



Being Alongside

The Bi-Monthly magazine of *Being Alongside* / apcmh

Jan - Feb 2011



The National Committee at Turvey Abbey in October

Left - Right: Sister Theresa Poultney, Mark Dadds (Membership & Company Secretary), Miriam Reyes, John Vallat (Treasurer), Pam Freeman, Lionel Perkin (webmaster), Suzanne Heneghan, Diana Klewin.



Each autumn the Committee take some time out to work on what more BA / apcmh can do to help mental health sufferers and their carers. Supporting and encouraging Befriending initiatives is something it is keen on. Watch this space for developments.

Meanwhile on the left a photo of Br John, who every Turvey, manages to exhilarate us.

Help is at Hand

Samaritans:	08457 909090
(national number which will put you through to your nearest branch)	
Saneline: (6 - 11pm each night)	08457 678000
Rethink Advisory Service:	08454 560455
Young Minds Parents' Helpline:	08088 025544
(9.30 - 4 weekdays, free from mobiles and landlines)	
Carers in the Community:	01642 818332
(led by Edna Hunneysett. This is her home number)	
MIND: (Mon - Fri 9am - 5pm)	08457 660163
Maytree: (24 / 7: but leave message if no live answer)	020 7263 7070

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 BA / APCMH

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 share concerns or to receive one-to-one support (by appointment).

Free. All Welcome.

Venue: St Paul's Church Centre, 3 Rossmore Rd, NW1
(5 mins walk from Marylebone Station; buses 139 & 189 stop outside)

call: Mark Dadds, or Sister Theresa: 020 7724 8517

'When he arrived and 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)

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Front Page

with National Committee Member Lionel Perkin

It's that time of year again when we look back at what has been and look forward to what might be.

Some of us feel this time of year is difficult because we feel alone. If you feel this way then I'd encourage you to reach out to someone else who is alone or troubled. This helps in three ways:

- firstly it helps you to feel less alone because you will be spending time helping or comforting someone else;
- secondly, it takes your mind off your own troubles because you will be busy thinking of someone else and hopefully get some good feelings about your own goodness;
- and thirdly, some other people will feel a bit better and so spread the cheer like a ripple..

There are a whole variety of ways this can be done, from simply sharing coffee with a friend to volunteering for your local Church Soup Kitchen at Christmas. In bringing hope to others it often somehow gives us hope too. If you have any spare time then you could consider checking the wide range of volunteering opportunities at www.do-it.org.uk. Volunteering can be a way of breaking some isolation caused by mental or emotional distress and increasing confidence and skills in new areas of occupation as well as helping other people. www.volunteering.org.uk has a very interesting reference to the health benefits for volunteers from the University of Lampeter.

This time of year is also a transition from the old year into a new one – marked by a very special birth in Christmas – which reminds us of the hope that we share in a God who wants us to Be Alongside Him and other people. In this way maybe we can take a break from our personal worries of aloneness and other hardships as we celebrate this season together and remember the change of heart that Jesus came to bring. It is worth recalling that God first loved us – we didn't attempt to Be Alongside Him first – He reached out to us first – and so we should try to be the first ones to reach out to others too.

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Here at *Being Alongside*, I have felt that our website (www.beingalongside.org.uk) has sorely needed some change. And we are in transition towards a better website – although it is likely to take some time to achieve as we are a small charity with limited capacity for fast changes. We would like to update it and produce a more graphically appealing version with more current information. We hope that this will better reflect our small organisation's desire to be effective in achieving our aims which we carefully considered and set out in our latest leaflet. We plan to engage with some internet services and see what can be done to improve our internet presence. If you have any suggestions for our website please do email me on lionel.perkin@pastoral.org.uk or if you'd like to be involved with *Being Alongside* via a FaceBook group please let me know.

I hope that this Christmas you will be able to *Be Alongside* more and have a very Blessed Christmas and a Happy New Year.

Lionel



Left: a pensive Br Herbert, one of our hosts at Turvey Abbey who is himself no stranger to mental health unwellness.

Since their foundation the monks have established the Turvey Centre for Group Therapy.

