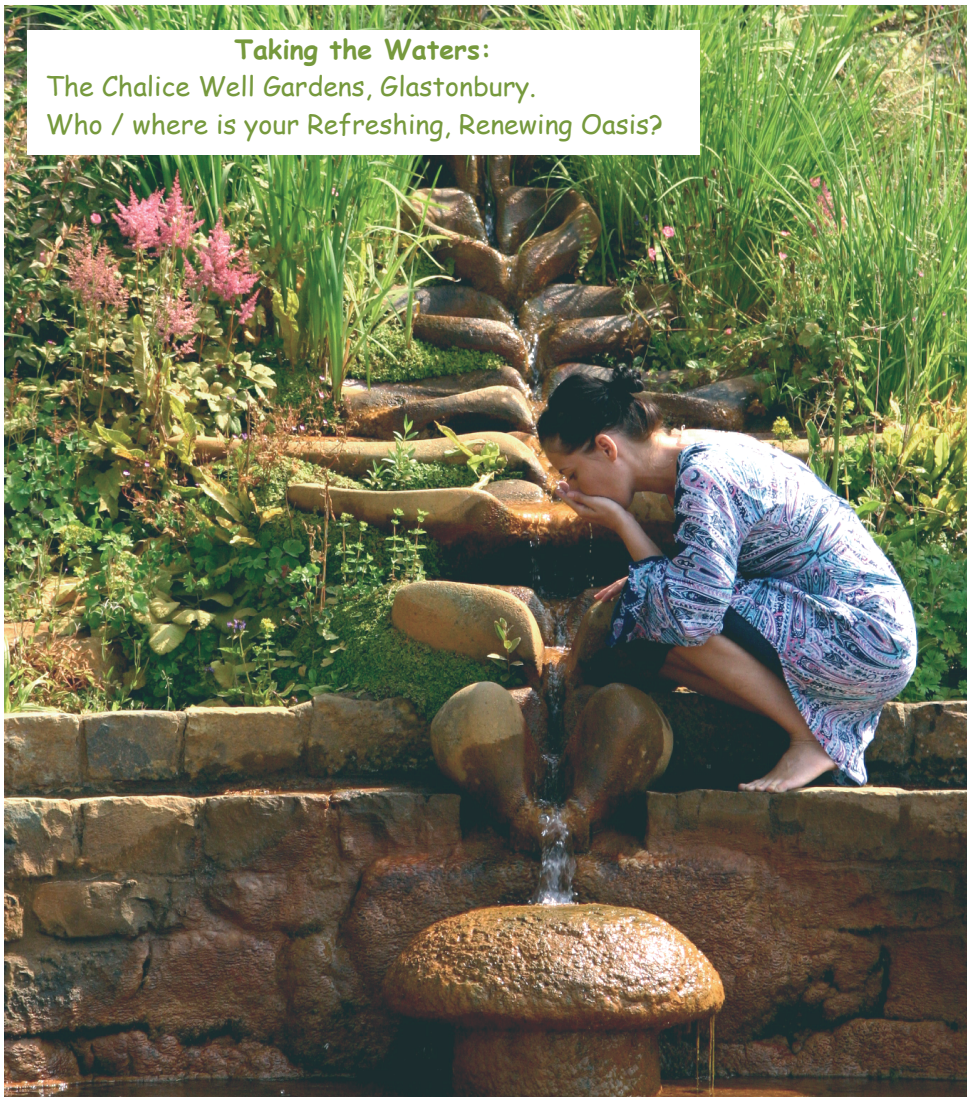




# *Being Alongside*

the quarterly magazine of *Being Alongside*  
*a charity supporting those living with mental ill-health*

**Taking the Waters:**  
The Chalice Well Gardens, Glastonbury.  
Who / where is your Refreshing, Renewing Oasis?



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## *B.A. / apcmh A.G.M.*

Saturday 10 May: Doors open 12.00; Lunch 12.15 - 1.00

Roz Hewitt will kindly lead a Workshop on

The Alexander Technique 1.00 - 2.30

Bring a Yoga / Exercise Mat if possible.

