

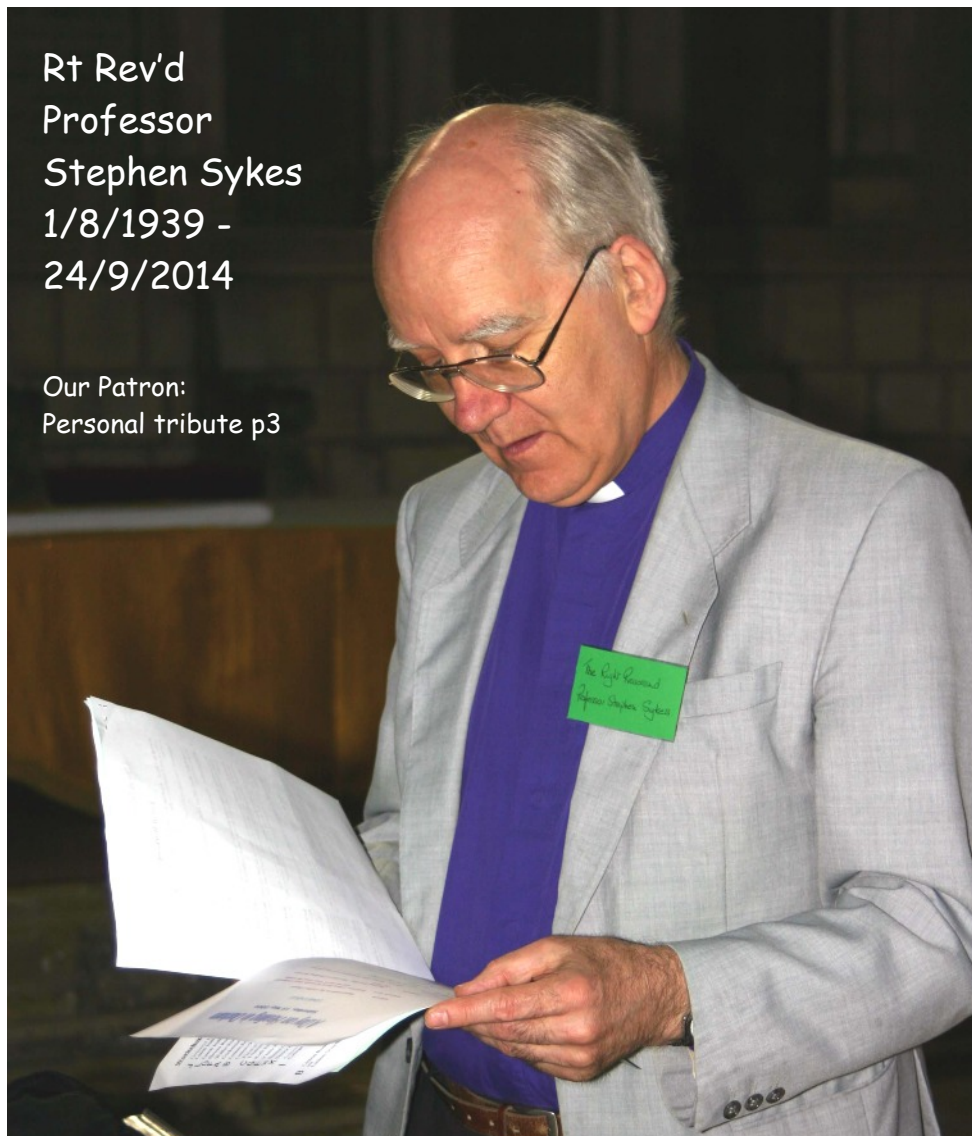


Being Alongside

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

Rt Rev'd
Professor
Stephen Sykes
1/8/1939 -
24/9/2014

Our Patron:
Personal tribute p3



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Thank You, Contributors!

We love your poems! We love your events news! We love your snippets of humour! And especially we love your letters, tips, hints and wrinkles on how to, not just survive mental illness, but thrive within it, or maybe even because of it. So if you can recommend a strategy, relationship, ritual, tv / radio program, sport, diet, pet, colour etc that helps you, you might be able to help others. That's what *Being Alongside* can mean. Thanks in anticipation!

