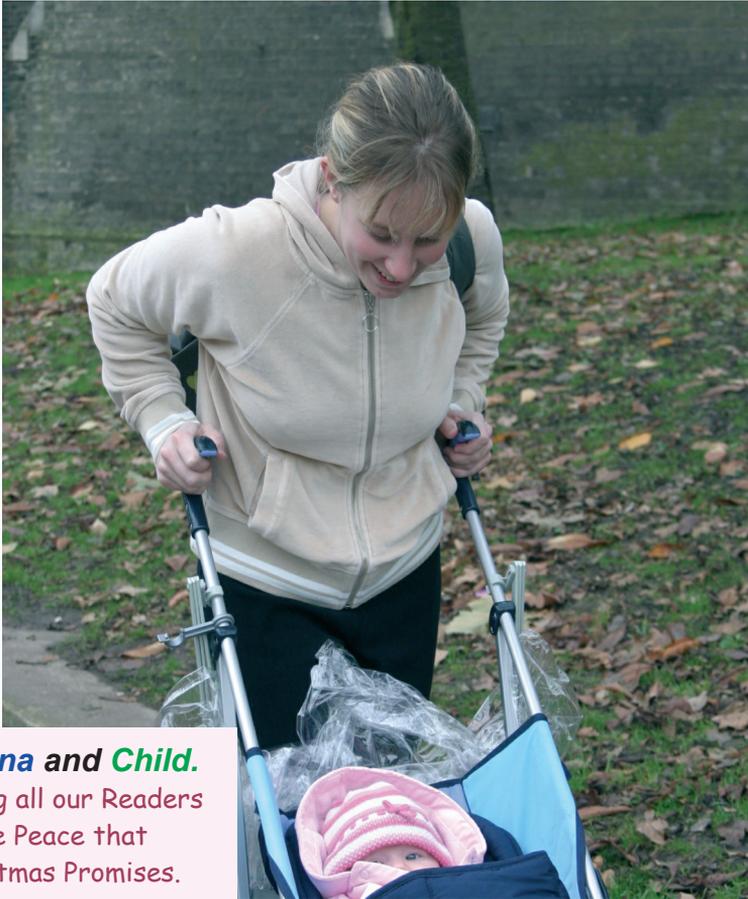




# Being Alongside

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



**Madonna and Child.**

Wishing all our Readers  
the Peace that  
Christmas Promises.

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*Not: did you Win? ... But: did you Learn?*

Events rather over took us so *Being Alongside's* Silver Anniversary came and went before anyone really noticed.

Hopefully we can be prepared for our 'Pearl' (30<sup>th</sup>) Anniversary in 2016. Perhaps you have a significant memory of an event, meeting or person associated with *Being Alongside* / apcmh. Before it fades, make a note so that when the time gets nearer and the call goes out, you will be able to answer! If there's a particular way you think we should celebrate, do let someone know!

# *Front Page*

with

## *Miriam Reyes*

### ***Christmas Sharing – Barnabas Group***

Winter has come but in the midst of the dark nights there is the Hope of God with us – Emmanuel. This is something we at the Barnabas share together as we seek to Come Alongside with one another sharing our joys and sorrows. Here at St. Paul's Church Centre we are losing a very special Priest, Rev'd Graham Buckle. But changes come and we pray for the right person to come who will be deeply interested in pastoral work with mental health sufferers.

Every year we have the Barnabas Pack of Christmas Boxes for the Samaritans Christmas Child Project.

As a volunteer for several years now since 2008, I have always experienced the gentle encouragement coming together with the regular users; I rather call them friends. They may come and go but when we meet here in the Barnabas Group we feel a bonding of friendship that is so consoling. There were times and maybe a long gap that I may not be with them but as soon as I step in the warmth and friendliness is very palpable. There maybe times that there may be real difficult situations but Sr. Theresa who has been a great pillar and founder (with Pam Freeman) of the Barnabas Group manages so swiftly bring everyone together. Rev'd Neil Bunker, the Mental Health Priest for the City of Westminster who has been attending regularly for nearly two years now has greatly appreciated the kindness and welcome that has been given to him.

