



Association for the Pastoral Care of the Mentally Ill

Registered Charity No. 327532

An association which supports the mentally ill and their relatives

Journal & Newsletter No. 15 May 1992

Copy for this newsletter has been collated from verbal contributions at Association and other meetings on the increasing attention paid to Mental Health issues and Community Care by the media. We hope that we have done justice to the views so expressed. Selecting and editing to fit space available is always difficult and choice is inevitably subjective to a certain extent. The finished newsletter does not necessarily reflect the views and opinions of all the members of APCMI, nor do we make any claims that it reflects the views of the Association as a whole. We would very much like to hear your views and reactions to this selection. Any suggestions for topics or draft articles would be more than welcome.

Editor

NEWS FROM THE COMMUNITY

Full implementation of the National Community Care programme by local authorities has been postponed and is now due in April 1993. The first annual community plans were due to be submitted to the Secretary of State on 1st April 1992 after due consultation with the local community.

Mentally ill persons formed only a small proportion of the population being so targeted for care. As a result, mental illness issues have been given a low priority in some of the draft plans. It is more important than ever that, where possible, APCMI members monitor future progress and play a role in making such care meet the needs of sufferers effectively.

SYNOD DEBATE:

The briefing paper by the Board of Social Responsibility highlights the need for such involvement, amongst other issues (see central pages). That this debate occurred at this time was largely the result of one of our members - Janice Price - persisting in raising awareness of

mental illness amongst her fellow members of the Church of England General Synod.

HOSPITAL CLOSURES:

Also in the central pages 5 & 6, Roger Grainger reflects on 50 years of providing asylum ("Laying a Ghost"). His comments are very relevant to those of us who are involved with the problems of street homeless persons. Both CONCERN and the JOINT FORUM ON MENTAL HEALTH AND HOMELESSNESS have been lobbying the government on behalf of this group. CONCERN has produced a "Citizens' Charter"; copies are available.

SANE and SANELINE:

On a more grass roots level, SANE is working to address both the immediate problems with SANELINE, and to help the search for a long term solution by funding an International Research Centre to investigate the causes of schizophrenia. (See page 6.)

DEVELOPMENTS

A second regional office has been established by Jane and Austin Lindon at Peterborough. It will serve the counties of Norfolk, Suffolk and Cambridgeshire, and will be known as "Anglia" region.

Address: 77 Finchfield
Parnwell
Peterborough PE1 4YQ
Telephone: 0733 893 406
Branch and regional news on Page 7.

CHAIR'S REPORT

There have been many changes in the central organisation of APCMI during the last year, whilst local development all over the country gathers momentum. Recession and the cutting back of core funding from trusts and grant making bodies hit us hard, with the consequent loss of our first national Development Officer, **Dennis Murray**, to our great sadness. This decision had a far reaching ripple effect. We have been undergoing a painful period of re-examining our aims and ideals, and looking at the future structure of the Association. We are emerging from this time with a more coherent sense of purpose. One thing has become very clear: there is an ever greater need for APCMI now than five years ago, when it was founded. At the AGM in **Kingston**, we will continue to explore our renewed sense of vision. On that occasion we shall also be putting before members a proposed new structure which, we hope, can best assist our vision to become reality in practice. So please be there if you can!

Deborah ROLLAND

WINTER STUDY DAY AND GENERAL MEETING

hosted by the GUILDFORD branch at the Ludlow Resource Centre on 18th January 1992.

The day began with contributions from members involved in local initiatives. For those uncertain as to how the Church can share in Community Care, and in particular the care of persons suffering from mental distress, this presentation on what is actually going on in Guildford showed that some at least had reached out beyond rhetoric. The other encouraging feature was that a significant number of persons with experience of mental illness had been involved in such projects.

Linking these presentations with the afternoon exploration of how the Association could develop in the future, Elizabeth Clark led us in reflecting on the theme of "Caring Together". In the associated small group discussions that followed, individual's concerns were shared. The need for volunteers "who really knew what they were doing", together with the aim of "surrounding the sufferer and his/her carers in a spiritual community" were two themes that emerged. On the negative side, scepticism was expressed with regard to such terms as "care packages".. In theory, the idea of a supportive team to cater for the particular needs of each individual seemed excellent, but what was to happen in reality?

