

# NEWSLETTER

JANUARY 2005

*The Editorial Staff wish our Readers*

**A HAPPY & PEACEFUL YEAR IN 2005**

***This month's Front Page Article .....***

## **LOOKING AT LIFE DIFFERENTLY**

The New Year is always a good time to begin again, to aim for new goals, to encourage ourselves to grow more into what we would like ourselves to be.

There is a part of us that often becomes neglected and squeezed out in the demands of everyday life. Listening to our own spirit and believing that the spirit of God is at work in the world may be a challenge for the New Year. To listen to our own spirit and see God at work we need space and quiet and a short time to 'be' to meditate and allow life to grow in our inner being.

***Pauline Wright***

This was the foreword in a book I was given for Christmas called ***For Each and Every***, and is the thought for January. As I reflect on the coming year I would like to share with you some thoughts an American psychologist, Abraham Marlow (1908-1970) had on "good mental health" after he made a study of people he identified in the nineteen fifties as having similar characteristics. These helped them to be self-actualisers – having good mental health.

- (a) Able to laugh at themselves – not taking themselves too seriously.
- (b) An ability to listen to their own feelings rather than being dictated to by authority or tradition, but remaining law abiding.
- (c) A respect and interest in other people.
- (d) Seeing the world as it really is not simply how they wanted it to be.
- (e) Able to tolerate uncertainty and ambiguity.

These characteristics are maybe hard to achieve but in the grasp of us all. I think we aim in APCMH to be open and friendly and alongside others. For example, I know that many people support each other and tell others about groups they can visit. Some members like Michael, whose article appears in this newsletter travels some distance from Croydon to The Marylebone group. He shares newsletters and articles with other people he meets.

We were all shattered at the news of the tidal waves around the Indian Ocean that meant that thousands of people died, and thousands lost loved ones. In the midst of such tragedy the courage and support shown to the living and the dead gives one hope that even in the severest of tests people are able to reach out to others.

As you ponder the coming year with its inevitable joys and sorrows, I hope that by reflecting and listening to your own spirit you will find peace and joy.

***Pam Freeman***

**For further reading:**

**Abraham Marlow :**

***Motivation and Personality (1954)***

***Towards a Psychology of being (1962)***



## MY EXPERIENCES WITH 'CRAG'

I first came across CRAG (the Consumer Research Advisory Group) about a year ago. Voices in Croydon was helping a young lady from SURE (Service User Research Enterprise) with her PhD in continuity of care. After that some of us went to a couple of meetings of SURE based at the Institute of Psychiatry. SURE is a research unit that mainly employs service users. It also helps run the CRAG. We were invited to go to CRAG. I went on my own to the Institute of Psychiatry. It was run by service users, one of which was a lady doctor of psychology and a gentleman. Both were service users. Everyone seemed ok. We introduced ourselves; everyone was a service user, about a dozen people from SLAM (The South London and Maudsley area), which covers Lewisham, Lambeth, Southwark and Croydon.

Over nearly a year we've discussed the R&D (Research & Development) Steering Group. This is a group that has overall management of research in SLAM, including the institute of Psychiatry. We've discussed money going to various groups. We have four members who represent the CRAG at the steering group. We have also discussed a conference called 'It's Medication Time' held on the 28 October 2004 for service users in SLAM. We discussed a training course to do research which will be run soon, also various other topics. I joined the last course in research skills. It lasted about 10 weeks. The course was interesting and very informative. We hope to get some kind of certificate for attendance. There is no exam.

My local Voices group told me about a conference, which CRAG helped me apply to. It was a very brilliant conference. ENMESH (European Network for Mental Health Services Evaluation) at Kings College London. The conference was something I had never experienced before. There were many service users from throughout the world, some of them professors. There were also many other doctors and other people interested in psychiatry and psychology. I was completely overwhelmed by being in such a place with these people. There were lots of groups with people speaking about their research papers. I went to nine. A few I remember include Dr Burti from Verona talking about a co-operative of psychiatric users and Professor Peter Beresford from the UK talking about the empowerment of service users. Shula Ramon talked about what they are trying to improve in Slovenia. I also went to a talk about employment in seventeen Western European countries by David McDaid and another on continuity of care in England by Diana Rose. Two women from Cambridge talked about what their user group there is doing, and another person talked about employment in Holland.