Other comments from members of the Barnabas Group:

*Barnabas Group for me is a lifeline*

*Ann Marie.*

*It's a good and safe place to socialize and make friends.*

*Joy*

*It's a friendly and safe and good for talking your own issues*

*Sarah*

*I love to come here regularly and be with the group...its fun!*

*Frieda*

*Good food, friends and company!*

*Sky L.*

*A good place for support and to socialize with other like-minded people.*

*Sean.*

*Now its getting chilly and dark nights come too early which affects one's moods, it's good to know there's a place to go where it is safe and do activities which are free or low cost. A very good place for people who otherwise might be sitting at home alone!*

*Dianne.*

*It's a very successful group (sometimes 12 or 24 or 36). The best part of the group is the diversity, which means one can go as an individual and do nothing and not getting involved with anybody and just enjoy table tennis, singing, dancing or, as what I enjoy, playing dominos. Some play scrabble or cards, some do drawings. Friendship is wonderful: people get to know one another and we pray in the little chapel. I myself contribute to the Barnabas Group by taping things and giving out BA Magazine to promote and make people know about it!*

*Tony*

We are very grateful for the loving support of St. Paul's Church Centre and B.A. / apcmh. Hopefully we do some Prevention Work viz stopping people having stigma or being diagnosed with mental illness. Many thanks to National Committee of BA / apcmh for inviting us to apply for Financial Assistance because other sources of funding have been withdrawn. So by the grace of God we will be able to continue servicing the vulnerable members of the community and make visible our Faith and share the presence of the God who has given Himself to each one of us - Unto Us a Child Is Born!!!

A whisper of Hope especially in these great difficult times: Let Go, or Simply Be Still to welcome the Voice, the Eternal Word Made Flesh who is alive here within you and me - the Greatness of God is revealed Now.

As in the beginning of Creation: Light comes out of Darkness...and no matter what had happened or is happening, Now we are all made into the image and likeness of God ...we have our innate goodness...let our hearts be Light!

That Light is making my heart (in its sorrow): Rejoice! as St. Paul exhorts us: Rejoice, Rejoice, Rejoice in the LORD always! This prayer speaks to me:

*To see you more clearly,  
to follow you more nearly,  
to love you more dearly,  
O Dear Lord, day by day.*

Prayer of St Richard of Chichester

God Bless Us and Keep Us,

*Miriam Reyes*

National Committee Member

Ed: Thank you Miriam for this wonderfully warm and infectious insight into the champion work of the Barnabas Group! It was founded by Pam Freeman and Sister Theresa Pountney.

Miriam has an obvious and strong sense of Being Alongside those suffering from the effects of Typhoon Haiyan in the Philippines, especially the people of Tacloban and the rescue services for whom she asks we pray.



*A door that has not been opened for a long  
while...*

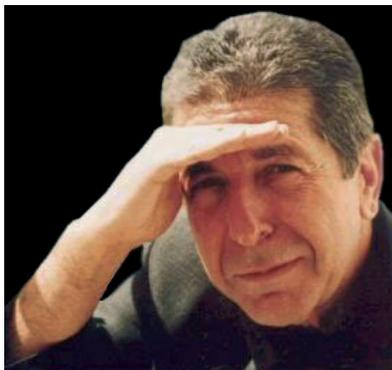
*What does it protect?*

*What does it imprison?*

*Is it worth the gamble to open?*

*Will we search for the key, take the risk and  
open it?*

*Or accept the status quo and walk away?*



## *Even the High and Mighty...*

Mental Health problems afflict all levels of society. Even celebrities are not immune. This piece describes how a world class singer had to develop coping strategies.

Singer-songwriter Leonard Cohen's latest UK tour is in full swing and getting rave reviews. His personable presence and his poetic and melodic songs are bringing joy to many. Yet along with his now iconic status as one of the great veterans of the live circuit he brings with him an open secret - for decades he suffered from 'acute clinical depression'. To alleviate the suffering Cohen took all kinds of prescription drugs but 'none of them worked' and all 'were disagreeable, in subtly different ways' he told journalist, Mireille Silcott.

'I was told they all give you a 'bottom', a floor beneath which you are not expected to plunge.'

'And?' - the reporter asked.

'I plunged.'

Cohen is not alone in failing to find a value in antidepressants. The tide of medical research has begun to turn against the flood of pharmaceuticals, especially for mild and moderate forms of the disease. A recent JAMA study of antidepressant medications concluded that 'there is little evidence' they are more effective than placebos 'for patients with less severe depression'.

As a result of such findings the government has set aside £400 million from 2011 to 2015 for the greater availability of psychological therapies, increasing access to treatments such as cognitive behavioural therapy. The NHS can also prescribe self-help books and exercise instead of the pills.

Even when antidepressants are beneficial they can give with one hand and take with the other. Novelist and "profound depression" sufferer Amanda Craig recently confided to fellow author Alex Preston that Prozac (now in its 25th year) enabled her to function. Yet she also said 'it dulled everything' including what she described as 'the shafts of joy that gradually pierce depression'.

