



Being Alongside / APCMH

the quarterly magazine of *Being Alongside* / APCMH

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



Jesus at the Well, 'being alongside' the Samaritan woman.
(Statue in the cloisters of Chester Cathedral)

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N.B. CHANGE OF DATE & Tea Time!

BA / APCMH 30th Anniversary
Sunday 19th June, at Southwark Cathedral.

3pm Tea in the Library

Booking will be required for catering as space is limited.
More details coming soon. Keep an eye on the website:
www.beingalongside.org.uk.

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

Lyrics:

“Be Still”

*Be still
One day you'll leave
Fearlessness on your sleeve
When you've come back, tell me what did you see
What did you see
Was there something out there for me?*

*Be still
Close your eyes
Soon enough you'll be on your own
Steady and straight
And if they drag you through the mud
It doesn't change what's in your blood
(Over chains)
When they knock you down
Don't break character*

*You've got a lot of heart
Is this real or just a dream?
Be still, Be still
Be still, Be still.*

As sung by The Killers 2012

© Daniel Lanois Songs, Universal Music Publishing Ltd.

Our committee recently updated our introductory leaflet.

It is available as hard copy and downloadable from our website:

www.beingalongside.org.uk. (Browse the site anyway.)

Meanwhile, we are pleased to say that Nick Cotton has accepted the position of Trustee on the BA / APCMH committee. His wife Gail is happy to be a co-opted committee member. They are the lead players at the Forest Hill Drop-In. See [p15](#) for details of their Christmas party.

Poem:

God's Healing Power

*When something goes wrong, Jesus is there,
Caring, He helps us to see
That He's sending His angels with friendship and song
Walking beside us no matter how long
The journey might turn out to be.*

*When one of us falls, He shows us the way
Through thinking and resting and prayer
'Til our path becomes clear and we're ready to hear
His voice as we tackle each day -*

*The voice of forgiveness, compassion and praise -
As we trust in His goodness and word.
Our strength is renewed while we walk in His love
On a road which is smoother and planned from above;
We find He restores all our days.*

June Roots

Thank You for Being Alongside

Welcome to a new, all colour *Being Alongside*. We hope you, and those you pass it on to, will like it. Post, or preferably email your colour photos of creative works, events etc. to the editor. ([See p19](#)).

Meanwhile, Subscription Fees for 2015 / 16 are now welcome, as our accounting year runs 1 Oct - 30 Sep. [See Form on p 17](#).

Please ask our Treasurer ([p19](#)) if you would like to set up a Direct Debit.

Thank you for your continual help.

The National Committee

Feature:

For Those A-feared to Tweet

The following was found on the *Daily Telegraph* website. It describes how a mental health sufferer found help through tweeting.

I found it difficult to start discussing my depression online. My social media presence was a happy, whimsical and nonsensical clusterf**k, very rarely delving into the realms of reality. But it all just felt false. I was miserable. I was trapped inside myself. I was nothing.

I went to the doctor and got medicated, I spent another two weeks in bed feeling like the world was collapsing around me as my body got used to the medication. When I finally started to resemble myself again, when I could face the outside world and could force a smile, I decided to talk about it.

I say talk about it... I didn't talk to any real people about it. I started talking to people on Twitter about it. I was nowhere near confident enough to have a face-to-face discussion with a real human person about this. I expected no one to care, to just be ignored.

But to my surprise people did care. People I had never met, people I would probably never meet, cared. Or at least seemed to. I used hashtags, I wrote blogs, I responded to other people's blogs. People helped. They weren't gaining anything from this. They were just human beings, being nice. I was not used to this at all.

The internet attracts weirdos (not you!), the same way a picnic attracts ants or a Wetherspoons attracts people with neck tattoos. Normal people are at home ironing their trousers, or spending their Sundays in garden centres or what ever it is normal people do while the weirdos hide in the internet.

I just wanted to say that Twitter is, for all its faults, primarily a nice place. A lot of the people I interact with on Twitter spend most of their free time trying to make people they don't know laugh... and very rarely is this done for profit or self-gratification.