Roz's latest book will be on sale:

*Moving On: A Guide to Good Health and Recovery for People with a Diagnosis of Schizophrenia. (£14.99.)*

AGM Business: 2.30; Tea Break: 3.00; Open Share: 3.30

St Paul's Church Centre, Rossmore Road, London NW1 6NJ

It would help catering if you could tell us if your coming: (020) 7724 8517





## Peter Duncan Gilbert - an appreciation

*social worker and academic:*

**15 April 1950 - 12 December 2013.**

It was with great sadness that I learnt that Peter died in December 2013. I had known that he had been struggling with motor neurone disease since February last year (only diagnosed the previous December) when he gave a presentation on Soul-ful leadership to a well attended open session of the *National Forum for Spirituality and Mental Health* at St Marylebone Church in London. Even then he needed assistance from his wife Sue and spoke with long pauses to recover his breath. This did not stop him from his usual far ranging style which included all kinds of stories, diversions as well as evidence and research to support his topic. What was missing was his boundless energy and speaking as fast as his mind - usually quite a challenge to keep up with! That's something I found engaging, as well as his ability to network and an ability to be honest about his own experience of severe depression. Above all he never held back in his determination to ensure spirituality was more widely recognised in health and social care as well as acknowledging mental health issues more in the churches and faith communities. This was based on his belief that all of us have a spiritual side to our lives, something to do with what motivates us and what keeps us going. He was particularly influential in helping to change and shape attitudes amongst professionals and NHS Trusts regarding the role of spirituality in service users' lives - something we are very thankful for.

I first came across Peter at open Forum meetings and committee meetings in 2001, not long after I first became involved with BA (then apcmh). In the earlier days of the *Forum* people shared what they were involved with or knew about in mental health and spirituality. Peter always had something to say, such was the breadth and depth of his knowledge, experience and networking. He took on the role of Project Lead for social care and spirituality at the newly established *National Institute for Mental Health* in 2003 till its demise and transformation in 2008 into regional bodies. He then became the Project Lead for the *National Forum for Spirituality and Mental Health* for three years till 2012 when funding ran out.

Peter was an open minded Catholic who had strong associations with Worth Abbey where amongst other things he led retreats on spirituality and

leadership. I did not realise he had gone to school there and had continued to maintain links! He trained for the army but ended up in social work and eventually became Director of Social Services in Worcester which proved a difficult time for him. He was Professor of Social Work at Staffordshire University and visiting Professor at Worcester University and the Birmingham and Solihul NHS Trust where he was able to develop and encourage others in the field of spirituality and health and mental health care. He wrote and edited several books on mental health and spirituality, leadership, end of life care as well as countless articles.

Peter often referred to his enjoyment of running and the importance of breathing. For him spirituality was as natural as breathing in and breathing out. I shall miss his energy, his constantly enquiring mind, his ability to network and at the same time to remember each person he spoke to. I give thanks for his life and wish Sue and his three children and one grandson every blessing.

*Stephan Ball*

National Committee Member and former Chair

You can read more about Peter on the *National Forum for Spirituality and Mental Health* website: [www.mhspirituality.org.uk](http://www.mhspirituality.org.uk). It also gives a list of some of his publications.

A book in tribute to Peter called *Crossing the River* (Pavilion Publishing, Brighton) and looking at various aspects of spirituality in relation to mental health, end of life care, social care and leadership will be published in May this year.

## ***Seminar on Dementia Saturday 15 March***

### ***Watching with Simeon: Developing Pastoral Theology in Dementia Care***

at: St Marylebone Parish Church, 17 Marylebone Road, London NW1 5LT

Led by: **Rev'd Ed Thornley, Asst Curate**

£20: Sandwich & Fruit Buffet Lunch, tea & coffee provided

to book, contact:

Douglas Beeken; tel: 01252 313 894

4 Highfield Ave, Aldershot, Hants. GU11 3BY

***More Web Wisdom...***

The Internet is a wonderful resource and means of sharing. It can be like a Lucky (or Unlucky!) Dip at the fairground, but occasionally has gems such as below. Sadly, I cannot credit, so if anyone can, please get in touch.

