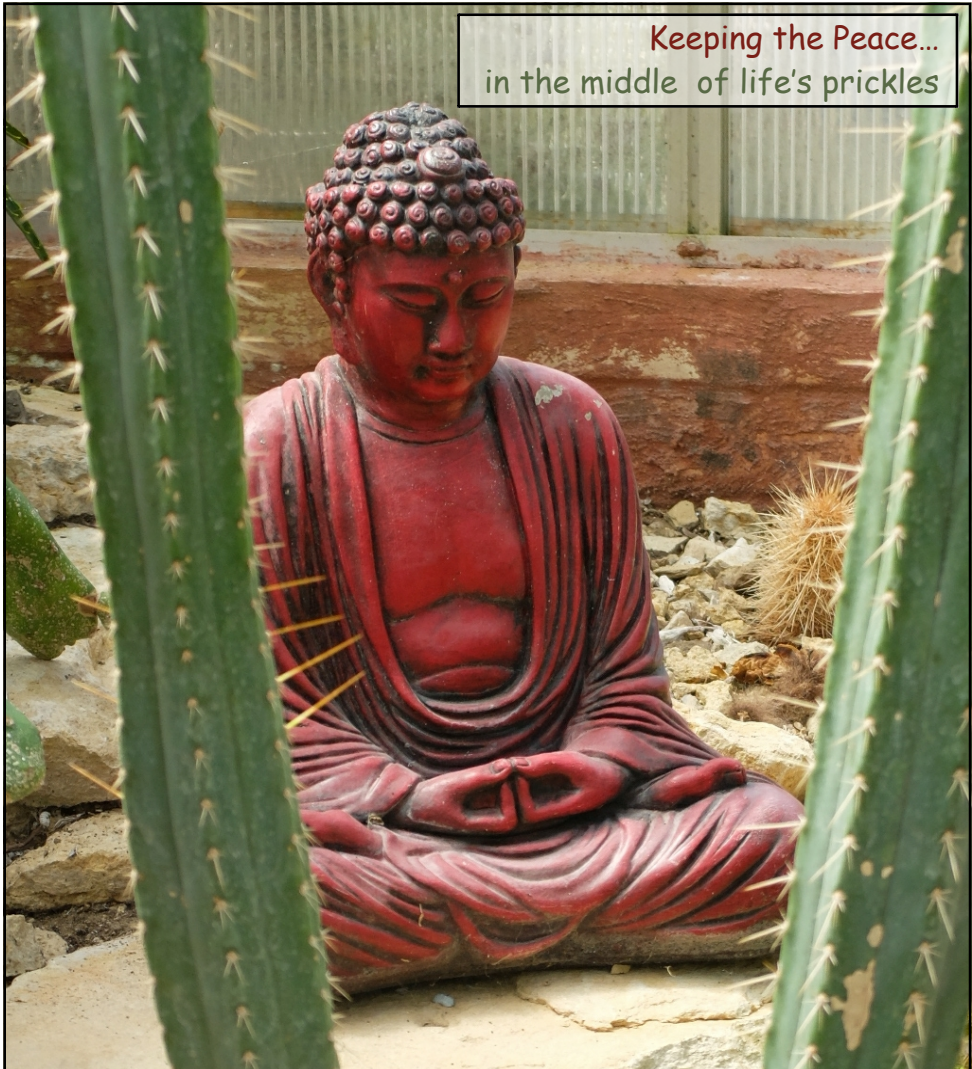




# Being Alongside / APCMH

the quarterly magazine of *Being Alongside* / APCMH

**a Christian based charity supporting  
those living with mental ill health**



Keeping the Peace...  
in the middle of life's prickles

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### ***For your Diaries:***

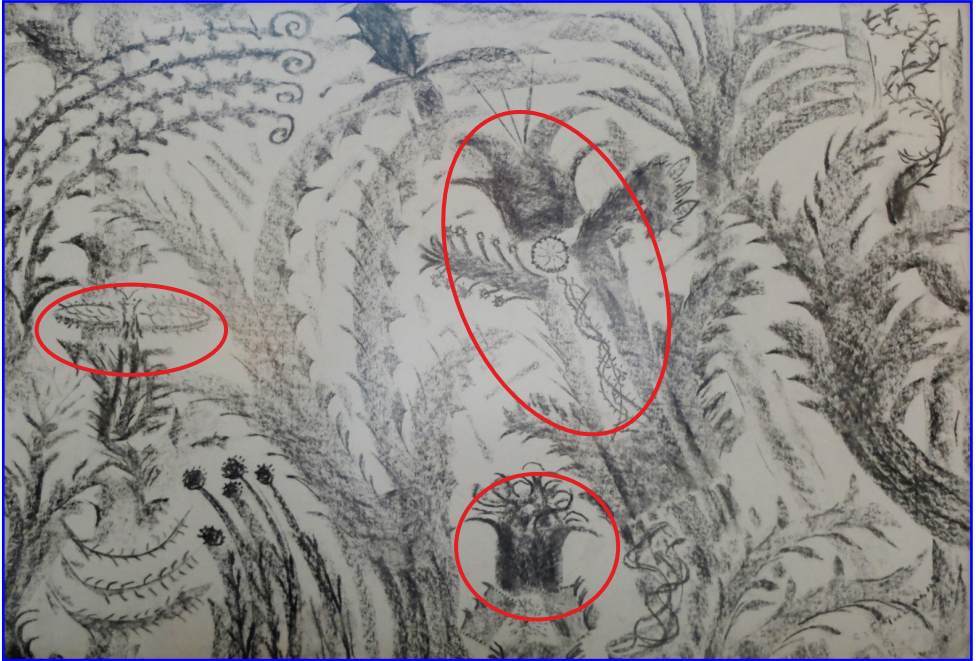
***BA/ APCMH 30<sup>th</sup> Anniversary Sunday 15th May, 2016.***  
at Southwark Cathedral.

4pm Tea in the Library: Booking will be required for catering, and as space is limited. More in next issue.

6pm Healing Service: Speaker: *Rev'd Canon Andrew Wilson.*

***see also p14***

# *The Garden of Your Mind*



## **Front Page - with National Committee Member Jean Marsham**

*The Garden of Your Mind* (above) is a charcoal sketch on a white background which was drawn for me at the time of my first 'incarceration' - my first time as an In Patient.

The artist was Clive Thomas; he was to commit suicide two years later. His method was to ask me to sit still for a couple of minutes, then he would begin. In another couple of minutes he presented me with the fruits of his labour - and a demand for payment with the words, 'Now where's me fags?' (I had promised him a packet of cigarettes in return for his sketch!)

- The grandfather clock represents my Life-span.
- The Face of God is central beneath.
- The little insect like creature half way up the left hand side is my Essence struggling to get free from the snares that surround it.

It summed me up completely at the time and probably still does today.

I am sharing this to encourage you to take advantage of our Bursary Scheme ([see p 20](#)). I know that there is much talent out there among the people who have been 'labelled'; the Bursary is designed to let them - and the wider society - know that we have faith in them - and their aspirations.