You can be social without having to leave the comfort and safety of your own house. You can be popular whilst spending most of your time alone. You can tell jokes whilst at your lowest, and no one knows who is the real you. On social media, you can pick and choose which aspects of your life you are comfortable with other people seeing. You can pick the best of yourself or the

worst of yourself, and the internet will amplify that for you. The one thing that will shine through is honesty. Check any comments section on any online newspaper, it's a maelstrom of opinions being screamed into keyboards. They may not be researched, they may not be articulate, but they are honestly what these people think.

Twitter has helped me through some very tough times in my life, when I was not brave enough to talk to someone in real life. I could talk to other humans, represented by 48x48 pixel avatars who could talk me down from the cliff edge, or who would at least listen to my nonsense. I have seen a lot of people talk openly and healthily about mental health issues on Twitter, which was a breath of fresh air: other sufferers, like me, not pretending it's not there and not making you feel weak for something you can't help. Just people, nice people, helping other people.

I have in my pocket a group of people who (like me) enjoy making people laugh, posting silly pictures of cats and providing links to other things to make people feel a bit better about their day. For those of us who find it difficult to socialise on a normal basis (be it due to income, anxiety, social awkwardness, etc.), it is a great place to feel sociable, to feel amongst friends and find an escape.

Twitter is essentially a pub, playing good music and serving good booze, you just have to choose which table to sit at.

Aaron Gillies aka [@TechnicallyRon](https://twitter.com/TechnicallyRon)

Poem:

The Health Scare

*I'm living with Uncertainty and Fear.
I need to say their names and make them rhyme.
Two monsters. I can't make them disappear.
I'm living with Uncertainty and Fear.
Though abstract nouns are not a good idea,
And abstract nouns with capitals, a crime,
I'm living with Uncertainty and Fear.
It helps to say their names and make them rhyme.*

Wendy Cope

submitted by *Vicky Powell*

Media:

From The Daily Telegraph

Mental health treatment has changed a good deal since Enoch Powell, as minister of health, began the retreat from institutionalisation with the closure of the Victorian asylums in the late 1950s. This policy reflected a changing attitude towards the mentally ill and their incarceration in a world of straitjackets, padded cells, locked wards and dishevelled inmates.

This did not sit comfortably with the enlightened liberalism of the 1960s. Moreover, new drugs allowing effective treatment and symptom-suppression also encouraged politicians to believe that patients who might otherwise have spent their lives in an institution could live normally in the community. Yet despite a greater awareness of the impact of mental illness, diagnosis and treatment have always taken second place to physical health in the allocation of NHS resources. The last government pledged to address this imbalance; but with pressures mounting on the budget, not least from the rising number of elderly (who may themselves be suffering from mental health problems) there is concern that the policy will stall once more.

Today, a campaign is being launched to urge the Government to end this historic inequality once and for all. The aim is improve access to treatment, reduce waiting times for appointments and encourage an understanding that poor mental health can have just as devastating an impact on an individual's life as a physical ailment.

But this must be more than about equality of resources. After all, parity could be achieved by reducing spending on physical health care. But there are cost consequences; and simply demanding more money for one sector without recognising the impact on another such as cancer care is not feasible without wider NHS reform.

There needs to be a complete rethink about the connectivity between physical and mental health and how they are dealt with at the point of contact with the GP. More than a third of surgery consultations are related to mental health. NHS England is piloting new ways to integrate hospitals, GPs, community services and care homes, providing local responses to local needs and breaking down traditional barriers between different services. This is an opportunity to ensure that mental health is no longer given 2nd class status.