## *Bits & Pieces...*

Graham's departure with the drying up of funding streams means that challenges are increasing for Staff at St Paul's Rossmore Road and the Barnabas Group that meets there. As is the way with these things, some prudent changes in response to the constraints may be in the air. Do keep an eye open for news and please hold Sister Theresa and the team in your heart as they keep the church and Group going. Do offer up any skills and time you can.

The National Committee have begun to look ahead to the 2014 Annual General Meeting. Dates in the frame are 10 or 31 May. Usual mix of provided Lunch, fun presentation (sorry, but we had to draw the line at Paint Balling!), 30 minute Business Meeting and Open Mic session for people to air their talents. Watch this space!

What is it like going Forward to the Past? In 2016 we hope to celebrate *Being Alongside* / apcmh's Pearl Anniversary. We hope to include being part of a Choral Evensong at Southwark Cathedral, as we did for our 10<sup>th</sup> anniversary in 1996.

Committee Members, principally John Vallat and Stephan Ball, have been trawling through tea chest sized boxes of old papers. They are seeking material that is it is 'politically correct' to archive properly, as well as items that might raise an 'Ahhh...', or a smile to perhaps make up an Anniversary Edition of the newsletter. If you have any anecdotes about *BA* worthy of a *This Is Your Life* type revelation, do get in touch.

As an organisation that wants to be of help, *BA* likes to share Good News of 'good places to go', 'good people to be with', helpful organisations etc. Do let us know the positives; we can include them the newsletter and put them on the website ( [www.beingalongside.org.uk](http://www.beingalongside.org.uk) ) to direct others to help. In the meantime, I have checked out the Help Is At Hand listing on p18 and added detail where available.

*Steve Press*

That imagery of something as meek as joy-beams inexorably breaking through something seemingly so dense brings to mind saplings quietly pushing against concrete until it cracks and breaks apart.

It was in that deeper direction Leonard Cohen turned when drugs failed to make a dent in the darkness.

'What happened was that somewhere along the line I understood this question had to be addressed at the fundamental level of consciousness', he told an LA broadcaster.

Finally, 14 years ago, after five decades of suffering, his depression lifted in a sweet moment of unfamiliar normality. Despite spending years as a Zen Buddhist monk and retaining a love of the Jewish faith he was born into Cohen doesn't offer a definitive take on what finally brought about the change. But his words point in a direction many have found pivotal to both mental and physical healing - he broke free from self-preoccupation.

'When you stop thinking about yourself all the time, a certain sense of repose overtakes you. It happened to me by imperceptible degrees', he concluded.

It's encouraging to know such a mental shift can occur, and it can take place in different ways. Something many have found to be a powerful aid is gaining a different mental focus, a more spiritual outlook.

That was the way a friend of mine found release from a clinical depression that had endured with suicidal tendencies for eight years despite receiving top medical care and taking almost 10,000 drugs. In his case an idea from the Bible triggered an unexpected recognition that he was divinely loved. That conviction gained ground in his thought over several months until first the drugs and then the depression itself gave place to a secure, spiritual sense of self-worth. That opened the way for him to have a normal family life and a successful business career.

Maybe it's a similar process of letting a more spiritual sense of oneself emerge that Cohen poetically describes in *Come Healing*, a track on his latest album, *Old Ideas*. He sings of a 'troubledness' that's concealing an 'undivided love' - a love which 'the heart beneath is teaching to the broken heart above'.

Perhaps that 'heart beneath' is what Mary Baker Eddy's poetry calls the 'gentle beam of living Love' that is the Christ, the compassionate awareness of the divine presence by which Jesus healed.

A love whose 'shafts of joy' not only pierce, but at times can even disperse, the darkest of depressions.

*Taken verbatim from a blog posting by Tony Lobl*

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## *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***

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.

For further information please contact Sister Denise on

02076 543871 / [denise.creed@mchw.org.uk](mailto:denise.creed@mchw.org.uk);

### ***Saint Marylebone Church, Marylebone***

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)

**Mental Health Support Group 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**

(If you know and can recommend other facilities where people are *Being Alongside*, do let the Editor know and we can include in a later issue.)

## *For Those of Us Who Think We Know Better...*

This might seem a bit 'cheesy', but stay with it. It might alter perspectives...

I envy Kevin. My brother, Kevin, thinks God lives under his bed. At least that's what I heard him say one night. He was praying out loud in his dark bedroom, and I stopped to listen, 'Are you there, God?' he said. 'Where are you? Oh, I see. Under the bed...'

I smiled softly and tiptoed off; Kevin's unique perspectives are often a source of amusement. But that night something else lingered long after the humour. I realized for the first time the very different world Kevin lives in.