In the afternoon, forty-eight members attended the General Meeting called to review the situation after the enforced departure of the Development Officer Dennis Murray, owing to a funding crisis.

Whilst emphasising the precarious financial position of APCMI, the Treasurer noted the need for more members to become involved in the organisational aspects of the Association. If we, as seems likely, are unable to pay full

time staff in the future, then a sharing out of administrative tasks was necessary for APCMI to continue to function. By the end of the discussion, offers to fill vacancies on the National Committee and to assist with membership, newsletter production and fund-raising had been made.

Discussion on different ways of fund-raising placed an emphasis on local events to meet local needs. Funding of a national APCMI office and associated staff would not be met at that level for the foreseeable future. Referring to the grants for the Brentwood development worker, Muriel Healy underlined the need for prayer as much as money in supporting such efforts.

The afternoon concluded with a brain storming session for take away actions. Suggestions laid emphasis on events that bring all people together, such as holidays, shared lunches, carol worship. There is also a need for resource material, such as a guide for speakers and directories of services. Some of this might now be available from SANELINE.

At times the requests for help appear daunting but things do happen and are happening, often as a result of church based initiatives. However, we cannot afford to be complacent. There are resources in the churches that still fear the unknown illness.

STOP PRESS: On 16th May, Guildford Branch hosted a day reflecting on "CHRISTIAN LISTENING". It was led by the director of ACORN, David Smethurst; development of the reflections will be reported in the next newsletter.

Reporters:- Jeremy BOUTWOOD & Gillian MERRICK.

THE ROLE OF PRAYER IN OUR PASTORAL MINISTRY OF CARING FOR THE MENTALLY ILL

"I know you pray for me", were the words of a sufferer.

Yet just how do we pray, as part of our involvement with APCMI, and what should we expect from such prayer?

The small group of representatives from five branches and the National Committee of APCMI that spent a Saturday in March together sought both to share in the intercessions that members had requested and to reflect during periods of silence on what God is saying to us through the medium of persons suffering from mental distress.

Throughout the day, we were conscious that we were just part of a greater body of the Church that was facing the same challenge. Indeed the books reviewed in this newsletter record revelations from similar explorations of ill-health. We hope that the following extracts from the chapter "Praying for Healing" in Howard Booth's resource book, written to encourage Healing Ministry objectives in the local church, will also be of help to you and to those with whom you worship.

"We do not pray in order to manipulate God but in order that God might manipulate us. To this we might also add that we do not pray in order to make God hear, but in order that we might hear him, and also that we do not pray to get what we want, but we pray in order to want what we get. Nevertheless this does not mean that we should not bring our longings and desires to God - after all he is our Heavenly Father. It does mean that we should never insist upon a particular kind of answer."

The verse of the Psalm "Be still and know that I am God" no doubt prompted St Benedict to advise: "the disciple is to be silent and listen". Esther de Waal comments in "Seeking God" on the way of St Benedict.

"Unless I am silent I shall not hear God, and until I hear him I shall not come to know him. Silence asks me to watch, to wait and to listen, to be like Mary in readiness to receive the Word. If I have any respect for God I shall try to find time, however short, for silence. Without it I have not much hope of establishing that relationship with God of hearing and responding which is going to help me root the whole of my life in prayer."

Finding each other in God is at the heart of prayer for healing. It involves being aware that we are participating in the consequences of the unconditional love of God by acknowledging the worth of all His creation, our brothers and sisters in Christ. This is reflected on by Brother Bernard in his book "Open to God" (Collins Fount Paperbacks). In it he says:

"To pray for someone is to try to love them and see them as God sees and to love them as he loves them. Not surprisingly, when that happens the relationship with them changes... There is a way of loving in prayer which brings you into the depth of things. Sometimes you start with the person, thinking about them, imagining caring for them, and find that you move through to God. Sometimes you begin with God and it is his love for people that moves you to pray for them. Finding each other in God is the heart of community life."

Adrian Tate

and in the crypt of the HOLY CROSS church near King's Cross.

