000 to the fragile budget, but a great boost for morale. It was very good that Jane and Austin were able to come down to Croydon to add a high APCMI profile at the Presentation Event, where the Mayor and Mayoress had a particular interest in our pioneering ideas. It has been especially good that someone like Margaret, with a long-standing professional reputation in the field of mental health, has been to talk on behalf of APCMI locally with an authority that is recognised by outsiders.

Two members of the Branch were involved in a co-operative venture in the summer months, when seven Toc H members spent a week in the Guildford vicinity, learning about mental health needs and adding some important practical help. As a result they hope to start a Friendship Circle in the Guildford Area, which may well link in with our own emerging Befrienders Service. Michele Gibbs, who is a Branch Committee member and also the local organiser for a Mental Health Association Day Centre, has become the co-ordinator for the Befriending Service, and is using her knowledge and contacts to introduce potential volunteers to the mental health scene, and to give them the necessary encouragement and support.

The need for Training and Community Awareness does not lessen. In September the Branch ran an all-day Seminar on a Saturday under the guidance of Gillian King, the Chaplain of the Kingston psychiatric hospital unit and a founder member of the APCMI there. It was well received by the 22 participants, who said they preferred the concentrated learning at a weekend, rather than having to come out in the evening for an ongoing course. This was a basic introduction to mental illness and care in the community; in the

spring of 1991 we intend to run another Seminar on aspects of befriending and counselling. As well as this specialist training, the Branch has been able to find slots as speakers at important events—John Vallat was, with Gillian King, a speaker at a recent Guildford Diocesan Synod in which Mental Health was highlighted, and our Chairman, Derek Parsons, has led discussions on a number of occasions, one of which at the Farnham Council of Churches provoked the liveliest discussion they had ever experienced. In Guildford the mental health message is getting around the Churches, but there is considerable apathy amongst the clergy to follow up with positive action. Because the problem doesn't surface, the attitude seems to be that it isn't there—at least in the centre of Guildford there is evidence that APCMI is part of a developing atmosphere of concrete empathy.

*Jeremy Boutwood,
Secretary, Guildford Branch*

HASTINGS and St LEONARDS BRANCH

Progress Report

We feel our progress here in Hastings has been slow, but sure. Our branch Committee is composed of an inter-denominated church membership, acting together with statutory and non-statutory caring agencies, and we have been meeting monthly since our formation in the early part of the year. During this time, we have been helped a great deal in forming our plans for a Befriending Scheme, by members of Eastbourne, Battersea and Tower Hamlets Projects, as well as by the guidance of Dennis Murray APCMI Development Officer.

The stage has now been reached when we feel confident enough to go public, and start a training course for Befrienders.

BRANCH REPORTS

We are appealing for funding from various sources, and are holding a meeting in mid January to publicize the scheme more widely.

Financial Report

We have the untouched start up donation from APCMI of £50 residing in a Nationwide Anglia Building Society Account, and from our first fund raising venture have earned £60—making our total assets £110 to date.

Clerical and incidental costs have so far been borne by individual committee members.

KENSINGTON and CHELSEA BRANCH

Our successful Drop-in Centre continues to operate every Friday evening and is highly thought of by the users. The Christian ethos is particularly prized as part of the friendly welcome.

Monthly support meetings continue at Our Lady of Victories Church in Kensington and our committee continues to meet at More House. We are seeking to strengthen our committee and volunteer involvement in the New Year.

We had our second Carol Concert on Kensington High Street on the twelfth of December.

A most enjoyable Christmas party was held at the Drop-in on 14th December and we were pleased that Austin Lindon, National Chairman, was able to join in our festivities.

On the occasion of the Pope's important pronouncement on the care of the mentally ill the chair of this branch wrote to His Holiness introducing the work of APCMI. A reply was received in which the Pope assured the association of his support and prayers.

Stan McGowen: Chair

KINGSTON and ESHER BRANCH

Recent developments in the Kingston and Esher area have enabled us as a local branch to give more direction to our activities. Around Easter time 1991 there will be a number of people moving out of Long Grove Hospital in Epsom to the new Gloucester Road Hostel and the 'Rose Lodge' Rehabilitation Resource Centre on Kingston Road. Four gentlemen are also coming to live in a Group Home in Chestnut Grove, New Malden.

We have been directly involved with members of Kingston and Esher Health Authority to provide a volunteer support group for Chestnut Grove. Two meetings have been held in connection with this group home. The first on 17th July was attended, amongst others, by Mrs. Wendy Hamilton, Occupational Therapy, Long Grove, and by representatives both from the local churches and the local housing association. It was encouraging to note that there was no opposition to the group home at all, which is situated in a built up area. An Open Meeting was held subsequently on Friday, October 12th.