*Jean Marsham*



## *Poem 1 : The Way*

When all about you is dark and overcast,  
When daylight seems black and empty -  
Friends have appeared to disappear into thin air  
And you find yourself lonely and alone -  
Trust in the Lord.

The way will be shown to you,

Like music of the sphere; all aglow.

The right road will be in front of you.

*William Jones*

Ed: above is St Basil, Parish Church at Toller Fratrum, Dorset, 3 miles from William's home. A stroke has inhibited his writing somewhat, so we are especially grateful for this contribution.

## *Thank You for Being Alongside!*

Welcome to a new, all colour *Being Alongside!* We hope you - and those you pass it on to - will like it. Send in or preferably email your colour photos of creative works, events etc.

Meanwhile, Subscription Fees for 2015 / 16 are now welcome, as accounting year runs 1 Oct - 30 Sep. [See Form on p 17](#). Please ask our Treasurer (p19) if you would like to set up a Direct Debit.

Thank you for your continual help.

*The National Committee*



## *From Our Patron Roger Royle*

Young curates aren't always as respectful to their first vicars as they should be. Coming straight out of theological college and wearing a dog collar for the first time, there is a tendency for the new curate to think he, and it was only 'he' when I was ordained, is the bees' knees.

Fortunately within seconds the light dawns and the curate realises how much he has to learn. I certainly did. I had little or no idea how to put together a good sermon, a sermon that would attract, and what's more, hold the interest of a congregation. Suddenly I realised that I needed to respect my vicar. If I was to learn anything about preaching I had to listen to him. He was an excellent preacher who could get the Word across to people of all ages and backgrounds.