Daily Telegraph: Mon 2 Nov 2015

Poem:

You're Only Human (Second Wind)

*You're having a hard time and lately you don't feel so good
You're getting a bad reputation in your neighborhood
It's alright, it's alright
Sometimes that's what it takes
You're only human, you're allowed to make your share of mistakes*

*You better believe there will be times in your life
When you'll be feeling like a stumbling fool
So take it from me you'll learn more from your accidents
Than anything you could ever learn at school*

*Don't forget your second wind
Sooner or later you'll get your second wind
It's not always easy to be living in this world of pain
You're gonna be crashing into stone walls again and again
It's alright, it's alright*

*Though you feel your heart break
You're only human, you're gonna have to deal with heartache
Just like a boxer in a title fight
You got to walk in that ring all alone
You're not the only one who's made mistakes
But they're the only things that you can truly call your own*

*Don't forget your second wind
Wait in your corner until that breeze blows in*

*You've been keeping to yourself these days
Cause you're thinking everything's gone wrong
Sometimes you just want to lay down and die*

*That emotion can be so strong
But hold on
Till that old second wind comes along*

*You probably don't want to hear advice from someone else
But I wouldn't be telling you if I hadn't been there myself
It's alright, it's alright
Sometimes that's all it takes
We're only human
We're supposed to make mistakes.*

*But I survived all those long lonely days
When it seemed I did not have a friend
Cause all I needed was a little faith
So I could catch my breath and face the world again.*

*Don't forget your second wind
Sooner or later you'll feel that momentum kick in
Don't forget your second wind
Sooner or later you'll feel that momentum kick in*



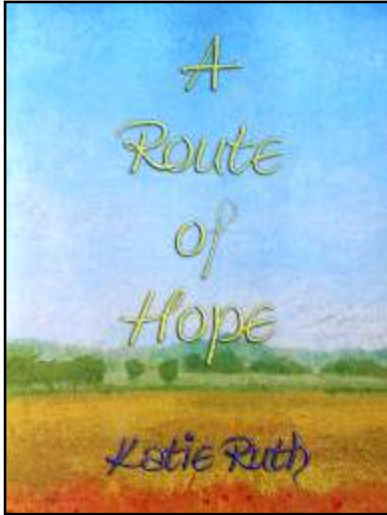
"*You're Only Human*" is a song written in 1985 and performed by Billy Joel. The subject of the song is teenage depression and suicide. The song originally appeared on Billy Joel's *Greatest Hits* in 1985 and became a top ten hit, peaking at #9 on the Billboard chart.

Submitted by Suzanne Heneghan

Hoping to see you at our Anniversary Celebration at Southwark Cathedral on Sunday 19 June.

Tea is offered at 3pm - places are limited, so booking is required - more details in the next issue. Everyone is welcome at the special Healing Service at 6pm - no booking required.

Book Review



Route of Hope

by: Katie Ruth

Travelling on a bus recently I noticed a young mother with a toddler in a pushchair. What drew her to my attention was the tattoo on her arm which said, 'Never Give Up Hope'.

I wondered why she had that phrase so prominent on her arm. What happened to her to make that phrase important? But of course I will never know. I told her I thought that seeing that on her arm might have helped people who were worried.

What I do know is how writing poetry has helped a young lady called Katie Ruth who suffered a panic disorder for nearly two years. She has written *A Route of Hope* which shares her story through a full introduction and some of her poems.

"The gift of writing enabled her to 'track a route of hope on the journey to recovery'". (Katie's mother, 2009.)

She has written several poems under the headings:

- Nature
- Struggles
- Pure Love
- Perseverance
- Celebrations

One poem, *Nightmare*, gives us hope after an unpleasant experience:

*The beauty of a nightmare
Is that when you wake
You realise your life
In fact, is not at stake!*

*Though you might remember
Feeling like you're sad
It's nice to start a morning
That is not so bad!*

*Appreciate the things you have
And the way you are
Start your day, and soon forget
Bad dreams don't leave a scar.*

The book is available via [Amazon](#) and [Waterstones](#). I think it could prove to be a very helpful book and bring hope to many.

Pam Freeman

Several poems have scripture passages to provide context. *Nightmare's* footnote quotes Philippians 4:6-7:

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Readers might like to see *The Message*, a free paraphrased version:

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns.

Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the centre of your life.