He was born 30 years ago, mentally disabled as a result of difficulties during labour. Apart from his size (he's 6'2"), there are few ways in which he is an adult. He reasons and communicates as a 7-year-old, and he always will. He will probably always believe that God lives under his bed, that Santa Claus is the one who fills the space under our tree every Christmas and that aeroplanes stay up in the sky because angels carry them.

I remember wondering if Kevin realizes he is different. Is he ever dissatisfied with his monotonous life? Up before dawn each day, off to work at

a workshop for the disabled, home to walk our cocker spaniel, return to eat his favourite macaroni cheese for dinner, and later to bed. The only variation is the laundry, when he hovers excitedly over the washer like a mother with her newborn child. He stays up late twice a week to gather our dirty laundry for his next day's laundry chores. He wrings his hands excitedly while the water boils on the stove before dinner.

He lopes out to the bus every morning at 7:05, eager for a day of simple work.

And Saturdays - oh, the bliss of Saturdays! That's the day my Dad takes Kevin to the airport to have a soft drink, watch the planes land, and speculate loudly on the destination of each passenger inside. 'That one's goin' to Chi-car-go!' Kevin shouts as he claps his hands. His anticipation is so great he can hardly sleep on Friday nights.

And so goes his world of daily rituals. He doesn't know what it means to be discontent. His life is simple. He does not seem dissatisfied. He will never know the entanglements of wealth or power, and he does not care what brand of clothing he wears or what kind of food he eats. His needs have always been met, and he never worries that one day they may not be.

His hands are diligent. Kevin is never so happy as when he is working. When he unloads the dishwasher or vacuums the carpet, his heart is completely in it. He does not shrink from a job when it is begun, and he does not leave a job until it is finished. But when his tasks are done, Kevin knows how to relax. He is not obsessed with his work or the work of others.

His heart is pure. He still believes everyone tells the truth, promises must be kept, and when you are wrong, you apologize instead of argue. Free from pride and unconcerned with appearances, Kevin is not afraid to cry when he is hurt, angry or sorry. He is always transparent, always sincere. And he trusts God. Kevin seems to know God - to really be friends with Him in a way that is difficult for an 'educated' person to grasp. God seems like his closest companion.

In my moments of doubt and frustrations with my Christianity, I envy the security Kevin has in his simple faith. It is then that I am most willing to admit that he has some divine knowledge that rises above my mortal questions. It is then I realize that perhaps he is not the one with the handicap. I am. My obligations, my fear, my pride, my circumstances - they all become disabilities when I do not trust them to God's care. Who knows if Kevin comprehends things I can never learn? After all, he has spent his whole life in that kind of innocence, praying after dark and soaking up the goodness and love of God.

And one day, when the mysteries of heaven are opened, and we are all amazed at how close God really is to our hearts, I'll realize that God heard the simple prayers of a boy who believed that God lived under his bed - but Kevin won't be surprised at all!

## *Good News!*

Following my recent article (p8 Sep - Nov 2013 issue) on caring for a friend and a relative both with dementia and their carers, I am pleased to report that in both cases the situation has improved considerably.

My friend is in a Roman Catholic Care Home where she has settled now after nearly four months. The care staff are all very kind and approachable. The sisters - some very elderly - are selfless and help as much as they can when needed. There are several activities which my friend finds difficult due to her very poor eyesight, but she does go / join in on occasions.

She welcomes visits from her brother who visits on a more or less daily basis and I visit when I am able. We realise she needs this personal interaction a lot more than we initially envisaged. She is self-funding; the fees are very reasonable when compared with some care homes.

She has had one bad fall since being there. She was found by night staff and things were sorted out, but if she had still been in her sheltered accommodation the likelihood is she would still be there. On the occasion of a previous fall, she lay there all night. After weeks of soul-searching and guilt feelings her brother and I realise that it is the best solution for her.

Meanwhile, my relative is back home with her husband. He has grown in understanding on how to cope and has a better knowledge of the medication regime which has helped considerably. After 55 years of marriage they missed each other desperately and parting after visiting was tortuous for them both. She never settled in the care home - it was not suiting her needs and she felt abandoned and bereft. There was a case conference and it was decided that for the time being and with more support she would be better off at home. We went out for a family meal last week and were able to talk about their new situation. It might only be possible for a limited period but there is no doubt that, at the moment, it is the right thing to do. It feels a burden has been lifted.

I realise that my difficult last few months and my prayers and thoughts being very focused on these two situations have been a real 'learning curve'; I have found it to be true that

*God works in mysterious ways his wonders to perform.*

There is light at the end of the tunnel although it doesn't always seem that way, but I can honestly say that healing has taken place.