However one Christmas Day I thought he had lost the plot. Instead of preaching about Mary and Joseph and the Babe, the shepherds, the stable, the star or the wise men, he talked about the Good Samaritan and from that story he took one sentence. "But a Samaritan as he journeyed, came to where he was; and when he saw him he had compassion." And out of that sentence he took one phrase, "came to where he was".

This is exactly what Being Alongside is all about. It is coming to people where they are. Not where we would like them to be or where we hope they might be but "where they actually are". And having come alongside he was able to have compassion, i.e he was able to suffer with the person, feel his pain, understand his discomfort and then, having understood the situation, the Samaritan could do something about it.

Of course this story has an extra twist. The Samaritan was a foreigner, someone to be despised or looked down upon. The people who would have been expected to come alongside, the priest and the Levite, passed by on the other side but not the foreigner.

My vicar then went on to point out that that was exactly what Jesus did in becoming human when he was born as a baby in Bethlehem. He came alongside the human race he became part of it and so understood both the highs and the lows of everyday life.

I shall always be grateful for the numerous people from all walks of life who have come alongside me, sometimes to share in my successes, sometimes to share in my failures. Sometimes they have patted me on the back and congratulated me. Sometimes they have picked me up and helped me to see that there is hope and I have every right to share in that hope.

A blind person used to listen to all my scripts for both radio and magazines for 20 years. A person whose parents I taught to read and write when I was at college, is always willing now, over 50 years later, to help me in any practical way he can when carpets need cleaning or gutters need clearing. A couple, whom I didn't know and had never met, semi adopted me after my parents died. They weren't short of a bob or two but they gave me £3,000 which meant I could buy my first house. We are talking about 60 years ago!

I hope this hasn't sounded too much like a sermon but you tell me a better story about someone being alongside than the story of the Good Samaritan.

*Rev'd Canon Roger Royle*  
Patron

Our Chairman Jamie has updated our Introductory Leaflet.  
It is available as hard copy and downloadable from our website:  
[www.beingalongside.org.uk](http://www.beingalongside.org.uk). (Browse the site anyway.)

## *Quakerism and Mental Ill-health*

Quakers have been interested and concerned about issues relating to mental distress from their beginning. Even in the very early days of Quakers in the mid/late-17<sup>th</sup> century at the time of George Fox, the founder, there was an awareness that some behaviours might be interpreted as madness rather than expressions of the grace of God and the inner Light. In 1796 a concern of early Friends led to the setting up of The Retreat psychiatric hospital in York, still functioning and trying to put Quaker principles into practice.

In more recent times a concern amongst Young Friends about mental health in the early 2000s raised awareness and money for APCMH, or *Being Alongside* as we are now called, and helped us continue our work. This led to courses about mental health in Quaker Meetings for Elders and Overseers at a Quaker study centre in Birmingham, Woodbrooke, which now happen every year and have been much appreciated.

From further concerns and meetings the Quaker Life Network Cluster on Mental Health was formed. This group has gone on to enable a book of stories to be published from Quakers on their experiences of, and responses to, mental distress as service users, carers and Meetings. We hope that

further things will emerge over time. More information can be obtained from Oliver Waterhouse who co-ordinates this network: [oliverw@quaker.org.uk](mailto:oliverw@quaker.org.uk).

Recently some Quakers have been looking into whether there is a distinctly Quaker view of mental health. Young Friends have also again developed a concern for mental health and are planning to focus on mental health and well-being, running a weekend workshop on this next year.

It was at the last Towards - a Quaker View of Mental Health weekend gathering in April this year - that we were blessed to have several Young Friends present sharing their passions, insights and concerns, asking questions and giving hope to those of us there; a real gift and grace. Hilary Botwright was a younger Friend who took part, sharing some of her story and struggle with anorexia and her hopes and excitement about the future.

We had an optional evening time for people to read published poems linked to experiences of mental distress – several from past copies of the *BA* newsletter – or to use the time and space of being together to write or simply reflect.

Hilary wrote the following poem (pto) during this period and tentatively read it to those present. I was so glad she had the courage to share her vulnerability, her inner strength and light with us. It touched me and resonated with me deeply as for many others present.

Hilary died peacefully in her sleep not long after that weekend.