We shall be commencing with a six week volunteers' training course on Friday, January 11th 1991 for Chestnut Grove. The intention is that people who wish to form a support group for Gloucester Road may also be invited to participate. Members of APCMI will also be involved as volunteers and in the training of befrienders and advocates required for the Joseph Palmer Centre at West Molesey. This centre is opening in January 1991 and is a Community Health Centre serving the people of Claygate, Esher, Molesey, Hinchley Wood and Elmbridge

area. Professionals will be available to offer support, advice and counselling to any people who want to promote their mental health or who are lonely, anxious, or depressed.

From our own practical experience locally, we believe Sunday to be one of the times when people with mental health problems, as also those who may be leading a lonely life in the community, tend to feel most isolated and vulnerable. In view of this, and feeling that we wished to offer a welcome on a regular basis to those who will shortly be coming into our local community, we decided to initiate a drop-in facility on a Sunday, from 2.30 p.m. to 4.30 p.m. We have already applied to Fr. Frank O'Sullivan and the parish of St. Joseph's R.C. Church, New Malden, and have received a favourable response to using the church hall as our venue. We await further confirmation of the details before we can proceed, but we hope the drop-in will be running by Easter 1991.

On March 6th 1991 we will be holding our first Annual General Meeting, and we will be issuing invitations to all other members of APCMI branches in the very near future. We look forward to seeing those people who will be able to join us for this occasion.

We first started our local meetings approximately eighteen months ago with Dennis Murray gently steering us in the direction that got us launched in January 1990. During this time, although we have always been united in our aims as a local branch, we have not always been able to see the most effective, practical way ahead, as the situation in our area is in a state of constant change. We are greatly encouraged, therefore by our recent progress, and look forward with new vision to 1991.

Julia Head, Chair

BRANCH REPORTS

YORK BRANCH

At a very successful AGM, addressed by Canon Frank Wright, Anglican Advisor to Granada Television and author of "Pastoral Care for Lay People" and other books, the Steering Committee stood down. Two members were unable to stand for re-election due to domestic and professional pressures, but they continue to support us in any way they can. We still mourn the death of Ken McKenzie who worked so hard for us, particularly in the matter of setting up office accommodation for the Development Officer. We plan to set up a Memorial Award to him.

Deborah Rolland remains our Chairperson. Elizabeth Hardcastle has taken over as Secretary and her husband, Michael, has kindly agreed to become our Treasurer. The other members were re-elected and we welcomed Margaret Brown and Phil and Rosemary Cawood to

bring us up to strength. Noel Blythe is now a full member. We still have space to co-opt another person during the year if someone comes forward.

A Training Course for volunteers is being put together for 1991.

We had a very happy outing to the Shrine of Our Lady of Grace at Osmotherly, an open air service led by Father Geoffrey, a picnic and late afternoon Mass in the Chapel for anyone who wished to attend.

Two young people were sponsored on a holiday to Iona with an NSF group where they had a very happy time. We are now doing our own fund raising for these projects, taking stalls at multi-charity fairs and have raised over £300. Coffee parties will follow.

We are now being asked to go and talk to Church Groups who plan to give us part of their Charity Collections.

Our greatest and best piece of news is the appointment, and arrival, of Christine Kelsey, Develop-

ment Officer for the North of England, based in York. Getting the post together involved a lot of people in extra work but it has all been well worth the effort. We are sure that out of twenty-five very worthy applicants the Selection Board chose the right person for the job. Christine has a wealth of experience in both the Statutory and Voluntary fields and brings a marvellous combination of strength and gentle enthusiasm to her task. She is already becoming involved with our activities and we look forward to working closely with her in the future.

Deborah and Gillian attended a Forum for Voluntary Organizations in the North in Manchester from which they gleaned some useful ideas and contacts. We continue to be very open to ideas for working with and for other organizations and to improve our relationship with the local media. We are aware of the need to involve sufferers more deeply in the organization of events.

DEVELOPMENT REPORT

ESSEX: Chelmsford

The Chelmsford Branch of APCMI will be constituted at a meeting at Victoria Road South Baptist Church on 8th January 1991. We welcome this new Branch into the Association.

LIVERPOOL

Discussions on development continue with colleagues from the Roman Catholic and Anglican Dioceses with the aim of establishing a Branch in the Liverpool area in the near future.

LUTON

We await a final decision from South Bedfordshire Health Authority on their participation in a Consultation for the Churches, Statutory Agencies and Voluntary Agencies working in the Luton area.