I have been a service user for 42 years. My treatment when younger was very harsh. Things have changed so much for us service users, new drugs and quality of life is so very much better than it was 42 years ago. CRAG has given me a new lease of life. I just can't believe how my life has unfolded in the last 42 years. I feel I have been blessed by God.

*Michael Knight*

## WHAT IS U.N.A.F.A.M. ? \*

### ITS AIMS

To break the isolation caused by mental illness

To create a social, psychological and legal environment which accomplishes and prolongs therapeutic action.

To facilitate the rehabilitation of the mentally ill and to support those about them.

Intervene with government bodies to improve Legislation.

Agitate to change public opinion with regard to mental illness.

### ITS SERVICES

A national centre providing specialist services

A permanent department to provide advice and conferences.

To create and sustain establishments all over France.

Training for professionals.

A newsletter for exchange of information published three times a year.

\* UNION NATIONAL DES AMIS ET FAMILIERS DES MALADES MEANTUAX  
(National Union for the friends and families of the Mentally Ill)

*Submitted by Mrs Evelyn Sumption, Siege National 8 Rue de Montyen 75009 Paris*



# FROM THE GROWING TOGETHER PROJECT

## HELPING TO GET MY LIFE BACK

I started helping out as a volunteer at The 'Growing Together' Project in January 2004. I had been recovering from first episode psychosis and I was feeling lonely and cooped up at home.

I set to work in the Resource Centre where Ann and Jan welcomed me. They showed me the layout of the office and where to find everything. Fortunately, I found the kettle and the coffee, which was where I would make endless cuppas.

My first project was updating the Southend Mental Health Directory, which involved phoning organisations and asking them about the type of charity they were and their contact details. It was good speaking to people and I enjoyed chatting on the phone. I reported my findings to John and then put the changes onto the computer. I became a regular at the office and with each visit I gained more confidence. I also made friends with Lucy, who has a wicked sense of humour, and Margaret who is very efficient. Vanessa has always had kind words to say to me, and Jan and Ann have been ready to talk, listen and laugh about things.

I enjoyed the 'Spring Clean Your Life' day organised by Jan. It was a time to discover a bit more about myself and what I wanted out of life. I also met some guys who worked at the plot such as Mark and Bruce, who told me what goes on there. The best time I've had was at the grand Opening Day in June, 2004 where I took my mum to show her the garden in bloom. I bought tickets to win a hamper, drank some Indian tea and wandered round admiring the vast array of plants and flowers.

All in all, it has been a very positive experience at 'Growing Together', and it has been a memorable time for me. Making new friends has helped me to get my life back.