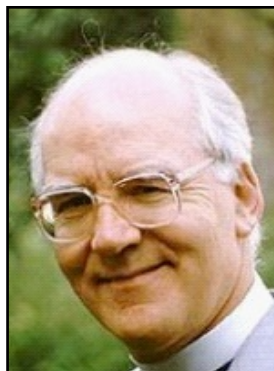
Editor

Front Page

Tribute to our Patron

Rt Rev'd Professor

Stephen Sykes



A few years after the formation of the BA / apcmh, a group of us were left with a very difficult decision. We had an excellent leader, Denis Murray. He developed branches in parts of the UK, spreading the word and training volunteers etc but unfortunately, funding for his post ran out and volunteers were left to carry on. We felt we were called to continue and so John Vallat, Jeremy Boutwood and myself visited our Patron Bishop Stephen Sykes in Ely.

He and his wife Joy were so friendly, welcoming, sympathetic and understanding of our aims and history that we felt reassured and confident about the future. Bishop Stephen became very pro-active. He held a conference in the Ely Diocese which we, and various others who still support our work today, attended. He produced a video *With A Little Help From My Friends* that was shown at various meetings, provoking thought and discussion. (Ed: We'd like a copy to put on disc. Anyone help?).

He produced material for, and hosted, a clergy conference in Ely, entitled *Churches for the Millennium*, which included a call for churches to be inclusive of people living with mental illness. A *Council of Reference* was an idea he suggested to BA / apcmh, which was unable to be taken up at the time due to commitments; possibly another look is due.

I was very impressed that Bishop Stephen had such a clear understanding of leadership, and was disappointed that, through illness, he was unable to attend our 10th Anniversary Service at Southwark Cathedral. However, he was able to fax his sermon to the Dean, Colin Slee, who read it.

In later years he was very supportive to the Guild of Health at a Healing Day in Durham Cathedral, on 15 May 2004, at which he gave a keynote address in his role as Principal at St John's College. (Ed: see cover photo).

The committee felt that Bishop Stephen was supportively in the background. Indeed, shortly before his final - and unexpected - illness, he expressed a desire to help build a BA / apcmh presence in the North East.

The committee are more than grateful for Bishop Stephen's commitment - indeed, it is not stretching the point, that without his interest, BA / apcmh would not have survived - and extend warm condolences to his family. We are in the early stages of setting up a Bursary in his honour which hopefully will help some of those who feel excluded by mental health issues to access education or training. (Ed: Watch this space.)

Pam Freeman

We now follow with some information about Stephen demonstrating what a remarkable person he was: a top notch theologian yet fully capable of 'being alongside'; how gracious he was in finding time for us. The bullet points are in the public domain, followed by a tribute from Justin Welby.:

- *Daily Telegraph: one of the most distinguished prelates of his time.*
- His recreations listed in Debretts include: *walking, enjoying the NHS*
- The Living Church: *He will be buried at the Arbory Trust woodland burial site in Cambridge.*

Now follows a tribute including comments from Justin Welby, Archbishop of Canterbury, as shown on The Living Church website (<http://livingchurch.org/archbishop-mourns-bp-sykes>):

The Archbishop of Canterbury, Justin Welby, is very sad to hear the news this morning of the death of Stephen Sykes, former bishop of Ely, Regius Professor of Divinity (Cambridge) and Van Mildert Professor of Divinity (Durham). His prayers are with his family: his wife, Joy, and his children Juliet, Joanna and Richard.

Bishop Sykes's contribution to Anglicanism, and to the Church of England in particular, is immeasurable. His former students — serving across the Anglican Communion and around the globe — testify to his legacy in the training and formation of teachers and pastors. His books, as well as his academic contributions to many Church of England reports and commissions, will ensure his legacy continues to shape and inspire the Anglican world.

Archbishop Justin had the privilege of getting to know Bishop Stephen in his retirement in the Diocese of Durham.

The Archbishop said: "Bishop Stephen's whole life was dedicated to serving God and his Church. The Church of England is deeply indebted to his ministry of thoughtful scholarship and servant leadership".