## *Twenty Life Tips*

***Free yourself from negative people.***

Spend time with nice people who are smart, driven and like-minded. Relationships should help you, not hurt you. Surround yourself with people who reflect the person you want to be. Choose friends who you are proud to know, people you admire, who love and respect you – people who make your day a little brighter simply by being in it. Life is too short to spend time with people who suck the happiness out of you. When you free yourself from negative people, you free yourself to be YOU – and being YOU is the only way to truly live.

***Let go of those who are already gone.***

The sad truth is that there are some people who will only be there for you as long as you have something they need. When you no longer serve a purpose to them, they will leave. The good news is, if you tough it out, you'll eventually weed these people out of your life and be left with some great people you can count on. We rarely lose friends and lovers, we just gradually figure out who our real ones are. So when people walk away from you, let them go. Your destiny is never tied to anyone who leaves you. It doesn't mean they are bad people; it just means that their part in your story is over.

***Give people you don't know a fair chance.***

When you look at a person, any person, remember that everyone has a story. Everyone has gone through something that has changed them, and forced them to grow. Every passing face on the street represents a story every bit as compelling and complicated as yours. We meet no ordinary people in our lives. If you give them a chance, everyone has something amazing to offer. So appreciate the possibility of new relationships as you naturally let go of old ones that no longer work. Trust your judgment. Embrace new relationships, knowing that you are entering into unfamiliar territory. Be ready to learn, be ready for a challenge, and be ready to meet someone that might just change your life forever.



***Show everyone kindness and respect.***

Treat everyone with kindness and respect, even those who are rude to you – not because they are nice, but because *you* are. There are no boundaries or classes that define a group of people that deserve to be respected. Treat everyone with the same level of respect you would give to your grandfather and the same level of patience you would have with your baby brother. People will notice your kindness.

***Accept people just the way they are.***

In most cases it's impossible to change them anyway, and it's rude to try. So save yourself from needless stress. Instead of trying to change others, give them your support and lead by example.

***Encourage others and cheer for them.***

Having an appreciation for how amazing the people around you are leads to good places – productive, fulfilling, peaceful places. So be happy for those who are making progress. Cheer for their victories. Be thankful for their blessings, openly. What goes around, comes around, and sooner or later the people you're cheering for will start cheering for you.

***Be your imperfectly perfect self.***

In this crazy world that's trying to make you like everyone else, find the courage to keep being your awesome self. And when they laugh at you for being different, laugh back at them for being the same. Spend more time with those who make you smile and less time with those who you feel pressured to impress. Be your imperfectly perfect self around them. We are not perfect for everyone, we are only perfect for those select few people that really take the time to get to know us and love us for who we really are. And to those select few, being our imperfectly perfect self is what they love about us.

***Forgive people and move forward.***

Don't live your life with hate in your heart. You will end up hurting yourself more than the people you hate. Forgiveness is not saying, "What you did to me is okay." It is saying, "I'm not going to let what you did to me ruin my happiness forever." Forgiveness is the remedy. It doesn't mean you're erasing the past, or forgetting what happened. It means you're letting go of the resentment and pain, and instead choosing to learn from the incident and move on with your life. Remember, the less time you spend hating the people who hurt you, the more time you'll have to love the people who love you.

***Do little things every day for others.***

Sometimes those little things occupy the biggest part of their hearts. You can't be everything to everyone, but you can be everything to a few people. Decide who these people are in your life and treat them like royalty.

***Pay attention to who your real friends are.***

As we grow up, we realize it becomes less important to have more friends and more important to have real ones. Remember, life is kind of like a party. You invite a lot of people, some leave early, some stay all night, some laugh with you, some laugh at you, and some show up really late. But in the end, after the fun, there are a few who stay to help you clean up the mess. And most of the time, they aren't even the ones who made the mess. These people are your real friends in life. They are the ones who matter most.