We offer our congratulations to the HOLY CROSS centre on its first year of operation. This centre, apart from providing over 4000 meals to persons in bed & breakfast or on the streets, offers companionship and practical help in its three weekly sessions—soon to be increased—. It is a result of the joint project which employed Julian Hopwood up till last August. Although many of those using the centre are not currently have 'mentally ill' the possibility of the stresses of being without a home precipitating mental ill-health are believed to be great. Hence this work can justly claim to be PASTORAL CARE to prevent illness.

REFLECTIONS from the CHURCHES

NEED for appropriate
(LAYING a

" Above all they (the wider community, including CHURCH members) need to discover that those with Mental Illness have gifts and abilities which can **ENRICH** the whole community " BUT "There is still a real stigma surrounding mental illness which will not be eradicated by exhortation or rhetoric."

Such concludes the briefing paper for the C.of E. General Synod debate.

The destructive power of stigma, or scapegoating, was also noted by Pope John Paul II when addressing Health workers (in Rome Nov, 1990):-

"various cultures have often reacted negatively to Mental Illness by **ISOLATING.. and MARGINALISING** them. This is a drama sadly experienced above all by those who, in being aware of their own illness, or having to stand by powerlessly as it worsens, experience a **LONELINESS** made more bitter still by the predominating culture of utility."

Both proclaim that:-

"The Church has a major role to play in Pastoral care for **ALL INDIVIDUALS IN the COMMUNITY.**"

The briefing paper indeed includes "suggestions for discussion" see opposite >>. It also notes existing responses such as given in the leaflet "Christians and Community Care" and study material produced by dioceses of **CHELMSFORD** and **GUILDFORD**.

But how do we attempt to get even more beyond the "rhetoric" ?

The Emphasis on involvement with those who have or are experiencing problems with mental health. seems central in all such "suggestions for discussion" This was re-affirmed at the study day at Guildford in January and once more the contents of this newsletter depends on contributions from those with personal experience.-see Roger Grainger's Ghost >

BEFRIENDING likewise provides practical opportunities of listening and learning from 'them'. At a meeting arranged by the **FOREST** branch speakers from the local traditional Asylum - **CLAYBURY**-noted that often the only social contacts patients-and ex-patients-had were professionals (paid to be with them) or other patients. What an opportunity lost.

The **Bishop of ELY** (our patron of **ANGLIA**) noted in the Synod debate:-

" in all these questions, it will be necessary for us to have our theology straight and clear. In mental health matters, it is not infrequently the case that what needs to be done is to be there, unconditionally, with the one who suffers and with those who care."

Forty years ago I was a patient in a psychiatric hospital in Cheshire. It was 1952 vintage year for psychiatric patients; there were more people in hospital that year than ever before or since. I was there for six months, on a locked ward, having 'deep insulin'. Not surprisingly, I can't remember any details about going there-but I will certainly never forget being there. I was 18 years old.

I was sure I would never get out. I was there for good, like the other patients, most of whom were as sane as I was. I only spoke to a doctor once during those six months, and that was to ask him if there was any chance of going home. I was a voluntary patient, wasn't I ? Certainly; but if I acted voluntarily, I would definitely be certified....

Five years after, the 1957 Mental Health Act unlocked the doors of such hospitals, and the slow process of 'normalisation' of patients' lives began.

My own life changed course several times, and then in 1973 I took up a post as whole time chaplain at a hospital in Yorkshire, the same kind of hospital, in fact, as the one in which I had been a patient twenty one years earlier. The same-but how very different.

Certainly, there were still memories of oppression, both custodial and medical. 'Disturbed' patients were still locked away. ECT and psychosurgery were still used in ways that nowadays would be considered to be inappropriate, and awkward people made to conform by

COMMUNITY. for the MENTALLY ILL.

appropriate ASYLUM.

IDEAS and ACTIONS.

GHOST.)

frightening them into compliance. With the development of more sophisticated psychotropic drugs, however, it became possible to do away with 'punishment' wards altogether, and to start to treat patients more like people and less like animals. They always had been people of course; I don't believe that even the most anti-personal regime had ever managed to stop them being that.