Editor

A Very Helpful Book:

Mental Health: The Inclusive Church Resource

is written to help your own church to be equipped to welcome all people who live with mental health issues. It contains first-hand personal experiences of people who have felt excluded from churches because of their mental health, a *Theology of Mental Health* by Jean Vanier and John Swinton and a resource section containing addresses, websites and practical advice.

Jean Vanier is a Canadian Catholic philosopher, humanitarian and the founder of L'Arche, an international movement of faith-based communities which include people with learning disabilities. John Swinton is Chair in Divinity and Religious Studies at the University of Aberdeen and an ordained minister of the Church of Scotland. The book is introduced by Eva McIntyre, Co-ordinator of Mental Health Matters, a project of the Committee for Ministry with and among Deaf and Disabled People, and part of the Archbishops' Council of the C/E.

isbn: 978-0-232-53066-7. Publisher: Darton, Longman & Todd 2014; publisher's price: £8.99

An excerpt from chapter two:

For disciples of Jesus it is not just a matter of preaching and telling people in distress that they are loved by God. To be a disciple is to say to those in need,

'I love you and want to be committed to you, in order to help you to be liberated from rejection, and find the appropriate help as together we move towards peace and love.'

Such discipleship reveals the message of Jesus by living it. For disciples, there can be no separation between life and words (James 2). Those with mental illness may well be such disciples. But they also need to be able to find and interact with other disciples within our churches; people who seek to meet with them; to understand them, to appreciate them, to love them and to reveal to them that they are loved by God. Meeting, understanding, appreciating and loving - such is the way of the Kingdom. Such a loving dynamic is not a one-way thing; it is not a gift that the church alone offers to people with mental illness. It is also a gift that churches need to accept *from* people living with mental illnesses. As disciples, we recognise that our hearts of stone must then be transformed into hearts of flesh, pure hearts that are vulnerable and loving.

Nothing New Under the Sun...?!

*Advice for a Lady
with Depression*

Foston, February 16th, 1820.

Dear Lady Georgiana,

Nobody has suffered more from low spirits than I - so I feel for you.

- 1st. Live as well as you dare.
- 2nd. Go into the shower-bath with a small quantity of water at a temperature low enough to give you a slight sensation of cold.
- 3rd. Resort to amusing books.
- 4th. Take a short view of human life - not further than dinner or tea.
- 5th. Be as busy as you can.
- 6th. See as much as you can of those friends who respect and like you.
- 7th. and of those acquaintances who amuse you.
- 8th. Make no secret of low spirits to your friends, but talk of them freely - they are always worse for dignified concealment.
- 9th. Attend to the effects tea and coffee produce upon you.
- 10th. Don't compare your lot with that of other people,
- 11th. Don't expect too much from human life — a sorry business at the best.
- 12th. Avoid poetry, dramatic representations (except comedy), music, serious novels, melancholy, sentimental people, and everything likely to excite feeling or emotion, not ending in active benevolence.
- 13th. Do good, and endeavour to please everybody of every degree.
- 14th. Be as much as you can in the open air without fatigue.
- 15th. Make the room where you commonly sit, gay and pleasant.
- 16th. Struggle by little and little against idleness.
- 17th. Don't be too severe, nor underrate, yourself but do yourself justice.
- 18th. Keep good blazing fires.
- 19th. Be firm and constant in the exercise of rational religion.
- 20th. Believe me, dear Lady Georgiana, Very truly yours,

Sydney Smith.

Letter!

We are than happy to include offerings from Readers as it makes *Being Alongside* feel more real. This was submitted hand written and has been asked to be included anonymously, which of course is totally respected. Might this encourage you to make a contribution? We hope so...

My mental illness was very painful, but the road to recovery was showered with many blessings.

I was told by my doctor that my illness is hereditary. By that I knew he meant if I had children of my own, they would have my illness too. I remain childless concerning 'blood offspring' but I love all the children in the world - an endless blessing.

I was in 'The Valley of the Shadow of Death' hearing voices, but now (for more than 14 years) I am well and positive, able to tell people these are the happiest years of my life. I feel close to Jesus and believe some of the positive thoughts I have come from the Holy Spirit for they are sensible, challenging and Christian in context.

