



Being Alongside

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



A.G.M Antics!

at St Paul's Rossmore Road on Saturday 10 May - who's who p6.



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MENTAL HEALTH AND MEDITATION *themeditationcentre*

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 Meditation Centre, St Marks, Myddelton Square, London EC1R 1XX Nearest Underground Angel or Kings Cross

Annual General Meeting

Being Alongside / apcmh had its AGM on Saturday 10 May, at St Paul's, Rossmore Road. Key reports are featured in this issue. If you would like a full copy of the Annual Report, please contact our Treasurer / Company Secretary Marlene Collins, phone: 02033 972 497 (option 1).



Rev'd Jon Dean, Chair

(Reporting on behalf of the Trustees
of BA / apcmh)

I am reaching the end of my last year as Chairperson and there is a proposal for a new chair to take over. It has been a privilege to serve the organisation be it all for a short time; and how vital it all is.

The finances so well organized by our indefatigable Secretary / Treasurer Marlene Collins.

There is ongoing work with Acorn and its concentration on all aspects of dementia, an overriding concern in the mental health world.

Work has started on the Archives again ongoing with the aim of using relevant archive material for the Association Pearl Anniversary in 2016. I would like to thank John Vallat and Stephan Ball for the work they have done thus far.

I have to announce that Sr. Theresa Pountney is also stepping down this time. Sr Theresa is a fine example of the kind of hands on pastoral endeavour that *Being Alongside* exists to stimulate in the various communities, and she will continue her interest in *Being Alongside's* projects.

I would like to give thanks to the committee - Steve Press for the up keep of the website and for keeping the magazine so interesting. Lionel Perkin for the work he has put into the IT system. Pam Freeman for tirelessly sending out the magazines and keeping in touch with our supporters. Suzanne Heneghan for keeping us focused on many issues that we address in our

meetings and for arranging the refreshments. Thanks to Committee Members John Vallat, Jean Marsham, Miriam Reyes, Stephan Ball, and Diana Klewin.

Jamie Summers comes to the shepherding of *Being Alongside* at a crucial time of analysing future aims and possibilities, given present resources. He will have an able team to support him and God speed to all!.

Jon Dean Outgoing Chair

From Our Incoming Chair

Jamie Summers

It is a great honour to be appointed Chairman of any organisation, let alone one so inspiring as *Being Alongside* / apcmh. For those of you who have never heard of me I was born in 1954, brought up in the Cotswolds, educated at Eton and Christ Church, Oxford. Such a gilded youth was squandered by a predilection for marijuana which led to several psychotic episodes involving stays at The Priory and Springfield - whilst my peers were prospering I was running an organic bakery, then a drop in centre for Hammersmith & Fulham MIND and latterly mini-cabbing.

I first came across the wonderful work of APCMH in Autumn 1995, meeting Jeremy Boutwood, Pam Freeman and John Vallat at a Guild of Health seminar. Jeremy lent me his copy of Jean Vanier's *The Broken Body*. May I quote from my thank-you letter to him at the time ...

It beats me how so very few people within the Church really want to know ... - APCMH should be a vast concern with a cast of thousands! There is so much emotional / spiritual distress in our world that committed Christians could address...

If the Church fails you - God help you; which fortunately He does !

Although never successful as a businessman I have managed to walk hundreds of miles across the United Kingdom, have journeyed overland from top to bottom of the Americas, from London to Nepal and back through Iran and Afghanistan. As a result I now speak four languages passably plus a smattering of many others.

Whatever you do in life do it to the best of your ability; I shall endeavour to live up to that maxim as your new Chairman.

Jamie Summers Incoming Chair

APCMH – Forest Hill Branch

2012-13 report for AGM

Despite the national change of name to Being Alongside our branch still calls itself 'apcmh'.

We first opened our Drop-In in May 1987 and since then we have been there once a week for 27 years, a total of over 1,400 evenings. Each week we have 4 Volunteers on duty with 20 or more Members (clients / users), many of them coming on a very regular basis. We have given support to at least 500 different people, some for many years. (*Gail Cotton, r*)



In the year to September 2013 we had an income for £2,102. This consisted of nearly £600 contributed by Members for their attendance at Drop-In sessions plus £500 from the Council (via a Crofton Park Community Grant) and £250 from St Georges Anglican Church in Forest Hill. The remainder came from a number of smaller donations. Expenses were £2,953. Just over £400 went to rent for the hall we use each week. About £650 was spent on food and other refreshments during our weekly meetings and another £450 on our Christmas Party. The balance of around £1,500 was spent on seven day trips during the year. Overall we had a deficit of £822 leaving us now with a balance in the bank of £2,802.