In the fellowship of the ward family, the impersonal institution could be kept at arms' length. I made many friends there, patients and staff.

Now that I have retired, I miss the hospital a lot. By that time it had changed out of all recognition. My own history had made me more than usually sensitive to these things. During the eighteen years I worked there I came to love it, perhaps because it was so different from my first experience of this kind of hospital.

I can understand how people must feel who are trying to bear the burden of mental illness without the help of places like this. The old asylum stereotype still persists; it is put to good use by those whose real reasons for closing hospitals are financial rather than therapeutic. Those of us who have lived and worked in these hospitals as they finally came to be, know better. Sad to have come so far, to end like this - for the hospital to be condemned when it was in sight of achieving the purpose for which it was founded.

Suggestions in "briefing" as basis for 'DISCUSSION'

(A) EXPLORATION;

(i). Becoming involved in any local community care forum;

e.g. Community Health Councils

(ii) Including people with special needs in church and community life;

-being 'OPEN' to their contribution - i.e. **Listening to them**

(iii) Helping people to explore their attitudes to mental illness;

-maybe this will address the ignorance and fear that exists

(iv) Developing a directory of resources available in the churches

(B) PRACTICAL INVOLVEMENT;

(v) Monitoring local provisions and speaking out on issues;

-both alongside and on behalf of 'users'

(vi) Supporting **CARERS** practically, emotionally and spiritually

- for we are all in contact with carers

(vii) Considering involvement in the direct provision of services

-possibly by entering into partnership with local authorities

SANELINE:

As part of addressing the "ignorance and fear" noted above **SANELINE** aims to provide "practical information and support to sufferers, their families, friends and professionals - including GP's; Social Workers -"

and by establishing a computerised database it will "put callers in touch with help and services in their own area."

Speaking at the launch of SANELINE which took place at BP's Britannic Tower offices in the City of London **Marjorie Wallace** acknowledged that; "Information is not a cure for mental illness. But we believe that knowledge can bring relief and that by overcoming the impasse in which many sufferers and families find themselves, we can bring reason and comfort into a world where reason has failed."

Nick Ross one of the other speakers, also addressed the desire for 'CURE'. He noted that "for many cure at present does not seem possible."

CARE whether in the Community or in **ASYLUMS** being part of community - must be grounded on acceptance of the person - of their spiritual and personal integrity - they are not "**children of a lesser God**".

BOOK REVIEWS.

Two recent Books share 'being alongside' persons in distress.

one by a doctor:-

the other by a mother:-

"In Touch with Healing" Una Kroll 1991 BBC £4.99

This book was published to accompany the TV series. The author, a doctor, worked in Liberia and Namibia before returning to Britain to become a deaconess in the Christian Healing ministry. She reflects on the challenges that confront those engaged in such work and she uses examples of personal responses to apparently incurable or inescapable suffering. The words of Gilbert Shaw that are quoted in the chapter "Touching the Spiritual" speak to us all in our attempts at Pastoral Care.

*"Look well, O soul, upon yourself
lest spiritual ambition
should mislead and blind you
to your essential task -
to wait in quietness:
to knock and persevere in humble faith."*

"Tell Me I'm Here" Anne Deveson to be published by Penguin 25th June 1992

This is Anne Deveson's painful and compelling account of her son's struggle to live with mental illness.

At the age of seventeen, Jonathan changed from a charming, confident teenager to a fearful and frightening young man. In the nightmare that followed, he was diagnosed as schizophrenic and his mother began the agonising search for a cure, confronting a society which still views mental illness as a taboo subject.

"The winning work of this year's Non-Fiction Award is an outstanding piece of literature. It is a pioneering work in its treatment of a subject which has never been credibly addressed - schizophrenia. This work is a powerful story of the lengths a mother will go to save her child... "Tell Me I'm Here" is an extraordinarily passionate, provocative and powerful story." *Australian Human Rights Awards, Judges' Report, 1991.*

and two from 1987 provide ideas for local church initiatives:-

"Healing is Wholeness" Howard Booth 1987 Methodist Church Division of Social Responsibility

The aim of this resource book is to encourage healing ministries in the local church. It provides a practical guide with hints for healing services and seven Bible stories that could be linked to a similar number of short articles suitable for newsletters on such topics as "What is health?" and "You and your doctor". These sections would be very suitable for group reflections.