*Sophie*

~~~~~

## On the need to listen more.

Lord, draw me gently into your peace  
and help me to listen to the harmony that lies in you,  
the laughter and the tears in other people's lives.  
Make me more sensitive to others' needs.  
Sometimes I hear the words they speak,  
but fail to grasp their meaning.  
Help me to hear the worry, hidden in a throwaway remark,  
the fear wrapped in a joke,  
the insecurity behind unbending dogmatism.  
Let me hear the cry for help so casually expressed.  
Help me to listen more, and think, and think, before I speak,  
and then to think again.  
And Lord, teach me to hear the sincerity in those  
who see and say things in a different way.  
Give me the grace not to condemn or criticize,  
but first to search for common ground,  
and grasp the things that draw us together  
not concentrate on what holds us apart.  
Help me to take the richness of another's thought,  
and hold it, precious as my own.  
Above all, may I hear the gentle echoes of your love,  
reflected all around me.  
Give me the joy of listening to your voice,  
the quiet rustle as your arms enfold me.

*This poem appeared in the March 1997 edition of the Pastoral Care in Mental Health Newsletter. Can anybody identify the author? It was used as a prayer for the World Mental Health Week Service.*



# 'ANXIETY CARE'

We are a Redbridge charity based in Ilford.

We work in partnership with NHS Direct, helping people with severe anxiety disorders.

**WHO? ... WHAT? ... WHERE? .....**

## ANXIETY CARE'S SERVICES

*"For the first time I've found counselling that attacks the root of my anxiety problem and helps me to begin to solve it in a practical and positive way...altogether, a supportive and very important service".*

*John*

## ANXIETY CARE'S APPROACH

Tailoring To your needs

At Anxiety Care we help mobilise your strengths and abilities to deal with anxiety problems such as panic attacks, phobias and obsessive-compulsive disorders (CD). We focus on return to normal life rather than simply support. We aim at achieving recovery by allowing you to tailor your own recovery strategy from our range of services.

## OUR RANGE OF SERVICES

A team of highly trained volunteers provides our services. Some services are free. For others we operate a sliding scale and ask you to contribute only the amount you are able to afford in relation to the price range quoted. Your contribution will allow us to maintain and develop more services.

### 1. Help Lines Tel. (020) 8478 3400

Our help line provides free telephone advice and support on Monday and Wednesday 10am-3pm

### 2. Structures Recovery Visits £5-£10 per visit

If you are suffering with acute anxiety or relapse, volunteers are able to work with you in your own home, by helping you to develop a tailored programme of gradual, gentle exposure to your fears.

### 3. Counselling £5-£35 per session

Counselling works by using gentle and guiding questions to allow you to explore your difficulties in a private and confidential setting. We also offer e-mail and online counselling.

### 4. Recovery & Mutual Support Groups

These groups are facilitated by trained volunteers and allow you to share problems, and receive as well as give support.

#### Face to Face Groups £2/£3 per session

Monday Evening (6.30pm – 8.45pm)

Mutual support group for general anxiety, phobias and OCD –

Venue: Redbridge Resource Centre, 497/499 Ley Street, Ilford.

Tuesday Evening (6.30pm – 8.45pm)

A structured recovery group for general anxiety, phobias and OCD

Venue: as above

#### Online Groups Free

Thursday and Fridays 9-10pm. All anxiety disorders and OCD

Visit our web site for more details at [www.anxietycare.org.uk](http://www.anxietycare.org.uk)

### 5. Confidence Building Classes £4 per evening

Confidence building classes run on Thursday evenings from 7-8.45pm at the Redbridge Resource Centre. An outside trainer facilitates these.

- No potential clients are turned away because of an inability to pay.
- Referrals are taken from the statutory services fee of charge. Although a donation to the charity is always appreciated.



# National Nightline

In May 1970 at Essex University, an ex-director of the Colchester Samaritans and a Chaplain noticed the high rate suicide among local students. They decided to train a group of caring students to give their unhappy peers someone to talk to. A telephone was installed in an empty campus bedroom and the compassionate students ran a help line, during the night. Thus, the first ever Nightline began. The idea quickly caught on. In 1971 it was exported to Imperial College London. In subsequent years many more Nightlines were set-up all over the country. In every case the core principles of the organisations stayed the same: confidential, anonymous, non-judgemental, non-directive and run by students for students. Every Nightline remains fully committed to these principles 30 years on. In that time Nightlines have extended their remit to encompass all areas of student welfare. All Nightlines have the traditional "listening" service, a place for students to talk about their woes, no matter how big or small. Furthermore, most Nightlines are centres of practical information on both personal matters and more mundane local or national trivia. Some Nightlines also dispense free condoms and offer other services too. Nightlines sometimes give callers an option to visit their office as well as using the normal phone system. The status of Nightlines has also grown. For example Essex Nightline now comprises an office, two drop-in lounges, three bedrooms, a kitchen and a residence for six committee members. University of London Nightline is a registered charity. London and Leeds Nightline also employ a student to run their organisations full time. There are now over 50 UK Nightlines in universities ranging from Exeter to St Andrews. There are even Nightlines in America, Canada and Germany. All rely entirely on students devoting their time to be trained, do nightly duties, answer calls and train new volunteers in turn. There are estimated to be around 1600 Nightline volunteers in Britain. Over one and a half thousand students committed to improving the welfare of their comrades. To improve their abilities, Nightlines banded together to form National Nightline. From this there has grown a strong community spirit. Conferences and forums are often held to swap ideas on training, publicity and operational practices. Charities such as Relate and The Samaritans are also invited, giving Nightliners a chance to learn from them. In 1999 volunteers at Cardiff were elected to create a National Nightline website. This was achieved with the invaluable help of the National Information Services and Systems. At the 2000 National AGM, Surrey took over development of the website from 2000. A private members area was added with a huge collection of documentation and images gathered from all Nightlines. It immediately became a very popular and valuable resource. Never before had Nightlines been able to share ideas, get support and discover ways to develop, so readily.