Closing Prayer from the Service of Wholeness and Healing at Southwark Cathedral

Watch now, dear Lord, with those who wake or watch or weep tonight, and give your angels charge over those who sleep. Tend your sick ones, O Lord Christ, rest your weary ones, bless your dying ones, soothe your suffering ones, pity your afflicted ones, shield your joyous ones, and all for your love's sake.

Amen.

Whilst Browsing:



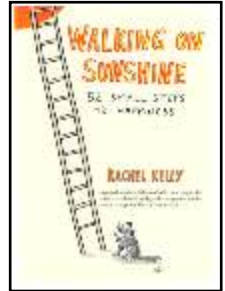
Rachel Kelly

Educated at Oxford University, Rachel Kelly began her career at Vogue and went on to spend ten years as a journalist at The Times. She is the co-editor of *iF: A Treasury of Poems for Almost Every Possibility* (Canongate, 2012) and the creator of two poetry apps.

Rachel gives talks and runs workshops across the country on the therapeutic value of the arts. Her memoir *Black Rainbow* (Hodder & Stoughton, 2014) on the healing power of the written word was a *Sunday Times* bestseller and won the Best First

Book prize at the Spear's Book Awards. All author proceeds from the book were donated to mental health charities.

Rachel is an ambassador for SANE and Vice President of United Response and campaigns to reduce the stigma surrounding mental illness. Her new book is *Walking on Sunshine: 52 Small Steps to Happiness* (Short Books, 2015).



Helping Hand:

On Line Help for Students

With more students taking on more rigorous academic loads, the need for access to mental health resources is imperative. Access the guides here:

<http://www.learnpsychology.org/mental-health/>

Key elements of the resources include:

- A comprehensive look at some issues students may experience
- Tips how to identify and cope with signs of mental health issues with peers
- A list of top mental health organizations and resources & advice from experts who have excelled in assisting college students.

Dominic Silva-Martin,
Chief Communications Officer

NB: American based & focused. Offers useful insights, worth a look.

Poem:

Parley

*Look! A child is there
In day's cold glare!*

Where?

*There! Here she lies
Little life in her eyes.*

I heard no cries.

*Help Me! We could
Yet do good.*

I see no blood.

*Inward the wound
With love must be bound.*

Oh! How profound!

*Quick child, breathe my breath.
Feel my arms underneath.
Leave us Death!*

Helen Greeves

Helen offers a context for her poem:

I wrote this for a wonderful woman who encouraged me to see my depression as a sad child inside me, who we were both going to look after and heal - which we did!

My friend died many years ago, but in my memory and in my life, she is still my 'lode star'.

Need Funding? Try:

Being Alongside / APCMH's Treasurer:

02033 972497, then select option 1

and / or

The Dominic Beer Memorial Trust:

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

From 'Anonymous'

Our newsletter depends on your contributions, so in gratitude I offer the piece below. It is unashamedly full of faith, and as modern psychology holds, mature faith can be a great help in living with mental un-wellness. I'm not sure of its origin.

Editor

"I had a lady call today who attends the St Barnabas Drop-In in Marylebone and wants you to put two pieces into your magazine. But she wasn't very happy about not being the 'right person', so I said I would take them down and send them to you."

Intercessory prayer can penetrate the hearts of those we cannot open and shield those we cannot guard and teach where we cannot speak and comfort where our hearts have no power to sooth. Prayer with its unseen hand can enter where we may not.

Jesus the Great Physician

*A physician will ask how you feel and what your symptoms are.
The great physician knows how you feel and understands what you are going through.*

*A physician will have you come to the office.
The great physician will stay with you and never leave your side.*

*A physician will show professional concern for you.
The great physician will show you true compassion.*

*A physician will treat you with the best medicine available.
The great physician will treat you with the riches of his grace.*

*A physician will follow your progress with periodic visits.
The great physician will keep you in his constant care.*

*A physician will send a bill for services rendered.
The great physician does his work without charge.*

*A physician tries his very best to help you.
The great physician assures you that your life couldn't be in better hands.*

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.

Forest Hill Drop-In

St Saviour's Church Hall, Brockley Rise,
junction with Herschell Road, SE23.