Sometimes I ask myself 'How is it that by taking two little pills every evening I can feel so well, yet some people with mental health problems continue to suffer in their lives?'

anonymous

Browse our cheeky looking website: www.beingalongside.org.uk

Meditation on Silence

*Entering into silence is like stepping into cool clear water.
The dust and debris are quietly washed away,
and we are purified of our triviality.*

*The cleansing takes place whether we are conscious of it or not:
the very choice of silence, of desiring to be still,
washes away the day's grime.*

*Sister Wendy Beckett
Book of Meditations*

Worship for People with Dementia

This is an excerpt from a leaflet which, though not new, has some very useful pointers about building worship accessible to those living with dementia. Copies, £1, can be had from Methodist Homes: 01332 296200,

The repetitive nature of ritual gives familiarity and reliability and will act as a cue to the person's spirituality. Religious ritual also offers the benefit of companionship and a sense of belonging.

People with dementia are different; they are of any denomination, or faith, or none. Even people from the same religious tradition may be at a different point along their journey through dementia, or indeed in their faith life.

However, when planning worship for people with dementia you have to start somewhere, so here are some things to consider - some ground rules:

- Plan the worship in advance although you may have to learn to be flexible if the congregation's needs deviates from your plan.
- Keep the service short (15-25 minutes).
- Use familiar and well-loved hymns and readings (some people recommend using the Authorised Version of the Bible).
- Many people consider it essential to include the confession.
- Some consider the confession is covered implicitly by the Lord's Prayer.
- NO SERMON but perhaps a short address / thought for the day that confirms God's unconditional love and presence.
- Make appropriate use of symbols.
- Use appropriate physical contact.
- Try to give a personalised blessing.
- Include the Lord's Prayer..

May we appreciate the unique dignity of every person and the individual contribution they make to the world.

*May we promote their well being,
serving each other in a spirit of generosity.*

Tips for Good Sleep

- Set regular bedtime and waking hours.
- Exercise regularly, but not within a few hours of bedtime.
- Eat a balanced diet, and don't eat heavy meals before bedtime.
- Practice relaxation techniques at bedtime, such as slow, deep breathing, visualization, or meditation.
- Avoid caffeine, nicotine, and alcohol in afternoon and evening hours.
- If you do not fall asleep within 20 minutes of going to bed, get up and do something else until you feel tired.
- Keep a sleep journal to track activities, food and drink, emotional circumstances, or other factors that might influence how well you sleep.
- Keep a steady room temperature in your bedroom - not too warm.
- Avoid reading, conversation, and watching television in bed.
- Make the bedroom a safe place, with locks on the door, a smoke-alarm, a telephone, and good lighting within reach of the bed.
- If you snore, avoid sleeping on your back, and elevate your head.
- Get treatment for allergies, colds, and sinus problems.
- Wake up to the sun, or use bright lights in the morning to reset the body's biological clock.
- Do not lie in bed once you are awake in the morning.

National Institute of Neurological Disorders and Stroke:

Memory and Aging

[See also p13](#)

Pearl of Great Price!

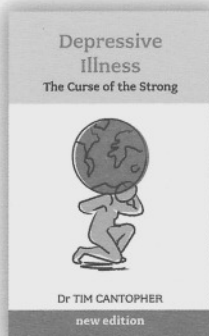
Our 2016 Pearl Anniversary arrangements are 'in progress'.

We are hoping to have a display of our newsletters.

If anyone has any pre-1995 newsletters they could lend, please get in touch with the editor: 01303 277399. Thanks.

Tea and Sympathy

Sheldon Press is an imprint of SPCK and produces the most user-friendly and reliable books on common life issues and problems. Our authors are well-informed practitioners, doctors, medical journalists and healthcare professionals, providing up-to-date information and advice on everything from epilepsy to anger management.



'This book should be read by everybody ... It offers invaluable insight into depression.'
Depression Alliance

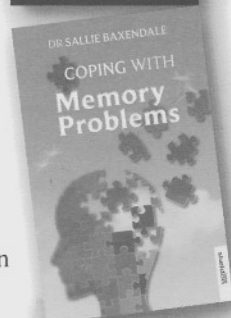
'If the response to his BBC broadcast is anything to go by, Tim Cantopher is saying something uniquely powerful to people with depression. People affected by depression tell me this is the most powerful and helpful book ever written about the topic. I keep meeting people who say this book changed their lives.'