As groups managed entirely by full time students, Nightlines continue to be both incredible achievements and successes. In 30 years Nightliners have clocked up over a million hours on duty. During that time countless individuals have poured out their troubles, been educated on their situation, told useful info and provided with contraception. We all intend to carry on the good work.

## ***An Expression of his Experience by Monsignor Rene Dante Claire.***

***Translated from the Journal of AMITE ESPERANCE a Christian movement, which cares for the depressed and mentally ill.***

*I have walked in the place of the poor - I have been at their level  
I have measured their helplessness, their dependence, their ignorance  
I have confronted their limits, their infirmities and their illness  
I have tried to communicate with them, to better understand their poverty  
I have tried to calm them, to reassure them, to steady them  
For that I need to be calm and approachable, and steady  
To give them joy I sing good songs, I talk to them about happy things, I am always in a good mood.  
I listen to them  
I teach them to read and write - I write letters for them  
I take them to the toilet, to meals, to work  
When they are angry I do not get annoyed. Under their abuse I am quiet.  
If I reprove them it is without violence.  
Sometimes I put my hand on their shoulder, and when they are upset I cuddle them a little!  
I show serenity, delicacy, protection, and wise councils.  
I understand that they are not like others, who show authority, and are demanding, bitter, and combative.  
When frustrated they rebel. When helpless they cry. They do not want to hear advice and comforters.  
  
**Be silent, be discrete. To their outpourings be attentive.**  
When they are tormented surround their heart with silence - offer few words - be kind to all  
Also create a climate dominated by happiness in spite of everything.*

**AMITE ESPERANCE B.P. 95 14102 Lisieux Cedex France.**



## **'MY STORY' by Marilyn Long .....**

### ***Taken from the Newsletter Of the South Essex Partnership NHS Trust***

***"Here's a job advertised – thought you might like to take a look," said Jonathan Keay, manager of Rethink Graphics in Brentwood, last May. My heart thumped and my throat felt dry. I'd had a brief sojourn in hospital earlier in the year and no way did I feel capable of working – not in the big, wide world anyway. I'd been a service user at Rethink since Spring 2003 and a volunteer since December, but that was in a very comfortable and known environment .....***

Despite myself, I read through the job description for a job-share temporary post with North Essex 'Stronger Together's' office in Hadleigh and liked what I read. It could be a short-term possibility. Maybe. I hadn't worked for three-and-a-half years; not had an interview for nearly four. In a bold attempt to shake off the rear within, I phoned June Harper the Chief Executive for North Essex Stronger Together in Colchester. What the hell – I probably wouldn't even be asked for interview, let alone get the job!

Two weeks later I was driving to the South Essex User Involvement Network (SEUIN) office in Hadleigh ready to start my first day. The job was to empower service users by helping to organise Mental Health Forums, and to take any necessary action arising from, and feeding back to, these Forums in an effort to improve the mental health services that we receive. I soon found that the work for SEUIN was interesting and rewarding – that as well as empowering other service users it was empowering me. This was a benefit I had not foreseen. My confidence grew and grew and I was soon tackling situations I never dreamed of.

It had been almost thirty years ago that I last worked in an office, and to my amazement I quickly got back into the old routine. Of course, back in those dark-age days computers filled small rooms and all correspondence was hammered out on a typewriter and Xeroxed for multiple copies. Since then I'd developed a profound love-hate relationship with computers built soon found myself tapping away at the Forum Minutes in Word, designing posters in Publisher, and completing petty cash returns in Excel. Confidently! I truly enjoyed beavering away on my own, content in the knowledge that the friendly people from Rethink (in whose office SEUIN is based) were always around should I need human contact – or help with the photocopier!

Yet, ever present, and insidiously entwined round my panic buttons, was the ultimate challenge, the theatre of fear where I was going to have to put on one of the performances of my life. Actually fronting a Mental Health Forum. Up until a month before I had active in my refusal to go to my local Forum with a friend, so fearful was I of any 'group' situation. But I had taken on the job (although the thought of quitting did flit across my mind at this point) and I wasn't going to let down the new, confident, me. I considered my options. Either I remain backstage until the spotlight was well and truly on me, or I go to a Forum as supporting cast. To my great benefit I did the latter, and drove down to my first Forum with my colleague Amber Canham. She led the meeting and I took the minutes. Job sorted.

I found the members of the Forum to be amazing people: supportive, caring, and ready to fight their corner – not just for themselves but for all the other service users and carers who couldn't find their own voice. The buzz I felt from being with these 'fighters' was amazing. I was ready to go out on my own. I have since accompanied Steve Rabbitts (PALS) on a ward surgery, aimed at providing advice and support for patients and working to improve the NHS service which they receive.

My work for SEUIN has been so fulfilling, from the wonderful people I have met, to the knowledge that the job I do has positive consequences for those who use the mental health services in South East Essex. And I hope that my story will encourage other service users to find their voice and join our Forums and, if an opportunity presents itself, to step forward and meet it halfway.

**Please feel free to contact the South Essex User Involvement Network to find out more about their local Mental Health Forum on 01702 556008.**



## A Report by our Chairman, Suzanne Henegan

'Sowing seeds' of encouragement, as John Vallat highlighted in the previous newsletter is indeed one of the key defining principles of APCMH. About a year ago, we invited all the central London University chaplains to a planning meeting to consider the prospect of holding a university chaplains' training day on mental health and younger people. We were a little downcast by the small turnout at St Marylebone's Crypt. However, the Senior Coordinator of the Ecumenical London University Chaplains Team, Stephen Williams responded to the idea with devoted enthusiasm, watering and tending it, engaging 50 of his colleagues and bringing the vision into fruition. God made it grow.

The request for a training day came about through the 'Young Friends' having adopted us as their charity for 2004 and providing us with the means by which we were able to sponsor the event. In particular Amanda Headley-White whose experience of mental illness and the lack of understanding she received whilst at university prompted her to ask if chaplains could be better informed. It is a challenging concept for issues concerning the nature of eating/compulsive disorders, self-harm, isolation to be recognised in a faith context and a previously neglected vital youth component taking shape within APCMH.