"One Body" David Aldridge 1987 SPCK

This is a similar resource, though one that is much more coloured by the personality of the author who is a family therapist and a member of the Acorn Trust. Partly reflecting Gilbert Shaw, the author notes in the chapter "Reaching Out. Healing in Practice" that if we pray and reflect, then our own actions will incorporate the wholeness we seek and our own awareness will be developed."

OTHER TITLES OF INTEREST

MIND's 1992 'Book of the Year'

Bernadicta LEE "The Catch of HANDS"

one woman's account of her breakdown - "their efforts to SILENCE ME" and from our contributor on "LAYING a GHOST" who had a brief similar experience;

Roger GRAINGER "WATCHING for WINGS" 1979 Dalton Longman & Todd

-theology & mental illness in a Pastoral setting -

and **"A PLACE LIKE THIS" 1984 Churchman Pub.Ltd.Worthing**

-a guide to life in a psychiatric hospital-

others liked to items in this newsletter:-

Morris MADDOCKS "A HEALING HOUSE of PRAYER"

an anthology of reflections relating to the Healing Ministry

Brother BERNARD "OPEN to GOD" 1987 Collins Fount paperbacks

Gilbert SHAW "The FACE of LOVE" 1959 Mowbray

Esther de WAAL "SEEKING GOD " -The WAY of ST.BENEDICT" Collins

AROUND THE REGIONS

ANGLIA REGION

As noted in "Developments", Jane and Austin Lindon soon got to work in their 'retirement' from London and in addition to establishing an office in their new home, they have also started a branch for PETERBOROUGH. They have also been active in establishing links with other parties interested in issues surrounding mental illness. Talks to church groups at Norwich, Peterborough and Bury St Edmunds are laying the ground for future partnerships. It is encouraging that two of the local church leaders: the Bishops of ELY (C. of E.) and EAST ANGLIA (R.C.) have become regional patrons.

SOUTH LONDON

The establishment of a branch at BEXLEY following that reported in the last newsletter at MERTON now provides a network of five centres covering the area South of the Thames.

The oldest branch DULWICH & FOREST HILL at their AGM considered a model of "Home Fostering" inspired by the Belgian town of GEEL. Local health workers shared their experience of a pilot project in Greenwich. Future plans include a weekend away in the country.

At CROYDON a second Drop-In has been opened as a joint venture with MIND in Croydon. This is aimed specifically at people attending WESTWAYS Rehabilitation Unit where they prepare for a future living in the community. This Monday drop-in is meeting an obvious need for those who feel cut off from society. Future plans include further cooperation by members of APCMI (notably Don Martin and Andrew Wilson) with MIND and the local authority, whose Community Development Officer is assisting with the formation of a further drop-in, with the aid of a grant from the Borough of Croydon.

A training course in the Autumn is planned to support volunteers on these projects. This will follow the pattern of the recently completed Lent one at WARLINGHAM PARK Hospital and the associated meditation and support groups. The contribution of the Hospital and now Community Chaplain: Andrew Wilson in providing spiritual leadership has been a great help, both in these formal sessions and by his making himself available when needed generally.

Likewise Dennis Murray's continued presence, as volunteer organiser for community mental health services in the borough, greatly strengthens the team of APCMI trained personnel working for and with those with mental health problems.

KINGSTON & ESHER followed their training by opening a Sunday afternoon Drop-in in a local church hall. They are hoping for great things from their collaboration with the other South London branches, particularly MERTON, who, as we write, are just coming to the end of their first course.

On the outskirts of London, at HIGH WYCOMBE, an area of one of our first ventures, we hear of a self-help group meeting. Such local church inter-denominational groupings seem to be setting the pattern for North London (see below).