The Centre offers individual and group therapy and runs courses in conjunction with Oxford Brookes University.

tel: 01234 881211

email:

turveymonks@yahoo.co.uk

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The next few pages list helpful places for resources and information; they do not all have helplines. If you need help quickly, see p 2. Let us know if you learn of any more useful organisations.

Mental Health Foundation

9th Floor,
Sea Containers House,
20 Upper Ground, London, SE1 9QB,

Merchants House,
30 George Square,
Glasgow, G2 1EG.

Merlin House,
1 Langstone Business Park, Priory Drive, Newport, NP18 2HJ.

Time to Change

15-19 Broadway, London E154BQ

tel: 02082152357

email: info@time-to-change.org.uk

Centre for Mental Health

134-138 Borough High Street, London, SE1 1LB

tel: 020 7827 8300 fax: 020 7827 8369

email: contact@centreformentalhealth.org.uk

Impact on Depression:

Deborah Comerford (Programme Manager)

tel: 020 7827 8310

email: deborah.comerford@centreformentalhealth.org.uk

Together - Working for Wellbeing

12 Old Street, London EC1V 9BE

tel: 020 7780 7300

fax: 020 7780 7301

Unit 22, Unity Business Centre, 26 Roundhay Road, Leeds, LS7 1AB

tel: 0113 244 6992

fax: 0113 243 9929

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YoungMinds

48-50 St John Street, London EC1M 4DG
(nearest tube: Farringdon)
tel: 020 7336 8445

National Self Harm Network

PO Box 7264, Nottingham, NG1 6WJ
email: info@nshn.co.uk
helpline tel: 0800 622 6000 (7pm-11pm)

Newham Asian Women's Project

661 Barking Road, Plaistow, London E13 9EX
tel: 020 8472 0528
email: info@nawp.org

Inclusion Institute

International School for Communities, Rights and Inclusion
University of Central Lancashire, Preston, PR12HE
tel: 01772 892780
fax: 01772 892964

Director: David Morris
King's Fund, 11-13 Cavendish Square, London W1G OAN

Mind

15-19 Broadway, Stratford, London E15 4BQ
tel: 020 8519 2122
Fax: 020 8522 1725
email: contact@mind.org.uk

Mind Cymru

3rd Floor, Quebec House, Castlebridge,
5-19 Cowbridge Road East, Cardiff CF11 9AB
tel: 029 2039 5123,
fax: 029 2034 658

www.beingalongside.org.uk

www.pastoral.org.uk

*two addresses -
same well loved website!*

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SANE

1st Floor Cityside House, 40 Adler Street, London, E1 1EE
tel. 020 7375 1002
fax. 020 7375 2162
email: info@sane.org.uk

Sound Minds

Battersea studio, 20-22 York Road, Battersea, London SW11 3QA.
tel: 020 7207 1786
email: staff@soundminds.co.uk

Mental Health Alliance

c/o SCMH
134-138 Borough High Street, London SE11LB
tel: 02078 031128

ASSIST Trauma Care

11, Albert Street, Rugby, CV21 2RX

helpline tel: 01788 560800
office tel: 01788 551919
fax: 01788 553726

Personality Plus

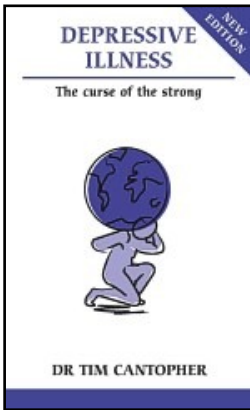
3-6 Beale House, Lingham Street, London SW9 9HG
tel: 020 8233 2854
email: pplus@hotmail.co.uk

PACE

34, Hartham Road, London N7 9JL
(tube: Caledonian Road)
tel: 020 7700 1323
fax: 020 7609 4909
email: info@pacehealth.org.uk

Pink Therapy Practice

Archer Street, London W1D 7AP
tel: 020 7434 0367
mob: 07971 205323
email: info@pinktherapy.com



Book Review

Depressive Illness: The Curse of the Strong (New Edition)

by Dr Tim Cantopher

Depression affects more than 3 million in the UK, and is set to become the second biggest health burden in the world after heart disease.