Our surplus arises because of a bequest, from a former Volunteer, of over £6,000 in 2008, half of which we have used in the succeeding 5 years. We have no immediate financial problem but we will need to reduce expenditure over the longer term or find additional sources of funding.

During this year we have continued our efforts to get Members more involved in running the Drop-In. They now help considerably with practical matters such as moving furniture and washing up etc. We also now have regular "joint discussions" where members are invited to make suggestions regarding the general running of the Drop-In and to suggest suitable destinations for outings.

We had a very successful Christmas party with about 100 Members, Volunteers and former Volunteers present and the Anglican Bishop of Woolwich, local clergy and other supporters. The event is, however, rather expensive; in future we must try to get more donations from our supporters.

Last year we had two visits to Worth Abbey which were hosted by Father Aidan who used to be based in our area and who was very supportive in the initial setting up of the Drop-In. These visits have proved very popular with members and will be repeated from time to time

We have also had day trips to Hastings, Hever Castle, Brighton and Down House as well as to a Southbank Poetry Evening in memory of Seamus Heaney. We try to have a variety of events to cater for the tastes of all our members. Some come on most of these trips whilst others come to none. To reduce the overall cost we may, in future, ask for a greater contribution to the costs from participants - where they can afford it.

Joy Fisher has been a stalwart volunteer for almost 20 years. She is there almost every week and takes care of ordering all our supplies. In March 2013 she was voted a "South London Hero" and presented with a personal cheque for £500 by the *South London Press*. With typical generosity Joy immediately donated the entire sum to the Drop-In.

Our Drop-In has survived not by being grand, or over-ambitious. 'Small is beautiful' comes to mind.... It has survived because of the continued support of local people and local Churches, because it meets a need in the local area and because Members and Volunteers want it to continue. It has also lasted because of the commitment and love of our Volunteers because **HUMAN FRIENDSHIP IS THE KEY TO WHAT WE DO and HOW WE DO IT.**

If you would like to know more about the Drop-In, or if you want to become a Volunteer, please contact:

Ron Hosmer at ronaldhosmer@hotmail.co.uk

Gail and Nick Cotton dncotton99@gmail.com

A.G.M Antics! (See front cover)

Top row:

Marlene Collins (Treasurer & Company Secretary), Jon Dean (outgoing Chair), Jamie Summers (incoming Chair, with National Committee Member Suzanne Heneghan).

Bottom Row:

Gail Cotton (Forest Hill Branch), Frances Jessop (Haslemere Branch), Miriam Reyes (National Committee Member) gets Alexander Technique training from Roz Hewitt (psychotherapist, author, broadcaster).

Summary Report from

APCMH Merton and Sutton

APCMH Merton and Sutton is an entirely voluntary organization that operates a befriending service for those who suffer from mental health problems and are living in the community in the London Boroughs of Merton and Sutton or neighbouring districts.

The year has been a time of change. In April 2013 we were invited by Merton MIND to consider taking over their befriending scheme, which had been set up in 2010. This followed a decision by the trustees of Merton MIND to cease all operations of the charity, after two major contracts with Merton Council for provision of dementia services were not renewed. Following negotiation, an agreement was reached with Merton MIND, and we took over in June responsibility for their existing befriending relationships and the residual funding for the scheme was transferred to us, with the kind agreement of the administrators at Holy Trinity, Wimbledon of the Marian Esling Legacy Fund.

It was decided to use a new name for the Branch, APCMH Merton **and Sutton**, instead of APCMH Merton, to reflect that we had been receiving referrals from the London Borough of Sutton. In October new leaflets were printed, and in November we issued a publicity statement, widely circulated to local and regional media, referral agencies, organizations responsible for volunteer placement, and contacts in the mental health field. It announced our new name, the expansion into Sutton, the integration into our organization of the befriending previously undertaken by Merton MIND, and the launch of our volunteer recruitment campaign in advance of our next training course, held in February 2014.