*'The growing pressures which students endure in further and higher education seems to be exacerbating mental health distress ever increasingly. How can Chaplains help in the process of discernment, referral and healing? Do we help? Do we hinder?'* Stephen asks.

The day's program was initiated by Dr Raj Murthi, Head of London University Central Institutions Health Service and Senior Physician, informing us that of all the 35,000 student consultations from the previous year, 30-40% of them were psychological complaints as well as witnessing an increasing emergence of mental health distress amongst both students and staff, namely schizophrenia. However, the university does adopt a healthy collaborative approach to student's treatment and diagnosis, combining the expertise of senior psychotherapist, visiting, psychiatrist, counsellor and GP and provides a very accommodating service for students who may need to discuss their concerns with a counsellor prior to their exams. But what of spirituality related issues and a whole person approach to healing? Well it would appear that mental health professionals are still being starved of provision on their training curriculum so that in consultation, even if they took a spiritual history from their patient, could they then actually make use of it to their patient's best advantage especially where the spiritual dimension of the patient is essentially esoteric? George Carey quotes Andrew Sims in his 'Towards Wholeness' editorial *'For too long psychiatry has avoided the spiritual realm, perhaps out of ignorance, for fear of trampling on patients sensibilities, but they have neglected it at their patients' peril. We need to evaluate the religious and spiritual experience of our patients in aetiology, diagnosis, prognosis and treatment.'* And what of faith based psychological support? Raj suggests that we are in danger of becoming too PC about such concerns. *'A male Muslim might engage quite successfully with a female Jewish therapist providing the professional code of ethics is respected.'*

The existence of a cross-cultural institution appears to provide the strongest argument for the need for spirituality/religious/cultural provision in the training of mental health professionals. One patient came to Raj's surgery complaining of numbness and weakness of joints and the cause was only ascertained after he asked the patient what she thought the cause might be. After some deliberation, the student reassured her GP that a family member, unhappy at her leaving the country, had cursed her and the problem would dissipate once she returned. Another Singapore student whose sole object of existence was to produce a first class honours degree perceived that her only option if she failed to do so was to kill herself. She did in fact achieve the grade. Was it prescribed? Someone asked.

Natasha Donnelly next took the platform as the founder and coordinator of a new user led email service for students experiencing mental health distress, 'Studentsinmind' which is designed to raise the awareness and highlight good practice of already existing services, providing advocacy and advice and aiming to empower the student into finding the best and most appropriate means of help, this includes an early intervention strategy which will bridge the gap between its service users and the professional services. There is a comprehensive 'Link' signposting service on the site from where all the reputable mental health charities can be easily accessed providing a sense of cohesion in the mist of an essentially labyrinthine trek. Natasha's receptivity to matters pertaining to spirituality/pastoral care was encouraging.

Working closely alongside Studentsinmind are 'Nightline' a national telephone listening service for students from 6pm till 8am run by trained students and professional overseers. Unfortunately the regional helpline telephone numbers are not available on the website to maintain the status as a student only service. The website promises 'a place for students to talk about their woes no matter how big or small' I thought this sounded rather more like a car maintenance service, after all we don't merely hear the problem – but the whole person, with a lifetime's experience – a continuous journey, not just a quick fix. The question also arises as to whether there is provision in the training for spirituality related issues. The service prides itself on principles of anonymity, confidentiality and a non-directive, non-judgemental, non-advisory approach which all sounds good in theory but what of 'compassion'?

The speaker went on to say that as adults the callers are responsible for their own choices; but what about where the actual problem is deeply rooted in childhood trauma? If previously concealed parts of a person's life are offered a platform it may not be the adult who's in control. What then?

Continued .....



Throughout the lunchtime service I found myself chewing over the Gospel reading and wondering why it is that whenever we choose to evoke the nature of mental illness we must drag the poor demoniac out of the pit once again as if Jesus' many miracles were not filled with examples of people who had been delivered from mental distress to some degree or another. The man who was possessed by Legion was clearly in *distress* but could Jesus have been saying that the nature of the actual *illness* was within the *perverse and faithless generation* which he describes? We set apart the 'lunatic' and when he is healed what are our reactions? Well in this case we're told that the community were *seized with fear*. Had their own demons somehow been tapped into? - Had that demon 'denial' surfaced, with its many silent voices of hate, jealousy, envy, bitterness, unforgiveness, and pride, hiding beneath the secret chambers of their fearful hearts and keeping others captive? Is the demoniac a scapegoat onto which we project our own pain rather than having Jesus see *us* naked in all *our* shame so that we too can be cured and 'in our own right minds' and do we thus prevent ourselves from being Godly agents for others healings?

Finally, we viewed the Mind In Croydon 'Hard to Believe' film which explores the relationship between mental health and spirituality. It is not a film about religion but about that which gives meaning and purpose to a person's life. I find that previously unheard phrases spring to life each time I see it and a fresh opportunity for others to enter what may have been for some, a previously unknown realm.

**Suzanne Henegan**

**Thank you to the members of both Merton and Forest Hill APCMH's for the warm welcome I received at their Christmas suppers. Peace and fruitfulness in 2005.**

**OTHER MIND IN CROYDON FILMS** [admin@mindincroydon.co.uk](mailto:admin@mindincroydon.co.uk) Tel: 0208 668 2210

'Finding The Edge' about young people and mental health £25

'Visible Memories' about self-injury £40

'Pillar to Post' dual diagnosis £35

'Hard To Believe' spirituality and mental health £35