Hilary's mother, Anna, wrote:

*'Very sadly her heart stopped one night, a common cause of death among anorexics when the potassium levels drop. It was very peaceful for which I am profoundly grateful. I always felt she was in that thin place between life and death and crossed that divide in peace'. She added: 'Hilary's anorexia had plagued her for two and a half years yet she was making significant progress towards health and was so enthused by her times with Quakers of all ages! She had plans to do the young leadership course and eventually to work abroad on a Quaker project'.*

It was clear that the Hilary we had the privilege of engaging with all too briefly was someone who lived lightly on the earth and in spite of her inner struggles radiated light and joy, reaching out to so many different people in her short life. Hilary was surprised when I suggested publishing her poem in this newsletter yet she gave her permission, something her parents have willingly affirmed. I hope you find it as inspiring as I did at the time and continue to do so now.

*Stephan Ball*

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## Poem 2: *What Makes Me Human?*

I lie in bed and caress my ribs, the smooth ebony as hard as piano keys.  
Questions overwhelm. Why?

I am two people. I am a thousand people.

I am a pathetic, broken soul, battered by the pain of the world; fighting a  
furious civil war with myself where there is no victor.

Yet I am also the girl who finds beauty in a fragile sapling.

I am the girl who experiences a delicious thrill as the sun silently slides into  
the sky.

I am the girl awed by two geese who penetrate the morning air as if they own  
it and we are yet to find out.

I am the girl fascinated by the 6.42 train to Kings Cross – dreams, hopes and  
fears shuttling along in the half light of dawn.

I am the girl who sees every plate of food looming as poison.

How - how do I marry together all that astonishes and scares me?

How can I know some of the depth of human suffering and yet still be  
entranced by the gentle moon as she tenderly moves through her cycle?

How can I be delighted by the intricacies of a spider's web, the morning dew  
clinging resolutely to every fibre – yet also know of torture, loss, grief and  
despair.

How can I strive to nourish every soul but my own?

This me.... Perhaps this is all of us.

Aren't we all simply walking dichotomies of beauty and pain, suffering and  
joy, dreams and disappointments, holding on and knowing when it is time to  
let go?

Our place in this world is as transient and fleeting as the clocks on a  
dandelion,

and, as we stumble, soar and crawl through this wild, mundane and  
intoxicating world,

perhaps it is this then, this, that makes me human.

*Hilary Botwright*

written at Woodbrooke Quaker Study Centre, B'gham on 11 April 2015



## Keeping On Mindfully

Recent articles talk of Will Young, an accomplished singer / songwriter who has been through dark periods and depressions. He has since learned to set down boundaries - realising his fame had often meant that people encroached on his personal life. He has felt happier than for many years. Realising our limitations and strengths can make such a difference to our quality of life. Two such people I admire greatly for making the most of their lives in difficult circumstances are Melanie Reid and Jane.

Melanie broke her neck and back five years ago in a riding accident. She was determined to continue her work as a journalist as her husband was semi-retired and her son was at university. She started writing a column in *The Times* magazine called *Spinal Column* where she covers a whole range of issues about life in a wheelchair, and is totally honest about her thoughts and feelings. She lives in the real world and by telling her readers about living in the present and the limitations her accident has imposed makes people more aware of the problems people with disabilities face.

Jane sells *The Big Issue* weekly outside Wimbledon Station. She has had a very difficult life but is always cheerful and friendly, making the most of every situation. She lives in the present and recognises the restrictions imposed by wheelchair living.

Last week she greeted me very warmly saying how thrilled she was that someone who bought the magazine had sent in a letter to the editor. I enclose it ([left](#)) as I feel that by understanding oneself - as she does - can make so much difference to our quality of life.

The Common Denominator between all three is their practice of Mindfulness. If any readers have had experiences of Mindfulness, please let us know.

*Pam Freeman.*



### COMMENT OF THE WEEK

#### Chew on this

I arrived at the dentist on time for my appointment. My dentist was 45 minutes late, complaining about having to take the bus due to the train strike. So I told him a story: Jane, who sells The Big Issue at Wimbledon station, has only one arm and one leg. During the strike she was unable to get on her bus from Southfields as it was rammed with tennis-goers. She propelled herself unaided all the way from Southfields to her regular spot in Wimbledon. Was she downhearted? Not a bit of it! "It means I can have a Mars bar now after burning all those calories," she said with her usual radiant smile. My dentist was suitably humbled. "Always someone worse off than yourself," he said.  
Dead right, Mr Dentist!  
*Amanda Reed, email*

# *Pills, People and Prayer*

## *How faith can assist mental and emotional well-being*

National Committee Member and Service User Lionel Perkin takes on the big picture journey to mental wellness.