***Always be loyal.***

True love and real friendship aren't about being inseparable. These relationships are about two people being true to each other even when they are separated. When it comes to relationships, remaining faithful is never an option, but a priority. Loyalty is everything.

***Stay in better touch with people who matter to you.***

In human relationships distance is not measured in miles, but in affection. Two people can be right next to each other, yet miles apart. So don't ignore someone you care about, because lack of concern hurts more than angry words. Stay in touch with those who matter to you. Not because it's convenient, but because they're worth the extra effort. Remember, you don't need a certain number of friends, just a number of friends you can be certain of. Paying attention to these people is a priority.

***Keep your promises and tell the truth.***

If you say you're going to do something, DO IT! If you say you're going to be somewhere, BE THERE! If you say you feel something, MEAN IT! If you can't, won't, and don't, then DON'T LIE. It's always better to tell people the truth up front. Don't play games with people's heads and hearts. Don't tell half-truths and expect people to trust you when the full truth comes out; half-truths are no better than lies. Remember, love and friendship don't hurt. Lying, cheating and screwing with people's feelings and emotions hurts. Never mess with someone's feelings just because you're unsure of yours. Always be open and honest.

***Give what you want to receive.***

Don't expect what you are not willing to give. Start practicing the golden rule. If you want love, give love. If you want friends, be friendly. If you want money, provide value. It works. It really is this simple.

***Say what you mean and mean what you say.***

Give the people in your life the information they need, rather than expecting them to know the unknowable. Information is the grease that keeps the engine of communication functioning. Start communicating clearly. Don't try to

read other people's minds, and don't make other people try to read yours. Most problems, big and small, within a family, friendship, or business relationship, start with bad communication.

***Allow others to make their own decisions.***

Do not judge others by your own past. They are living a different life than you are. What might be good for one person may not be good for another. What might be bad for one person might change another person's life for the better. Allow people to make their own mistakes and their own decisions.

***Talk a little less, and listen more.***

Less advice is often the best advice. People don't need lots of advice, they need a listening ear and some positive reinforcement. What they want to know is often already somewhere inside of them. They just need time to think, be and breathe, and continue to explore the undirected journeys that will eventually help them find their direction.

***Leave petty arguments alone.***

Someone else doesn't have to be wrong for you to be right. There are many roads to what's right. And most of the time it just doesn't matter that much.

***Ignore unconstructive, hurtful commentary.***

No one has the right to judge you. They might have heard your stories, but they didn't feel what you were going through. No matter what you do, there will always be someone who thinks differently. So concentrate on doing what you know in your heart is right. What most people think and say about you isn't all that important. What is important is how you feel about yourself.

***Pay attention to your relationship with yourself.***

One of the most painful things in life is losing yourself in the process of loving others too much, and forgetting that you are special too. When was the last time someone told you that they loved you just the way you are, and that what you think and how you feel matters? When was the last time someone told you that you did a good job, or took you someplace, simply because they know you feel happy when you're there? When was the last time that 'someone' was YOU?

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***Are you 'affiliated' to B.A. / apcmh?***  
***If so, we might be able to offer funding.***

Call our Treasurer for details:

02033 972497, then select option 1



## *Fancy Dropping 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.

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

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

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

Emmanuel Room, (Entrance) Methodist Central Hall,  
Matthew Parker Street, Westminster.

In conjunction with the Mental Health Chaplain of the Westminster Diocese, for the last year the Methodist Central Hall, Westminster has been offering a "Drop In" on the **2nd and 4th Fridays in the month 2.30pm-4pm.**

In consultation with professionals, users and volunteers it was decided to provide a safe space for people who were mentally unwell to meet. It is an informal drop in, with lots of tea, coffee and biscuits, and we just let the conversation flow. We are happy to provide the service even if only one person comes and we do not really want a large number as this would change the dynamics. We are blessed with the Chaplain's commitment to come, volunteers from the church and a comfy room to meet in.