EAST LONDON

A Tower Hamlets Group continues to meet to develop a Befriending Scheme for the locality. It is envisaged that this scheme will be up and running sometime in mid-1991.

City and Hackney developments include a new forum called "The City and Hackney Churches Mental Health Group", which meets monthly at the Salvation Army Citadel, 122 Lower Clapton Road, London E5. Over the next six months, there will be a series of Open Forums and Training Days, covering such aspects as "Stress and its Management", "Assertiveness Awareness", and "Working in Groups". Meetings will start at 1.30pm, and end no later than 3.30pm.

NEW AREAS OF DEVELOPMENT

Discussions have taken place with concerned bodies in Romford, Essex, and more recently in Swindon, Wiltshire, with the eventual aim of developing Branches in both these areas.

With the employment of the two new Development Officers, I shall be able to concentrate more of my time and efforts on developing APCMI Branches in Greater London, the Home Counties and the South of England. This will enable me to allocate more time to follow through enquiries we are receiving from places which include Bath, Wells, Bristol, Dorset and Devon, where there seems to be a definite demand for the pastoral work of APCMI.

Dennis Murray, Development Officer

BEXLEY CONFERENCE

On October 16th APCMI mounted one of its most successful one-day area conferences to date. Entitled 'Community Care ... Our Pastoral Response', the inspiration for the conference had grown out of contacts between Rev. Hugh Hatchman, Chaplain to Bexley Hospital, Anne Smith of Bexley MIND, and Dennis Murray at APCMI. In seeking to involve local churches in responding to the growing exodus of patients from Bexley Hospital, it seemed best to start with a large-scale event to reach the maximum number of people, and in this respect hopes were exceeded when over seventy people attended. These included a wide range of clergy, interested lay people, professionals, and mental health service users. It was also gratifying that the importance of the issues to be discussed was validated by the presence and support of two bishops: Rt. Rev. David Bartleet, Anglican Bishop of Tonbridge, chaired the proceedings; and Rt. Rev. Charles Hender-son, Roman Catholic Area Bishop

in Southwark summed up the day's events.

The keynote address for the morning was delivered by Dr. Janet Parret, Consultant Psychiatrist from Bexley Hospital, who gave a talk on mental illnesses. This was followed by presentations from a panel on which representatives of Social Services, the Health Authority, Bexley MIND, and Churches involved in pastoral provision each presented their perspective on Community Care. This was the most controversial of the day's events as the different perspectives of the statutory and voluntary agencies respectively emerged, and this led to very active discussion from the floor.

The afternoon keynote speaker was Rev. Anthony Yeldham, Chaplain of Springfield Hospital, who delivered a stirring speech covering the history of the moves toward community care over the past twenty years, and the total inadequacy of the current provision. As both pastor and mental

health professional, he was able to share with the conference his very clear vision of the role the church needs to play, not just a filler of gaps in statutory services, but in offering a unique and vital pastoral response.

The afternoon continued with a choice of five workshops covering the topics of advocacy, listening and responding, mental health and worship, carers, and mental health for ethnic minorities. Lastly there were short talks on the changing role of mental chaplaincy work and the future of community mental health pastoral work. Dennis Murray here took the opportunity of announcing a further meeting to discuss a possible local APCMI branch.

Bexley APCMI branch is now being planned, and we will be very pleased to welcome this new group to our organisation.

We would like to thank all those people who contributed their time and expertise to making the conference a success.

Julian Hopwood

PASTORAL CARE AND THE MENTALLY ILL

*Paper given at the Association for the Pastoral Care of the Mentally Ill
(Grampian Branch) Workshop, Langstane Church, 2 December 1990*

If we are to consider aspects of pastoral care towards those suffering some type of mental illness, we must seek to break our subject down into more manageable forms. What follows are broad outlines only; but hopefully they will be able to stimulate our thinking and enhance discussion amongst us. Browning argues that pastoral care must be seen in *context* and not just in the therapeutic dynamics of an individual carer-client/patient relationship. His view of pastoral care as "a subsystem of the Church" can be a useful descriptive

for us to hold in mind. We will follow Browning's threefold breakdown of the dimensions of pastoral care, viz:

- (1) an adequate view of the Church.
- (2) an interpretation of cultural/institutional life.
- (3) a social ethic.

We shall consider each area in turn.