~~~~~  
**And now ..... an important message from our Chairman**

**Dear Members**

**Jan 7<sup>th</sup> 2005**

**Re: Request for Mental Health Support Group conveners.**

As you may be aware, the Christian Healing and Counselling Centre at St Marylebone Church Crypt, accommodates a fortnightly mental health support group for people whose lives have been affected by mental health distress. This generally takes the form of a discussion group with refreshments beforehand with 2/3 conveners present to help in the process of steering the group where necessary so as to ensure that all present have their needs addressed and to provide a comfortable setting for those who may wish to share their experiences, express their worries and pray for healing where appropriate.

We are therefore seeking between 3 and 4 compassionate listening people who can commit themselves to 2 hours a fortnight - the first and third Friday of every month between 10.30am and 12.30pm.

This might appeal those wishing to broaden their understanding of pastoral care in mental health as well as being an opportunity for personal growth and a vital and worthwhile contribution towards the needs of the community. If this is something with which you might wish to be involved with. Please contact Chris Mackenna Director of St Marylebone Healing and Counselling Centre 0207 935 0566.

Or you can contact me directly on: 0207 383 0167 APCMH line leaving a message

Or call Sister Theresa Pountney on: 0207 724 6453

**Many thanks**

**Suzanne Henegan**

## **THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH**

Registered Charity No. 1081642 and a limited company in England & Wales No. 3957730

**Office: APCMH c/o St Marylebone Parish Church, Marylebone Road, London NM1 5LT**

**Web site address: [www.pastoral.org.uk](http://www.pastoral.org.uk).**

The views expressed in the Newsletter are not necessarily those of the Association

**We welcome contributions for publication, please send them to the editor:**

**John Rawson, 24 Leeds Court, Denmark Road, Carshalton, Surrey, SM5 2JA**

**☎ 020 8669 0667 ☐ 020 8395 9022 or email: [johnrawson@blueyonder.co.uk](mailto:johnrawson@blueyonder.co.uk)**