6.30pm to 8.30pm every Wednesday. Tea, coffee, snacks and chat.

Association for Pastoral Care in Mental Health

Forest Hill Drop-In

Christmas Party

Please join us on

Wednesday 9th December - 6.15 to 9.00pm

St Saviour's Church Hall, Brockley Rise, Forest Hill, SE23

RSVP apcmh.fh@gmail.com

Donations welcome

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.

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

Methodist Central Hall Westminster

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

Buses: 11, 24, 148, 211

Tube: St James's Park, Westminster

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

For further information: Deacon Kina on 0207 654 3871.

Saint Marylebone Parish Church

Open Door

17 Marylebone Rd, NW1 5LT

Buses: 18, 27, 30, 205, 453

Tube: Baker St, Regents Park

Afternoon tea, short talks, fellowship and conversation.

Free refreshments and free to attend. All are welcome.

Next Meetings: Tuesdays: 8 & 22 Dec 2015; 12 & 26 Jan, 9 and 23 Feb.

Fr Ed Thornley: 020 7935 7315 / chaplain@stmarylebone.org

Jackie Kesses: jackie.kesses@googlemail.com

Also at **Saint Marylebone Parish Church**

Meeting with Coffee

on the 1st and 3rd Fridays in the month, 11 - 12.30.

020 7935 5066 / healing@stmarylebone.org

Emmanuel Church

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

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

020 8960 4195

Coffee Most Wednesdays 10.30 - 12.30

Being Alongside / APCMH

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

Membership / Subscription Form 2015 - 16

Please complete this form and return - **asap** - to:

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

Title & Name:

Address:.....

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

Tel: Day: Eve: Mobile:

Please Tick the Membership category you'd like:

- | | | |
|------------------------|-----|--------------------------|
| (one) Standard | £12 | <input type="checkbox"/> |
| (one) Concession | £5 | <input type="checkbox"/> |
| (one) Group (5 copies) | £25 | <input type="checkbox"/> |

Donation to funds - please write amount in:

Total (please make cheques out to 'APCMH')

Gift Aid Declaration (for Tax Payers):

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

Please Sign & Date:

Help is at Hand

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

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

The Barnabas Drop - In Sessions

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

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

Mondays 3pm - 5pm

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

Wednesday 10.30am - 12noon

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

Free. All Welcome.

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

call: 020 7724 8517

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

(Acts 11:19-24)

The Who & What of BA / APCMH

Patrons:

Professor Andrew Sims
The Rev'd Canon Roger Royle

Phone us on 02033 972 497 plus one of these 3 options:

Treasurer / Company Secretary:

Marlene Collins: option 1, or email: mcollins16@sky.com

Newsletter & Web:

Steve Press: option 2, or email: editor@beingalongside.org.uk

Chair:

Jamie Summers: option 3, or email: ajpsummers@ntlworld.com

Co-ordinator:

Pam Freeman: 02086 473 678

or write to: *B.A. / APCMH 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', 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.

E&W Registered Charity: 1081642 UK Registered Company: 3957730

All submissions welcomed by the Editor: e-mail:
editor@beingalongside.org.uk

post: 58 Phillip Road, Folkestone, Kent. CT19 4PZ

Views expressed in this magazine are not necessarily those of the organisation.

Origination by *Being Alongside / APCMH*;

printed by **Printinc**: 0208 255 2110

Words Into Your Mouth?

Do these words ring bells for you? Do they describe the place you're at? Do your favourite quips tell it like it is? Have you a positive tale to share? Do send them in. [See p19](#) for contacts.

Having anxiety and depression is like being scared and tired at the same time. It's the fear of failure but no urge to be productive. It's wanting friends but hate socialising. It's wanting to be alone but not wanting to be lonely. It's caring about everything then caring about nothing. It's feeling everything at once then feeling paralytically numb.

A vital role of this newsletter is to be a forum for people living with mental health issues - this includes carers and sufferers - to share hopes and fears, tips and wrinkles in ways that encourage and give hope. Let's Be Alongside.