The course went smoothly – it was held over one evening and one day, with sessions taught by four trainers – both experienced volunteers and professionals in the mental health care field. There was a more intensive recruitment campaign than ever before, using a wider variety of internet-based notices, adverts and notices in local press and magazines. However, the number attending was only 13, compared to 18 at the last February course in 2011. Currently we have a total of 40 active befriending relationships (5 more than last year) with a few more to start soon once trained volunteers have been checked and matched to a referral. Because of the workload associated with the training course and recruitment campaign, we are continuing the practice (started in Spring 2013) of meeting, interviewing and checking each potential new volunteer, thus providing

“interim training”, instead of requiring them to wait for our next training course. Our next training course may not be held until Autumn 2015 or early 2016.

The guest speaker at our last AGM in May 2013 was Anthony Gubbins, Committee member, Vice-chair of Volunteer Centre Merton and Chair of Merton & Sutton Mediation. He gave an inspiring talk “Volunteering really can do it for you”.

With our loss of the use of the Cumberland Day Centre at Mitcham (which was used by Merton MIND), our Summer party in 2013 was held last August at the Christchurch Hall in Colliers Wood.

Our Support Group meetings continue to be helpful and of interest to those who do attend, but to help increase attendance our next meeting will be held in June in Mitcham, closer to those befrienders who live in Sutton or to the south of the Borough of Merton.

We are in a healthy financial position, owing to our low outgoings, and the welcome addition of £5859 transferred with the take-over of Merton MIND’s befriending scheme, increasing our reserves at the end of March 2014 to over £11,000.

Thanks are due to all our hard-working Committee members (all volunteers – we have no paid staff), our volunteer befrienders, and to all those in the mental health care services and others who support our work.

David Roe

(Chairman), May 2014

Barnabas Group (see p18)

Barnabas Group has been going for many years.

Recently we have grown in size but still only have a few faithful volunteers. We did meet on Mondays and Wednesdays but from June we are possibly cutting down to just 2 hours. We are also looking forward to new blood to come and help.

The big change has been the PCC at St. Paul's Church have now taken responsibility for the group. As I am now getting older I hope to cut down and eventually leave the group to others to manage. This is a big item for prayer. In September we have a new Rector coming Rev'd Clare.

Sr. Theresa Pountney MBE

10th May 2014

**Report to the Being Alongside AGM 10th May 2014**

Battersea Befriending Network

This time last year, as reported at BA's 2013 AGM, Battersea Befriending Network (BBN) was supporting 19 ongoing one-to-one befriending relationships. At the present time that is still the case, with four volunteers having since dropped out for various reasons, three new ones having begun befriending, and one of our original befrienders having taken on a second "befriendee".

However, we do have seven newly trained volunteers waiting "in the wings", following our latest befriender training course in March – the waiting being for clearance of their DBS (Disclosure and Barring Service) checks, which replaced the previous CRB checks in June 2013. This will potentially bring us up to 26 befriending relationships.

Over this same 12-month period, however, we have received 14 new referrals, from local Community Mental Health Teams and other agencies, of individuals seeking a befriender – which, added to the five already on our waiting list, means that, even after we have matched those seven new volunteers, we will still have a waiting list of 12, with at least one new referral per month likely to be added to that figure on an ongoing basis. As cuts in the various statutory services have taken effect, the demand for our own and other voluntary sector services has noticeably increased.

For this reason, BBN is planning for the first time to hold a second training course for volunteer befrienders in the same year, probably around mid-October. As it happens we already have six candidates for this course, who were unable to make the one in March, so things are looking healthy.

It is largely to find ways to meet this extra cost (advertising and hire of premises being the main expense) that on 7 June the first of our planned series of workshops / brainstorming sessions for the Committee will be on the subject of fund-raising. We are grateful especially to our enthusiastic new (and young!) Committee members for bringing a fresh perspective to this task, and also to Phillipe Cotgreave de Rahman, one of the co-founders of BBN, who returned to us as Chair last December and has already demonstrated his skill at facilitating such events when he led us in a training day last November on important issues of governance, such as safeguarding and data protection.

He also shares with BBN's training lead (and former Chair), Ermias Alemu, in the training programme for new volunteers, as well as facilitating the bi-monthly Support and Supervision Groups for all existing befrienders.

Finally, two other events from the past year deserve a mention. The first was a repeat last August of 2012's successful picnic in Battersea Park. This again proved a great occasion, when befrienders and their friends (and other guests) came together for a "bring and share" lunch on the grass and



socialised happily for several hours before rain 'stopped play'. The other was our AGM in December, which was preceded by a mini-party, with food and drink prepared by Corinne Voilquin, BBN's Treasurer and French caterer-in-chief. Then, at the conclusion of the official business of the evening, an address was given by our guest speaker, Pastor Edward Maliki, on *The Role of Faith Communities in Supporting Mentally Ill Persons and their Families* – a title which chimed most aptly with BA / apcmhs own founding objectives.