(1) An adequate view of the Church

If we see context as important,

then we must give the Church important consideration. Pastoral care can be seen as an important part of the Church's overall ministry. Alongside its proclamatory, worship and service elements (there must be a better word), one of the most notable parts of the *ecclesia* (the called-Out ones) is the care given to one another. In contrast to the rampant individualism of today's society (which has not left the Church untouched nor its definitions of pastoral care), the Church, in New Testament terms, is not

merely a group of individuals. It is, rather a *body* (Christ's body) and is characterised by its inter-relatedness and its interdependence. (See 1 Cor. 11; 12-26: If one part suffers, every part suffers with it).

Pastoral care has, at its centre, a transcendent quality. Its springboard is none other than love, commitment and concern. (See 1 John 4:7: let us love one another, for love comes from God). It is not merely a human love, although it is expressed in/through human terms.

Finally (but not exhaustively), pastoral care speaks, in Biblical terms, of such notions (or actions) as feeding (Ps. 79:13), nurture, shepherding, protection, sacrifice and security (see John 10: 1-21: Christ as the Good Shepherd).

The description of the Church in these three examples shows us in an important way that pastoral care has the full weight of the Church's bodily, corporate existence behind it. Pastoral care is not some individualistic exercise performed by clergy or other appointed person. It has in it all that the Church is in terms of love, support, encouragement, prayer and practical action.

(2) An interpretation of cultural/institutional life

Pastoral care, in whatever area it finds operation will, by the contents and forms which direct it (see above), offer an interpretation (or comment) upon the area(s) in which it is to work. Accordingly, in the area of mental illness, pastoral care will seek to *affirm* many things, e.g. the dignity and worth of every human being, support *care* given in all its dimensions (family, hospital, community, Church), support (as far as is possible) the rights of people with mental illness to determine their own lives ...

But pastoral care, in our area under discussion, will also seek to *challenge* and *confront* certain cultural and institutional views of mental illness. In particular, pastoral care will challenge the strong and endemic sense of stigma and prejudice which exists

in our society with regard to mental illness. Teasdale's comments regarding stigma surrounding mental illness wherever the care is given should challenge us all: does distancing, mistrust, fear and downright isolation exist in our churches? There is no doubt that it does—and powerfully.

If pastoral care is to mean anything then it must be seen to be effective within each Church situation. In particular, a number of issues must be faced.

- (a) the view that mental illness has of *necessity* a punitive element in it. What of the Christian view of suffering?
- (b) the view that puts mental illness into a different category from other types of illness—leading to the labelling of weakness, development of fear and suspicion.
- (c) the pastoral dimensions of personhood.

Pastoral care can also offer an interpretation of the way psychiatric care is mainly organised in our society today. This in many instances centres on the role of the hospital. Brock usefully constructs a methodology for pastoral care re hospitals in terms of perceptions to chaos, contingency, powerlessness and vulnerability. Those of us whose professional work involves some dimension of hospital work, those of us who visit and those of us who have experienced life as a patient—all of us will identify with these perceptions. The experience of being mentally ill is surrounded by fear hopelessness, despair, mistaken interpretations and vulnerability ... pastoral care must recognise these and respond with accuracy, sensitivity, forbearance, patience, love and much prayer.

Pastoral care, in recognising the worth and dignity of every person, will challenge the oft-held view that statements of a person's religious faith must *inter alia* be incorporated into their illness process. Professionals in psychiatry work within scientific frameworks: but these are *value* laden also with biases and interpretations on 'facts' as in any other area. The

Church must not disparage the knowledge and skills of professionals but the whole person cannot be handed over to them.

(3) A Social Ethic

Consideration of the issues previously mentioned can lead us to see just how wide is our remit. It becomes our challenge as well. In many ways, we are taken beyond what traditionally pastoral care is seen to constitute. However, we cannot be oblivious to Browning's view that *context* (or its plural form) is all-important. Pastoral care, by its foundational impulses and actions, will be *social* in form (although never *reduced* to such terms). Therefore, Christians and the Church can speak effectively in many ways in the debate about the future of the mental health services, e.g. the role of APCMI, the White Papers on community care ...

Key areas for discussion

- (1) What is the basis, or foundation, for pastoral care?
- (2) What are the areas for dialogue between pastoral care and the "world" of professional care in mental illness?
- (3) What ways can these pastoral care issues be more aired in the Church?

Andrew McKie,
Aberdeen, 2 December 1990

References

- BROWNING, D.S. *The Moral Basis of Pastoral Care*, Westminster Press, Philadelphia, 1976.
- TEASDALE, K. Stigma and psychiatric day care *Journal of Advanced Nursing*, Vol. 12, 339-346, 1987.
- BROCK, G. Finitude and vulnerability: Pastoral method and the hospitalised *Pastoral Psychology*, Vol. 38, No. 2, 1989.

Edited by
Austin and Jane Linton