Restoration of Mental Health is often a journey of faith for those experiencing mental and emotional distress. Well-intentioned members of the Body of Christ sometimes go to extremes in either over-emphasizing this, or demanding a solely logical, reductionist approach.

Many experience a 'dark night of the soul' where they feel lost or "out of control". Scripture teaches that we have been given the spirit of a sound mind as we put on 'the robes of His righteousness' and pray continually, love unconditionally, hope all things, fear not, and that the only way to please God is through faith and action with the goodly exercise of forgiveness. We are also encouraged to exercise the fruits of the Holy Spirit which includes self-control. Against such things is there any law that may hinder us in our endeavours, as we renew our minds with His transforming righteousness?

Some may hope that faith might help, others could feel a sense of powerlessness as they lose trust and become disillusioned; that somehow faith lacks efficacy in the real world especially when immersed with a highly medicalised approach. Or perhaps some succumb to doubt, or spawn guilty feelings that in fact the cause cannot be reached by the loving mercy of Christ? And stigmatising, fearful or prejudicial attitudes surrounding a person's mental health is likely to make things worse (or better) accordingly.

## *Being Alongside*

It is increasingly understood that psychological interventions alongside a high quality, listening and support network including the pastoral support team and the patient's own spiritual understandings, are best mobilised together with more traditional medical therapies in co-operative alliance to promote good holistic mental and emotional well being. Here, Church members, leaders and faith-filled practical and helpful social programmes may be invaluable as they continue in the journey to mental well-ness.

## *Real-world Prayer, Peace, Love and Joy*

What might these words mean for us?

Here are some practical suggested empathetic, spirituality-based responses to apply in difficult situations that are more likely to holistically promote better mental and emotional well-being:

**PRAYER:** By answering to the questioning 'how / who?' by saying 'I give it to God, above all thinking 'forgivingly' as I am led into infusion by 'His Holy, willing and available Spirit'.

**PEACE:** Through answering a question of 'how / where?' by internally doing kindness and compassion with mindful contemplation of His willingness to help and support within our humanity and in its weaknesses and strengths.

**LOVE:** Responding to existential questions of 'why be?' with being beautifully predestined towards resonating in Hope of the Lord's Creative Heart-Will for just, compassionate, true good to come.

**JOY:** In approaching questions of 'where be?' by being internally faithfully emotional with The Truth, within a confident, graceful fearlessness.

### ***Negative pathological v Holistic well-being approaches***

Here are some elements of psychiatric illness that might have presented to you if the intensity of a distressingly perceived past situation was too overwhelming to 'process', and is 'stored' for later processing and then responded to less than helpfully by poorly exercising our God-given Free Will:

**ANXIETY:** Produced by unhelpfully answering a 'how / who?' question by fearfully anticipating being in internal un-forgiveness. Such anxiety may be reduced by more confident rejoicing ie "counting your blessings".

**DEPRESSION:** This describes when we respond to, or potentially 'ruminate' on, a 'why / who?' type conundrum by internally doing down our past emotions after a precipitating event with hopelessness. We may more easily travel out of depression by exercising gentle kindness towards ourselves and our attitude to God's spirit dwelling within.

**MANIA:** This behaviour can become apparent, especially to others, as reactions to wondering 'where / how?' are met by being self-centred in our thoughts and attitudes towards agents of perceived distressing externally difficult events. This mental / emotional state could be improved by being aware of the True Hope grounded upon Christ rather than trying to counter (or sublimate) any potential trial, anxiety, or obstacle we fearfully anticipate.

**PSYCHOSIS:** Responding to considerations of 'why / where?' by giving up to hating the externals of our past emotional states. Instead, exercising forgiveness towards any external sources of bad feelings is more likely to result in better outcomes for us and others.

### ***Our questions & responses to internal / external stimulæ***

Notice the differences between awesomely helpful, responsible responses to our perceived tough situations and those potentially more pathological resultant behaviours. Could we even gradually learn - not only how to respond but what sort of good questions are best to reflect on within – in the moment by moment? In these ways our therapies may be augmented by our own efforts also.

### ***Balanced Mental, Emotional, Physical and Spiritual states of Being and Doing***

By taking these ideas into consideration along life's journeys we may mobilise our spiritual resources to good effect when we encounter that which we perceive may cause us mental and emotional distress, or even illness. However, these skills take time and practice to learn, and thus medication usually has a protective role to play too since the more negative experiences can prove overwhelmingly difficult to cope with at the time.