Jeremy Vine, BBC Radio

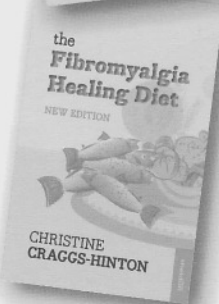
Top Sheldon author Dr Dryden explains how to take charge of negative emotions and improve your relationships with these tried-and-tested steps.



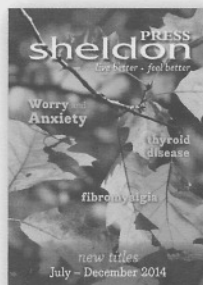
Find out why memory may go wrong and get suggested practical strategies that can really help.



The third edition of this popular book on fibromyalgia looks at the latest research on how to redress nutritional imbalances and why diet is important.



Includes a simple detox programme and delicious recipes!



www.spck.org.uk/inspire

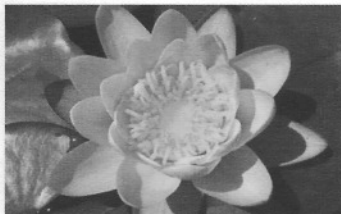
Podcasts for the web savvy...

These short podcasts of about 3 minutes' duration are drawn from experience. They take a realistic view of the challenges we all face in life: times when we feel destabilized, lost and uncertain or encounter depression and deep sadness. Each offers a distinctive way through with the opportunity to take some control, no longer feeling that all we can do is suffer whatever life throws at us.

www.spck.org.uk/inspire

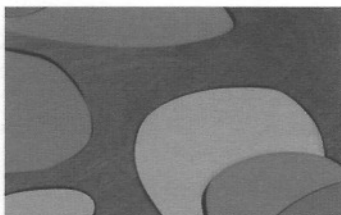
The happiness question

Happiness is elusive, seek it and it seems to hide away only to surprise us at the most unexpected moments. Acknowledging that happiness is complicated, this podcast offers inspiration for making space for happiness in our lives.



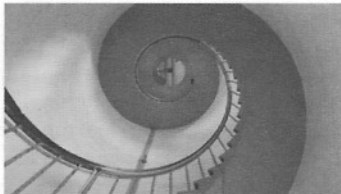
The wooden puzzle

Our lives are pieced together from our hurts and happiness, our hopes and disappointments but what happens when the pieces won't fit, won't stay together without additional support? This podcast offers hope for wholeness however life has hurt and damaged us.



Down the stairs backwards

Most of us have times when life seems to overwhelm us and we simply need to find some way of coping. This podcast offers inspiration for doing just that, for finding our own creative way through difficult times.



www.spck.org.uk/inspire

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Foods to Fight Depression.

(ie: Ingredients for the **Ideal Christmas Dinner..?!)**

Mackerel:

has omega 3 fat proved to lift depression. 'Good' fats are necessary for mental health.

Oats:

lower cholesterol and there is a link between high cholesterol and depression. They also boost serotonin, a neuro-transmitter, which fights depression. They contain manganese and zinc which help prevent stress.

Avocado:

contains folic acid recommended by Medical Research Council to prevent depression, and possibly Alzheimer's Disease.

Parsley:

contains lots of B vitamins. B complex promotes memory, energy levels, tranquillity. Lack of B12 is particularly linked to depression. Also contains glutamine which lifts depression.

Chickpeas:

provide calcium. A slow release energy helping you to feel good for longer

Turkey:

contains tryptophan an amino acid which helps the body take up serotonin a neurotransmitter which promotes calm and fights depression.

Red pepper:

contains Vits A, C & E so boosts the immune system. Contains antioxidants: good for aching joints and delaying aging. Vit E esp. needed if on statins.

Tinned tomatoes:

release 5 times more lycopene than raw ones. Lycopene prevents heart disease and boosts immune system. Plus vit C good for immune system.

Courgettes:

contain vit B3 which fights fatigue

Potatoes:

contain Folic Acid, vitamins B and C (see above).

Beans:

high in tryptophan (see turkey above).