The Drop In continues to meet on the 2nd and 4th Fridays in the month and whilst numbers fluctuate there is a good atmosphere however many come. Looked after by Daphne or Beryl and Roy, tea and coffee and biscuits

are provided and the group talks and shares in a very informal way. Rev'd Neil Bunker makes the time to come and it is a good place to be for an hour and a half (2.30pm-4pm).

At Christmas we had a little party that was enjoyed by all who came. Beryl's homemade Christmas Cake and the mince pies were well received! Each time we meet we look forward to our regulars joining us, but most times there are visitors too. So a warm welcome awaits all who wish to come.

*Sister Denise*

For further information please contact Sister Denise on  
02076 543871 / [denise.creed@mchw.org.uk](mailto:denise.creed@mchw.org.uk):

***Saint Marylebone 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.

***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**

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***Our AGM will  
be held on Saturday, 10 May.  
at St Paul's, Church Centre, Rossmore Road.  
see p 2***

## *Farewell 2*

I would like to mention that a friend of mine passed away on 19 April 2013 aged 56: Dominic Beer, a profoundly committed Christian and highly respected Consultant Psychiatrist working in the Bexley area of S. E. London:

Senior Lecturer, Division of Psychological Medicine (Guy's, Kings & St Thomas' Institute of Psychiatry) and Honorary Consultant Psychiatrist in Challenging Behaviour and Intensive Care Psychiatry (Oxleas NHS Trust)

I must emphasise he was a friend and never officially my doctor, yet as a sufferer from a severe mental illness (paranoid schizophrenia), I can testify to his kindness and understanding of the social isolation that so many mental health service users experience. Even though he has been on the receiving end of some truly appalling behaviour from me, he never let go; I was always welcome in his family home and was treated with dignity and respect far removed from the 'weirdo / psycho / nutter language of certain newspapers. He also tried his utmost for unwanted people who were dumped / abandoned because no-one could cope with their illnesses.

There is a trust set up in his name, 'The Dominic Beer Memorial Trust' ( registered charity number 1155652; <http://dominicbeermemorialtrust.com> ) which will carry on his good work. The money raised will go to projects alleviating social isolation, support Christian projects, and encourage churches to be more involved with those who are mentally ill.

Donations, which can be gift aided may be sent to: *The Dominic Beer Memorial Trust*, 56 Marmora Road, London SE22 0RY.

He leaves behind his wife Naomi and 4 children.

*Name and address supplied.*

## *Thank You for Donating!*

These are difficult days especially for those having to manage on benefits that are, in real terms, being cut. So it with some reluctance that we, on p 17, invite our readers to make a contribution to the work of *B.A.* Your precious donations, apart from subsidising this newsletter, supports Branches and Affiliated Groups. With your help, that's what *Being Alongside* can mean. Thank You!



# Journeying Together

*Are you curious about the meaning of life? Are you looking for something a bit different?*

## 'As one door closes...'



Journeying Together (previously known as Spiritual Journeying Group) has run its course and is coming to a natural end. The Mental Health Links are taking time to reflect before looking for fresh opportunities that may interest you in the future.

We will be running **two final afternoon sessions** at **High Cross**, Knoll Road, Camberley, GU15 3SY on **Wednesday 12<sup>th</sup> February, 1:00-2:15pm** and **Wednesday 12<sup>th</sup> March, 1:00-2:15pm**

We will also be running **one final evening session** at **St Peter & John**, Caesar's Camp Road, Camberley, GU15 4ED on **Tuesday 25<sup>th</sup> February, 7:30-8:45pm**

If you have any questions, please contact Jennine on 07505 477457 or email [jennine@spiritualjourneying.org.uk](mailto:jennine@spiritualjourneying.org.uk)

Supported by:

Surrey and Borders Partnership  
NHS Foundation Trust



# MENTAL HEALTH AND MEDITATION

themededitiocentre

## THE BODY IS THE BEST PICTURE FOR THE SOUL

**Saturday 8 March**

**Psychotherapy and Spirituality**

*"The Body is the best picture of the Soul" Wittgenstein*

*"Did you not know that your bodies are the Temples of the Holy Spirit?" St Paul*

These two quotes will be our watering hole for the day. Hymie has worked over forty years as a therapist and is amazed at the fact of how the body is ignored in this field. During the day we shall explore by gentle exercises how our bodies contain really wonderful insights for our journey through life.