The practical ideas here may help to promote resilience too. And the intensity of both the perception of the initial event(s) precipitating a poor experience as well as the responses we may choose to make, can often effect the outcome. Sometimes we are not aware until much later the role our travails may have had. By patient, peaceful faith, hope and lovingly for-giving up to Him who cares for all in the shadows of His strong graceful wings, we find He removes our sins as far as west is from east.

### ***A prayer for encouragements and blessings***

*Dear Loving Lord Jesus,*

*Please help us to gently see the goodness of your Truths active in our and other's lives and draw us safely back to your sensible loving, merciful, kind and forgiving joy and peace of heart, mind, body, soul and spirit.*

*Thank you that you are the divine and mighty Holy Counsellor and The Prince of Peace. May your glory be manifest in all aspects of life in the body of Christ as we empathetically carry one another's burdens as our own.*

*May your precious word light, guide, guard and feed us unto eternal salvation as we work this out in awe for You and give up to and down within resonation with Your blessed will and plans.*

*We humbly present our requests to Your pure only-loving wise help through kind hopefulness and faithfulness with Your victorious creative and forgiving vision for all of us.*

*O may our souls not be downcast or worry for any thing, but instead may we hear the still small voice of righteous willingness for Loving mindful provision to us. May we find the renewing of our minds by the wondrous Holy Spirit. May we feel the blessings given by God's bounteous provision.*

*Holy Spirit, we rejoice and thank you for our journey in you thus far. We believe in this Truly awesome Love as demonstrated in the Life Journey of your Son.*

*In humility with the patient, inner stillness of His simple, lowly example, moment by moment, and in mirror-light of God's True Holy Love and your glorious strength, gracefully and continually, may we enjoy the realisation of true and free healthy fullness in God's Grace. Amen.*

### Concluding Summary

Blessed, Renewing, Trans-formative processing:

from Symptom	Example	By Exercising	to Wellbeing State
Anxiety	Fear of Hate	Faith	Joy
Depression	Sad Inactivity	Kindness	Peace
Mania	Fear of Despair	Hope	Love
Psychosis	Hateful Unbelief	Forgiving	Prayer

Let us fear not and put on the whole belt of honest Truth, renewing our minds and bringing fullness for our hearts through the will and Love of the transforming joy set before us, requesting the peace of Jesus Christ that passes mere understanding. Remember though that we can really do nothing effective without the leading discipline and agreement with God's wise will. Yet there is certainly no condemnation in Christ and His seasons and purposes are perfect for our walk with Him.

*\* Lionel Perkin*

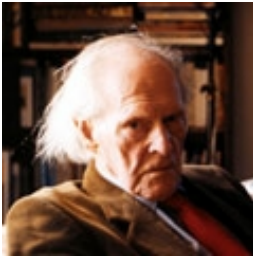
June 2015 (Creative Commons license)

***Rachel Kelly is a prize winning author on depression.***

Worth a browse: <http://www.amazon.co.uk/Black-Rainbow-journey-through-depression/dp/1444789996>



## Poem 3: The Bright Field



I have seen the sun break through  
to illuminate a small field  
for a while, and gone my way  
and forgotten it. But that was the  
pearl of great price, the one field that had  
treasure in it. I realise now  
that I must give all that I have  
to possess it. Life is not hurrying

on to a receding future, nor hankering after  
an imagined past. It is the turning  
aside like Moses to the miracle  
of the lit bush, to a brightness  
that seemed as transitory as your youth  
once, but is the eternity that awaits you.

Ed: this poem is by Welsh, (reluctant) Anglican Priest, R.S. Thomas.  
For commentary, see <http://emilyspoetryblog.com/2013/10/23/the-bright-field-by-r-s-thomas/#sthash.VCRKLzyQ.dpuf>.

The title, *The Bright Field*, has been adopted as the strap-line for for the  
2015 Greenbelt Christian Arts Festival on 29-31 August, in Kettering,  
Northants. Guild of Health and Holy Rood House friends will be there.

## Don't Miss!

Tue 15 Sept: *Living with Dementia* 2<sup>nd</sup> in a series. 7-9pm. St Martin's in the  
Fields. Chaired by Rev'd Neil Bunker. More: call 020 7766 1102.