NORTH OF ENGLAND

YORK branch is encouraged by the interest shown by Community Psychiatric Nurses (CPNs) in a visiting service using volunteer befrienders from our training. Events organised for the summer include a pilgrimage to SPENNITHORNE Healing Centre, a barbecue, a boat trip on the river and a weekend together at a holiday cottage in the Dales. All these activities have been made possible by fund-raising, both by collecting on windy street corners and by writing letters, led by John Rayne-Davis.

Generally, in the NORTHERN Region, our Development Officer there, Christine Kelsey, has continued to make contacts with church and professional persons, whilst consolidating the links she had already established. We are grateful for her enthusiasm, despite uncertainty as to continued funding for her post. Indeed, it seems unlikely that APCMI will be able to continue employing her full time once the current grant from SANE runs out. In April the need for an emergency operation restricted Christine's capacity for day to day work. We are delighted to report that she is now well on the way to recovery and hopes to be back in action soon.

Invitations to address educational and consciousness raising events continue to come in, both in YORKSHIRE and the West, e.g. at WARRINGTON and BRADFORD, whilst in February, Christine addressed meetings in LINCOLN and LANCASTER. Such is an indication of the extent of her activities; there will be more details in her annual report.

NORTH LONDON

Following the initiative in the Winter of 1990 of the EAST LONDON CONSULTATION, various groups, e.g. in Camden, Hackney and Tower Hamlets, continue to meet and plan. This is also happening in LUTON.

In the London part of the BRENTWOOD/CHELMSFORD dioceses, a steering group for HAVERING (at Romford) is actively pursuing local church involvement. The development officer for the project in these co-terminus dioceses has not yet been appointed. Our best wishes will go to whoever is appointed to the post, as he/she will provide the needed support for both Havering and the adjacent branch of FOREST.

AROUND THE SOUTH COAST

Also in the Essex area, at SOUTHBEND-ON-SEA, Andrew Polson, a new member of the National Committee, has been meeting with local church and hospital personnel to explore the possibility of forming a support group.

At HASTINGS, the branch held their first AGM in March, and celebrated the success of their fund-raising efforts to support their befriending service, with the possible option of employing a paid administrator for the project. EASTBOURNE is also concerned about the need for adequate support for the growing number of befrienders. A group in nearby HAILSHAM is considering forming a sub-branch to work with the hospital chaplain.

Away to the West, in DORSET, contact has been made with a self-help group of carers. Other enquiries have come from BATH and WORTHING.

SUMMER STUDY DAY

Saturday 27th June 1992 from 10am to 4pm

Hosted by the KINGSTON & ESHER branch of APCMI at the UNITED REFORM CHURCH, EDEN STREET, KINGSTON UPON THAMES

YOUNG PEOPLE AT RISK

Looking at ways in which those involved in pastoral care can more effectively address the needs of those initially "disturbed".

PROGRAMME

10.00 Arrival, getting to know each other over coffee

10.30 Welcome by Chairman of Kingston & Esher Branch
Hugh MAYALL

10.45 Introduction to theme by Gabrielle AYERST

Programme co-ordinator of a community project for young people often with problems of addiction to drugs. She has spent the last fourteen years with the Kaleidoscope project based at the Bunyan Baptist Church in Kingston.

The talk will be followed by workshops in small groups enabling all to contribute from their own experience to the discussion.

12.45 Buffet lunch, in the church premises . (A collection to cover costs will be made on the day)

14.00 ANNUAL GENERAL MEETING for 1992 of the ASSOCIATION FOR THE PASTORAL CARE OF THE MENTALLY ILL

See separate notification to members and reply slip giving details of the agenda, etc.

This will include a continuation of the debate on "WHERE DO WE GO FROM HERE ?", which took place at the General Meeting in January 1992 at Guildford (See brief report on page 2). Copies of a fuller report of the meeting are available.

16.00 Tea and Departure

We look forward to seeing as many members as possible. Please return the tear off slip on the AGM notification to assist in our planning. Nominations for the Committee are on the reverse.

Acknowledgements: *The Editor would like to place on record the thanks of the Committee for the continued voluntary secretarial support of **Dee Hartland-Swann**, without whom this newsletter would never have got beyond draft form. Our remaining Development Officer, **Christine Kelsey**, also did much to improve the drafts. However, in future the load must be spread much more widely among our members!*