**Led by Hymie Wise**

Hymie Wise is a group analyst and a cranial-sacral psychotherapist. His current interest is investigating how the insights of the Austrian philosopher, Ludwig Wittgenstein, can be applied to current therapeutic practice.

## KNOWING THE DARK NIGHT OF THE SOUL

**Saturday 14 June**

Do we know what the Dark Night of the Soul is? Is it possible to talk about it meaningfully? Can we live through it? Can we live without it?

In this practical day we will listen together to these questions, to each other's reflections and to the silence. We won't ignore St John of the Cross, his poem and his treatise, but we will certainly not be confined to them. We will reflect on whether we can know the difference between emergence and emergency. Neither theology seminar nor therapy workshop, the day will be an opportunity to share the radical simplicity of our meditation practice in the face of what can seem difficult or even overwhelming experiences.

**Led by Jim Green**

Jim Green is an oblate of the World Community for Christian Meditation. He has led local mental health projects over many years for Norwich Mind. He has also directed research and information programmes nationally, working with the Open University, Mental Health Media, the BBC and the Mental Health Foundation. He has trained in Core Process Psychotherapy and the Person-Centred Approach. He is the author of several self-help publications.

All events 11.00am-4.00pm Cost £25 Concessions £15 Please bring a packed lunch. Coffee from 10.30am. Held at The Meditatio Centre, St Marks, Myddelton Square, London EC1R 1XX Nearest Underground Angel or Kings Cross

Please book online by visiting:

[www.wccmmeditatio.org/programme](http://www.wccmmeditatio.org/programme)

Contact us: T: 020 7278 2070 E: [meditatio@wccm.org](mailto:meditatio@wccm.org)



Outreach of  
The World Community for Christian Meditation

meditatio

## *Meditation on Breath*

Ask someone to read this quietly and slowly so you can get the most benefit. Or record it on your phone. Take time. It's healthy for the mind to have times of 'doing nothing'. No need to feel guilty or silly; relaxation is not dropping out or skiving, it's as essential as sleep.

Close your eyes.

Breathe slowly.

Settle to a position of comfort.

Breathe slowly but do not control your breath.

Think about your little toes. Make them go soft. And uncurled.

Then all of your toes.

Now the soles of your feet. And your heels. Now your ankles.

Imagine them to be soft, and floppy, and quite incapable of anything.

Except feeling...nice... because tension has drained out of them.

As you breathe, slowly.

Allow that softy feeling to creep up your legs, slowly, with the rhythm of your breath. Through your knees. And your thighs.

And into your pelvis to the tune of the gentle vibration of your lungs.

As your body absorbs this softness, your awareness moves toward your tummy, feel it rising and falling as the oxygen enters your chest.

Rise and fall. Air in and out. Clean air in. Old air out. Oxygen in. Toxin out. Cleansing air in. Dirty air out.

Blue blood into your lungs. Red blood to your body.

Tiredness washed by clean air. Vigour from your breathing.

Gentle breath.

Simple breath.

Healthy breath.

Happy breath.

To your heart's content....

Leave a minute or two resting in the quiet and then allow yourself to quietly, calmly come back to wakefulness. Practice daily for best results.

*Stephen Feltham 2012*



# Staying in Touch

## *Listening to people affected by dementia*

This course is entry level guidance on what dementia is and how best to communicate with early sufferers; and those who care for them.

### How does it work?

Run by specially trained tutors in two half-day (or evening) sessions, it provides an appreciation of the impact of dementia.