Richard Trout,

Befriending Co-Ordinator of Battersea Befriending Network

www.facebook.com/BatterseaBefriendingNetwork / 020 8947 5788

Who is Disabled?

If you fail to see the person but only the disability, then, who is blind?

*If you cannot hear your brother's cry for justice,
then who is deaf?*

*If you do not communicate with your sister
but separate her from you, who is disabled?*

*If your heart and your mind do not reach out to your neighbour,
who has the mental handicap?*

*If you do not stand up for the rights of all persons,
who is the cripple?*

*Your attitude towards persons with disabilities
may be our biggest handicap - and yours too.*

Tony Wong.

BA / apcmh Haslemere “Grapevine” Group Report 2013/14

Since the last AGM, the Grapevine has continued to meet on Friday mornings between 10am and 12 noon at the Methodist Church in Haslemere. The Methodist Church is open to everyone for teas, coffees, hot chocolates and biscuits and it has a rota of volunteers selling the refreshments at low cost (50p for instant coffee or hot chocolate). The Grapevine takes advantage of their hospitality with members usually sitting at one (or maybe two) of the tables. We are now well known to several of the Church volunteers and regulars.

The advantages of this arrangement are that we do not need to organise the refreshments, that there is no charge for a room and that we mix with other local people (and those who come along will be sure to have company even if there is no other Grapevine member). Our members have been active in helping the Church with an annual plant sale and in making and selling Christmas wreaths.

The Group remains very small with only 3 regulars and, in the course of the year, about 10 others who have attended on an occasional (or solitary) occasion. The best attended event was a play-reading evening at which about 8 of us enjoyed reading a play written by one of our members.

We have also arranged monthly outings with an average of 4 people (sometimes 3 and sometimes 5) including visits to various gardens, National Trust properties, Hayling Island and Southampton. As we are a small group, we do not need to hire a minibus and costs are kept to a minimum.

Because we were not using our account, the bank asked us to close it. We have transferred our funds (£1,903 as at 30 September 2013) into the national bank account and it has been agreed that this amount will be kept for us to cover future expenses.

We are very small. It might be questioned whether it is justified in continuing. But I do believe that it does make a difference to the few. As it is so easy to run and costs so little, we intend to continue for the time being.

John Vallat

8 May 2014



SpiritualityForum
THE NATIONAL SPIRITUALITY AND MENTAL HEALTH FORUM

Welcomes you to an open meeting entitled:

Being mindful with people with profound disabilities: learning about spirituality through learning about mental health

Essex Unitarian Church, 112 Palace Gardens Terrace, London W8 4RT

Thursday 19th June 2014 from 2 - 4pm

Nearest tube station: Notting Hill Gate

Until fairly recently people with profound and complex disabilities were not considered to have mental health issues. This was because such issues were overshadowed by a diagnosis of profound learning disability or masked by psychosocial interpretations. Learning about the person with profound disabilities by engaging with his or her story has opened up mental health. This in turn can lead to a deeper understanding of spirituality that is perhaps more open to the transcendent than many people imagine. A romantic vision, perhaps? But one that seeks to grasp more fully what it is to be a human person in strength and in weakness.

Our speaker, Dr Pia Matthews lectures in theology, philosophy and bioethics at St Mary's University College, Twickenham and St John's Seminary, Womersley. Her published articles cover a wide range of issues from SEN education to dementia, autonomy and rights to the ethics of communication, disability and sport to spirituality. Pia's particular interest lies in the interface between profound and complex disability and spirituality. Pia's book on profound disability and the vocation to holiness, *Pope John Paul II and the Apparently Non-Acting Person*, has just been published.

There will be the opportunity for Q&A.

Any further queries contact: Georgina Long

georgina.long@mhspirituality.org.uk

Or phone 0208 451 5319 or 07506900598

There is a £5.00 attendance fee (£1.00 unwaged).

Attendance Certificate available,

Travel directions on the next page.

www.mhspirituality.org.uk

Below is an abridged excerpt from the *Daily Mail* of Wed 7 May, 2014.
You may have seen its tv advertising by the time you read this.

Dementia Friends

More than 65,000 people are now juggling work and care for sufferers. Nine out of ten businesses say they would consider flexible hours for carers. Campaigners say more needs to be done to help those with condition.