Fri 18 Sept: *More Harm Than Good: Confronting the Psychiatric  
Medication Epidemic*. Whitelands College, Putney SW15 5PU. More detail:  
<http://cepuk.org/moreharmthangood/>

Starting Tue 22 Sept: *Recovery Friendly Church*, 6 week course 6.45 -  
8pm offered by Sth London & Maudsley Trust & Southwark Cathedral - at  
the Cathedral for people to be better informed & equipped to help those  
re-building their lives after mental illness. More from: Email:  
[mm@marionmarples.co.uk](mailto:mm@marionmarples.co.uk)

## *Fancy A Drop In?*

This is a brief summary of a leaflet doing the rounds in Westminster. If you know and can recommend other facilities where people are *Being Alongside*, do let the Editor know.

### ***Bloomsbury Central Baptist Church***

235 Shaftesbury Avenue, London WC2H 8EP

***Bus: 134; Tube: Tottenham Court Road***

020 7240 0544 / [church@bloomsbury.org.uk](mailto:church@bloomsbury.org.uk)

[www.bloomsbury.org.uk](http://www.bloomsbury.org.uk)

**Weekday drop-in** for tea, coffee and biscuits Mon-Fri 10am-4pm.

**Sunday lunch** Sunday lunch from 1pm - 2.30pm at the Friendship Centre.

Tickets are available on a first come, first served basis from 10.15am on Sunday.

On the 2nd and 4th Fridays of each month they host a mental health group between 11am and 2.30pm

### ***Methodist Central Hall Westminster***

Emmanuel Room, (Entrance) Methodist Central Hall,

Matthew Parker Street, Westminster.

***Buses: 11, 24, 148, 211***

***Tube: St James's Park, Westminster***

In conjunction with the Mental Health Chaplain for Westminster, the Methodist Central Hall offers a Drop-in on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of each month between 2.30pm and 4.00pm. Following a period of consultation it was decided to try and provide a safe space for people to meet. It is an informal drop-in with refreshments and we just let the conversation flow. We are happy to provide this Ministry even if only one person comes and we are very blessed with a comfortable space and the faithful commitment of volunteers from the Church.

For further information please contact Deacon Kina on 0207 654 3871.

***Saint Marylebone Parish Church***

17 Marylebone Rd, NW1 5LT

***Buses: 18, 27, 30, 205, 453***

***Tube: Baker St, Regents Park***

020 7935 5066 / [healing@stmarylebone.org](mailto:healing@stmarylebone.org)

**Meeting with Coffee**

on the 1<sup>st</sup> and 3<sup>rd</sup> Fridays in the month, 11 - 12.30.

***Also at Saint Marylebone Parish Church***  
**Open Door Cafe**

Afternoon tea, short talks, fellowship and conversation. Free refreshments and free to attend. All are welcome. Meetings: Tuesdays 12th and 26th May, 9th and 23rd June, 2.30-4pm

More information: Fr Edward Thornley:

call: 020 7935 7315 / Email: [chaplain@stmarylebone.org](mailto:chaplain@stmarylebone.org)

***Emmanuel Church***

389E Harrow Road, London, W9 3NA (opposite *Iceland*)

***Buses: 18, 28, 288; Tube: Westbourne Park***

020 8960 4195

**Coffee Most Wednesdays 10.30 - 12.30**

***Need Funding? Try:***

**Being Alongside / APCMH's Treasurer:**

02033 972497, then select option 1.

and / or

**The Dominic Beer Memorial Trust:**

56 Marmora Road, London SE22 0RY

Email: [contact@dominicbeermemorialtrust.com](mailto:contact@dominicbeermemorialtrust.com)

Web: <http://www.dominicbeermemorialtrust.com>

## Being Alongside / APCMH

Registered E & W charity: 1081642 UK limited liability company: 3957730

### Membership / Subscription Form 2015

Please complete this form and return - **by the end of September** - to:

**B.A. / APCMH Treasurer / Membership Secretary ,  
St Paul's Church Centre, 5 Rossmore Road, NW1 6NJ**

Title & Name: .....

Address:.....

..... Postcode:.....

Tel: Day: ..... Eve: ..... Mobile: .....

Please Tick the Membership category you'd like:

(one) Standard £12 ☐

(one) Concession £5 ☐

(one) Group (5 copies) £25 ☐

Donation to funds - please write amount in: .....

**Total** (please make cheques out to 'APCMH') .....

### Gift Aid Declaration (for Tax Payers):

I am a tax payer and would like BA / APCMH to treat this, & all future payments, as a Gift Aid Donation. (In any tax year you must pay an amount of income or capital gains tax of at least equal to the amount of tax that we reclaim on your payment - currently 25p for every £1 you give.)