*Pam Freeman*

<https://www.facebook.com/SpiritScienceAndMetaphysics>

from the *Spirit, Science and Metaphysics* Facebook Page above comes support for meditation as a helping coping and healing strategy.

## Meditation Can...

- Overcome stress  
(University of Massachusetts Medical School, 2003)
- Boost your creativity  
(Science Daily, 2010)
- Cultivate healthy habits that lead to weight loss  
(Journal Emotion, 2007)
- Improve digestion and lower blood pressure  
(Harvard Medical School)
- Decrease your risk of heart attack  
(The Stroke Journal, 2009)
- Help overcome anxiety, depression, anger and confusion  
(Psychosomatic Medicine, 2009)
- Decrease perception of pain and improve cognitive processing  
(Wake Forest University School of Medicine, 2010)
- Increase your focus and attention  
(University of Wisconsin-Madison, 2007)
- Increase the size of your most important organ – your brain!  
(Harvard University Gazette, 2006)
- Meditation and its reduced risk on cardiovascular disease:  
<http://www.ncbi.nlm.nih.gov/pubmed/16463759>
- Meditation on the effects and prevention of depression:  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3044190>

We have these **free >>>**  
Action Sheets available  
as downloads from the  
website, or as printed  
copies from the Editor.

*Arranging Public Meetings and Conferences*  
*Challenging the Stigma*  
*Setting up a Befriending Scheme.*  
*Setting Up a Drop In*  
*Setting Up a Training Course*

## *apcmh Merton AND Sutton*

### **A Branch of the Association for Pastoral Care in Mental Health**

### **Expanded Horizons For APCMH Merton and Sutton**

We were established in 1991 as the Merton branch of a national registered charity –The Association for Pastoral Care In Mental Health (APCMH). Since then our volunteers have been befriending adults with mental health problems who live in the community within the London Borough of Merton and surrounding districts, and who have been referred to us by professionals in the Mental Health Care Services.

We are pleased to announce an expansion of our activities, as follows:

- We are expanding our geographical coverage to cover the whole of the London Borough of Sutton, from where we have been receiving an increasing number of referrals. We will be using the name: APCMH Merton and Sutton.
- We have absorbed the befriending scheme that was operated by the local charity Merton MIND, which has ceased all operations. We currently support over 40 befriending relationships.
- To meet increasing demand, we are launching a new recruitment drive for volunteer befrienders. Our befrienders and those that they befriend mutually agree how often and where they meet, and the activities they pursue.
- The date of our next training course for volunteers is on Wednesday 5 February (evening) and Saturday 8 February (daytime). The venue for the training course is in central Wimbledon.
- To ensure a close match between new befrienders and those that they befriend, which helps ensure a successful befriending relationship, we are raising awareness of our activities among those who are able to refer persons who will benefit from having a befriender, and we are inviting more referrals.

If you would like to learn more about us, or pass on information to others on how to volunteer and enrol on our training course, or how to make a referral, then please contact :

David Roe (Chairman, APCMH Merton & Sutton):

Email: davidroe24@yahoo.co.uk

Tel: 0208 542 9637,

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

# Staying in Touch *Listening to people affected by dementia*

**New tutor led resource for churches coming soon!**



Dementia often causes isolation for both the person with the condition and their family. Learning to communicate well with someone who is living with dementia is one way we can re-establish relationships, so that their isolation is less devastating.

Those who care for family members with dementia say that being listened to really does make a difference to their lives.

This course will help your church and community reduce this isolation - helping people to stay in touch. We can do more collectively if we have a common understanding and look for creative ways to respond to those affected by dementia living in our community.



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)

BA / apcmh hopes to host a course at St Paul's in the Spring. Watch this space! Meanwhile, feel proud, B.A.! You seriously helped this course be born!

# 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

<b>Sane:</b> (6 -11pm each night)	<b>08457 678000</b>
<b>Rethink Advisory Service:</b>	<b>08454 560455</b>
<b>Young Minds Parents' Helpline:</b> for help for young people up to 25. 9.30 - 4 weekdays, free calls	<b>08088 025544</b>
<b>Pastoral Care for Carers</b> (Margaret):	<b>01642 865668</b>
<b>Pastoral Care for Sufferers</b> (Catherine):	<b>01642 877936</b>
<b>MIND:</b> (Mon - Fri 9am - 5pm) pastoral help:	<b>0300 123 3393</b>
legal help:	<b>0300 466 6463</b>
<b>Maytree:</b> (24 / 7 + answerphone)	<b>020 7263 7070</b>

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

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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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Barnabas Group: see Miriam's piece on pp 3 - 5