More than 50,000 carers will have to quit their jobs to look after loved ones with dementia this year, research shows. Dementia care costs businesses in England £1.6 billion a year and 66,000 employees have to adjust their work schedule to make time for their caring responsibilities.

Public Health England and leading health charity, the **Alzheimer's Society**, have joined forces in a major campaign to encourage the public to tackle one of the nation's biggest health issues.

The **Dementia Friends** initiative, which has also been backed by some of Britain's biggest stars, aims to show that it will take a whole society response to enable people with the condition to live well. Celebrities including Amanda Holden, Ray Winstone, Chris Martin, Paul O'Grady, Simon Pegg and Alesha Dixon feature in a video, urging the public to become 'dementia friends', as they perform the Beatles classic, *With A Little Help From My Friends*. Author Sir Terry Pratchett, (r), who has Alzheimer's, is also involved. And yesterday Sir Paul McCartney was announced as an ambassador for the campaign.



Dementia Friends has released research which shows signs of businesses being more willing to help with dementia care. A report compiled by the **Centre for Economics and Business Research** for the campaign showed that most firms have already provided or would consider providing support to carers of someone living with dementia:

87% of businesses polled have, or would, consider letting carers work flexible hours, 61% extended leave, 53% working from different locations, 51% counselling and support. Around 18 per cent would consider paying for respite care.

The report also shows the average person diagnosed with dementia has been in their current job for at least nine years. The relatively rapid progression of the disease means that it is inevitable that many people affected while still working will have to take early retirement.

Researchers found that carers are struggling to fit care duties into their lives as they spend 28 hours a week on average caring for loved ones. The majority (51%) are also working; employed carers spend an average of 18 hours a week caring on top of their jobs. More than one in four firms (27%) have had an employee who needed to make adjustments to work schedules to care for a dementia sufferer.

Despite the survey showing employers' willingness to help, Jeremy Hughes, chief executive of the **Alzheimer's Society**, said more must be done.

'The fact that thousands of workers in this country are juggling caring responsibilities without support and understanding from their employers is frightening.

*Society is not yet fully supportive of people with dementia, either in the workplace or in everyday life. I would love to see everyone become **Dementia Friends** and make life that little bit easier for people with dementia.'*

Duncan Selbie, chief executive of **Public Health England**, said:

'Our research shows that there is a real public desire to do more to help people with dementia live well in society.

This campaign will help people understand the issues faced and give them the information they need to support people in their community with dementia.'



Moving On:

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

by Roz Hewitt

Karnac Books

ISBN 13 : 9781855754423 £14.99.

Many thanks to our contributors.

Could you be next with thoughts, experiences, prayers, poems, pictures?

Being Alongside

Here is some of the story of 'anonymous' who has lived with PTSD.

It's very hard to put someone else in your shoes. Life can drain you of all feeling so you can't see a way forward, I know I've been there.

But time does heal - although not on it's own. Sometimes being around good friends can pull us slowly out of the depressive state we've been unfortunate to get into, but it's so difficult when you can't put a foot through the door, when you just want to be at home where you feel safe.

You also feel you're burdening your friends, so they stay away. I had help from a counsellor which gave me the strength to fight it, along with some great friends who managed to stay the duration. One friend even walked me out of the house and then out of the front gate every day for a fortnight until I was able to do it on my own. Another took me shopping in the supermarket each week until I could manage to drive into the car park on my own.

These friends are worth millions of others and we don't all have them; I'm blessed with angels without wings in my life. I wish you believe enough in yourself to seek help. It is out there, you just have to ask. Talking helps, but only if you feel your audience wants to hear what you have to say.

I am not perfect, you'll never see The deep emotion inside of me.

My heart is heavy I feel so much pain I hate to feel like this again.

*Each day I struggle to get out of bed
I wish I could get these thoughts out my head.*

*My anguish is real but you cannot see
What all this emotion is doing to me.*

*I just need someone to sit and hear
The things I want to say, without fear.*

*To get myself back to the place I belong
Before everything in my head went wrong!*

Please take the time to listen to me I feel so helpless, can you not see?

*I don't really know which way to go
Or who to ask for help, you know?*

Where to go and what to do?

Please someone help - could that someone be you?

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

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.

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

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

020 76 543871 / 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

Meeting with Coffee

on the 1st and 3rd 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

***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

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*

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

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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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Maybe ugly now,
but what Beautiful Creature will this become?
What Beautiful Creature will **you** become?