Brazil nuts and seeds:

have 'good' oil & selenium (good mood booster - all nuts are good for mood)

Fruit:

& berries - the superfood for depressives... good source of anti-oxidants they rejuvenate the cells of the body which then helps us have a sense of well being.

Dark Chocolate and Red wine:

Lowers blood pressure!

from 'Superfoods to Boost Your Mood'. Massey & Bean, submitted by

Rosie Press

*'We're all in this together', runs the watchword,
but perhaps we are all 'out of it' together! Lol!*

And now a

Prayer for Good Sleep

O God my Father, as I lay me down to sleep:

Relax the tension of my body,
Calm the restlessness of my mind,
Still the thoughts which worry and perplex.
Help me to rest myself and all my problems
in the Clasp of your Everlasting Arms.

Let your Spirit speak to my mind and my heart while I am asleep
so that, when I awaken in the morning, I may find I have received in the
night time:

Light for my way,
Strength for my tasks,
Peace for my worries,
Forgiveness for my sins.

Grant me sleep tonight, and tomorrow, power to live.

This I ask through Jesus Christ my Lord, Amen.

*Rev'd Dr William Barclay
More Prayers for the Plain Man*

Might these ditties help..?

Solitude

*I have a house where I can go
When there's too many people.*

*I have a house where I can go
Where no one else can be.*

*I have a house where I can go
Where nobody ever says 'No',*

*Where no one says anything - so
There is no one but me.*



*A.A. Milne
Now We Are Six*



There's a Place...

*There's a place,
Where I can go,
When I feel low,
When I feel blue.*

*And it's my mind,
And there's no time when I'm alone.*

Lennon - McCartney

Bring nothing but yourself, your heart an open desert,
wide without boundaries, small as an ancient monk's cell.

Let the silence surround you, enfold you in love,
the silence more active than the ways of the world.

If nothing is said, pay attention to its wisdom;
if words are spoken, listen to the heart of them.

In yourself, possess nothing, receive all.

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@bloomberg.org.uk

www.bloomberg.org.uk

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

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

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

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

Methodist Central Hall Westminster

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

Buses: 11, 24, 148, 211

Tube: St James's Park, Westminster

In conjunction with the Mental Health Chaplain 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).

Sister Denise

For further information please contact Sister Denise on
02076 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

Need Funding? Try:

Being Alongside's Treasurer:

02033 972497, then select option 1.

And / Or

The Dominic Beer Memorial Trust:

56 Marmora Road, London SE22 0RY

Email: contact@dominicbeermemorialtrust.com

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

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 3pm - 5pm

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

Wednesday 10.30am - 12noon

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

Free. All Welcome.

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

call: 020 7724 8517

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

(Acts 11:19-24)

Being Alongside (apcmh)

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

Membership / Subscription Form

Please complete this form and return to:

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

Title & Name:

Address:.....

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

Tel: Day: Eve: Mobile:

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 of at least equal to the amount of tax that we reclaim on your payment which is currently 25p for every £1 you give.)

Please Sign & Date:

The Who & What of B. A.

Patron:

Professor Andrew Sims.

To contact us, call 02033 972 497 plus one of 3 options:

Treasurer / Company Secretary:

Marlene Collins: **option 1**

mcollins16@sky.com

Newsletter & Web:

Steve Press: **option 2**

editor@pastoral.org.uk

Chair:

Jamie Summers: **option 3**

ajpsummers@ntlworld.com

Co-ordinator:

Pam Freeman: 02086 473 678

Or write to: Being Alongside Treasurer / Secretary,
c/o St Paul's Church Centre,
5 Rossmore Road, London NW1 6NJ

'Being Alongside' is the working 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 UK It welcomes and encourages people whatever their faith or belief system. Governed by its National Committee, BA / apcmh is primarily concerned to promote and encourage "being alongside" people experiencing mental or emotional distress.

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All submissions welcomed by the Editor: e-mail: editor@pastoral.org.uk
post: 58 Phillip Road, Folkestone, Kent. CT19 4PZ

Views expressed in *Being Alongside* are not necessarily those of the organisation.

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*Fear not Winter, for behind the Dark and
underneath the Snow, Spring is preparing your delights.*