Part one looks at the difficult issues facing those caring for people living with dementia and how we might give appropriate support. In part two the emphasis is on how we can effectively listen to and communicate with a person living with the condition.

### Special introductory offer to churches:

£250 for the course including 10 handbooks.

Handbooks for additional attendees £3 or £25 for 10 inc. P&P.

For more details and to arrange a course for your church contact us at:

[info@acornchristian.org](mailto:info@acornchristian.org)

01420 478121

[www.acornchristian.org](http://www.acornchristian.org)

## Truly Listening

It is obedience in the sense of truly listening with the ear of your heart that changes the whole impact of this teaching. Truly listening not only to the prioress and abbot but also to one another, is the bedrock of community. Because of this truly paying attention to one another is a precious gift we can offer each other. As Simone Weil reminds us, "Those who are unhappy have no need for anything in this world but people capable of giving them their attention." We are our brother and sister's keeper.

When we truly listen, we connect – as we saw last week – from essence to essence - we honour one another; in truly listening to the teaching we honour our teachers. Meditation too is a way of obedience, of truly listening with the ear of the heart to the inner voice – the Spirit - at the centre of our being, where Christ dwells; and in so doing we are led to the mystery of God, which St Paul discloses means: "Christ in you, the hope of glory to come." This is also John Main's essential message to us in 'Word into Silence': "The mystery into which meditation leads us is a personal mystery, the mystery of our own personhood, which finds its completion in the person of Christ." This is essentially what gives our meditation its unique Christian flavour.

But that is not the end – we are drawn further into the mystery of God "In Christ lie hidden all God's treasures of wisdom and knowledge." The result of this being drawn into the mystery of God is wholeness of being. Our centre shifts from the ego to our true centre, the self, the centre of our total being, conscious and unconscious.

Our wholeness does therefore not depend on blindly obeying authority and its need for control, does not depend on our following uncritically the surface rules and regulations, but in fact on deeply listening to both the voice of natural authority and the moral essence of the rules and regulations.

*Kim Nataraja*

from: WCCM Newsletter: *Weekly Teachings* 13/08/2013

## New Book Out!

*Moving On: A Guide to Good Health and Recovery for People with a Diagnosis of Schizophrenia.*

by Roz Hewitt (will be available at AGM.) £14.99.

## **Being Alongside** (apcmh)

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

### **Membership / Subscription Form for 2014**

If you have not already done so, please complete this form and return to:

**The Treasurer / Membership Secretary**  
**St Paul's Church Centre, 5 Rossmore Road, NW1 6NJ**

Title & Name: .....

Address:.....

.....

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

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

I enclose fee for the year of: please write year in: .....

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 in excess of, or equal to, the tax that we reclaim on your payment which is 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** in partnership with *Being Alongside*

#### ***Mondays 2pm - 5pm***

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

#### ***Wednesday 10am - 12pm***

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, 3 Rossmore Rd, NW1 6NJ  
(5 mins walk from Marylebone Station; buses 139 & 189 stop outside)

call: Sister Theresa: 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.*

Patrons: Bp Stephen Sykes and Professor Andrew Simms

Membership Secretary	Marlene Collins	02033 972 497 (1) <a href="mailto:mcollins16@sky.com">mcollins16@sky.com</a>
Newsletter & Web	Steve Press	02033 972 497 (2) <a href="mailto:editor@pastoral.org.uk">editor@pastoral.org.uk</a>
Chair	Jon Dean	02033 972 497 (3)
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Views expressed in *Being Alongside* are  
not necessarily those of the organisation.

Origination by *Being Alongside* printed by **Printinc**: 020 8255 2110

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*'Being Alongside' is the operational name for the 'Association for Pastoral Care in Mental Health', (apcmh), 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 United Kingdom and it welcomes and encourages people whatever their own 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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K.F.C. Festive Season's  
door graphics at my  
local Take Away.  
Came down early in  
New Year. Shame!