**Please Sign & Date:** .....

## *Help is at Hand*

**Sane:** (6 -11pm each night) **08457 678000**

**Rethink Advisory Service:** **08454 560455**

**Young Minds Parents' Helpline:** **08088 025544**  
for help for young people up to 25. 9.30 - 4 weekdays, free calls

**Pastoral Care for Carers** (Margaret): **01642 865668**

**Pastoral Care for Sufferers** (Catherine): **01642 877936**

**MIND:** (Mon - Fri 9am - 5pm) pastoral help: **0300 123 3393**  
legal help: **0300 466 6463**

**Maytree:** (24 / 7 + answerphone) **020 7263 7070**

If you have found a help resource, please advise so we can share.

### **The Barnabas Drop - In Sessions**

*'Joseph, a Levite from Cyprus, whom the apostles called Barnabas  
(which means Son of Encouragement)' ...Acts 4:36*

**St. Paul's Community Project** is affiliated to *Being Alongside / APCMH*

***Mondays 3pm - 5pm***

Plus various activities: Table tennis, dominoes, scrabble, art / craft,  
poetry reading, tea / sandwiches / cakes and chat.

***Wednesday 10.30am - 12noon***

A more reflective discussion time with tea and biscuits, an opportunity to all  
to share concerns or to receive one-to-one support (by appointment).

Free. All Welcome.

Venue: St Paul's Church Centre, 5 Rossmore Rd, NW1 6NJ  
(5 mins walk from Marylebone Station; buses 139 & 189 stop outside)

call: 020 7724 8517

*When he arrived & saw the wonderful things God was doing, he was filled with excitement & joy,  
and encouraged the believers to stay close to The Lord whatever the cost. Barnabas was a kindly  
person, full of the Holy Spirit & strong in faith. As a result large numbers of people were added to  
the Lord.*

*(Acts 11:19-24)*



## The Who & What of B. A. / APCMH

### **Patrons:**

Professor Andrew Sims.  
The Rev'd Canon Roger Royle

Phone us on 2033 972 497 plus one of these 3 options:

### **Treasurer / Company Secretary:**

Marlene Collins: option 1, or email: [mcollins16@sky.com](mailto:mcollins16@sky.com)

### **Newsletter & Web:**

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Or write to: *B.A. / APCMH Treasurer / Secretary,*  
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*'Being Alongside' is the working name for the 'Association for Pastoral Care in Mental Health', a Christian based, voluntary association of individual members and affiliated groups who recognise the importance of spiritual values and support in mental health. It has a network of supporters throughout the UK It welcomes and encourages people whatever their faith or belief system. Governed by its National Committee, BA / APCMH is primarily concerned to promote and encourage "being alongside" people experiencing mental or emotional distress.*

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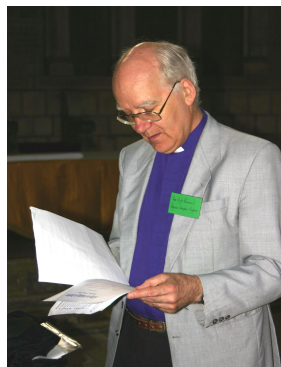
## *Bishop Stephen Sykes Memorial Bursary*

The BA / apcmh National Committee are pleased to be able to make a fitting tribute to our late patron Bishop Stephen Sykes by dedicating a bursary in his name, with the permission of his wife Joy.

We have ring fenced a sum of money which we intend to make available for individuals who intend to gain further qualifications and have experienced ongoing mental health issues.

The initial idea came about through Jean Marsham who, as a committed BA / apcmh Trustee, is passionate about providing opportunities for the growth and development of individuals experiencing mental health difficulties.

We have made available bursaries of up to £1000 which are intended to support and assist with course literature, travel or related expenses associated with the course.



### **Application Criteria:**

1. The applicant must provide evidence of in-patient psychiatric care and / or outpatient history. We intend to prioritise those with more severe mental health difficulties, however all applicants will be considered on merit.
2. Age criteria: applicants should be between 25 and 55 years old.
3. The chosen course must hold the status of national accreditation at a recognised educational establishment. A place must have been obtained prior to application for our bursary.

Application forms may be obtained from: Marlene Collins, Company Secretary

Email: [mcollins16@sky.com](mailto:mcollins16@sky.com)

Write to: Marlene Collins (Company Secretary)  
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