Sufferers are much stronger than you think. This best-selling book, written by a leading consultant psychiatrist, explains that people with depression do battle with pressures and stresses that other people would run away from, until their bodies can take no more. In this book, depression is placed authoritatively as a physical illness, from which recovery is possible.

Dr Cantopher provides a comprehensive, accessible overview, guiding the reader through the nature of depression, its history, symptoms, causes and treatments, as well as myths along the way. Warm and supportive, this new edition, which also includes the latest on medications, stresses that sufferers should not blame themselves, but can take hope from the fact that there is meaning in their illness, and that getting better is a real option.

Generously supplied with illuminating anecdotes and insights, it has specific advice on how to read the book if you are currently unwell, and valuable information for carers, medical professionals, or anyone interested in this destructive illness. 'In the battle to beat depression, this book represents the definitive weapon.' - Ruth Lavery, DEPEND

'This book should be read by everybody but especially by those who are affected by depression, whether they be carer, medical professional or just someone interested in this destructive illness... It offers invaluable insight into depression and promotes a level of self-awareness, which if heeded could keep many of us a lot healthier.' - Depression Alliance

Dr Tim Cantopher is Consultant Psychiatrist and Medical Director at the Priory Hospital, Woking. He has published extensively in academic research.

128pp / Sheldon Press / ISBN: 978-0-85969-974-7 / Price: £7.99



A Just-So Story...

A Christmas Story for people having a bad day:

When four of Santa's elves got sick, the trainee elves did not produce toys as fast as the regular ones, and Santa began to feel the Pre-Christmas pressure.

Then Mrs Claus told Santa her Mother was coming to visit, which stressed Santa even more.

When he went to harness the reindeer, he found that three of them were about to give birth and two others had jumped the fence and were out, Heaven knows where.

Then when he began to load the sleigh, one of the floorboards cracked, the toy bag fell to the ground and all the toys were scattered.

Frustrated, Santa went in the house for a cup of apple cider and a shot of rum. When he went to the cupboard, he discovered the elves had drank all the cider and hidden the liquor. In his frustration, he accidentally dropped the cider jug, and it broke into hundreds of little glass pieces all over the kitchen floor. He went to get the broom and found the mice had eaten all the straw off the end of the broom.

Just then the doorbell rang, and irritated Santa marched to the door, yanked it open, and there stood a little angel with a great big Christmas tree.

The angel said very cheerfully, 'Merry Christmas, Santa. Isn't this a lovely day? I have a beautiful tree for you. Where would you like me to stick it?'

And so began the tradition of the little angel on top of the Christmas tree...



Put on a Happy Face

Taking part in Mind's campaigning film gave Roz D'Ombraine Hewitt a brief - very brief - taste of stardom

Perhaps it was the rave review I got for my am dram performance of Mrs Clackett, the housekeeper in Michael Frayn's *Noises Off* (Shimpton village hall, 2005), but I've long seen myself as, if not exactly an undiscovered Judi Dench, certainly capable of playing one of the soaps' perennial short-lived characters, say, *Coronation Street's* Roy's long-lost kleptomaniac cousin. Preferably with a drink problem and therefore guaranteed almost permanent residence in the *Rovers Return* with ample opportunity to snaffle huge quantities of pork scratchings before I'm apprehended and written out after five episodes. Alternatively, I'd be great as Dot's long-lost love-child, preferably with a drink problem and therefore guaranteed almost permanent residence in *The Queen Vic*, with ample opportunity to pinch huge quantities of cheese and onion crisps, before being apprehended and written out after five episodes. Ever get the feeling these soap plots are remarkably similar.

Anyway, when I spotted Mink Link magazine's ad requesting volunteers to appear in a campaigning film *Put on a Happy Face* - to encourage employers' awareness of how workplace stress can cause depression and anxiety and costs business £26 million a year - I thought this could be the start of something big and was soon heading for the film company's Soho offices to be photographed for the 'happy mask' so many stressed employees feel compelled to put on at work.

If you watched Ricky Gervais's TV series *Extras* you'll know that filming is mostly hanging around and frequent schedule changes. That's why all the top thespians are ace at crosswords or have an unrivalled collection of Tom Baker style scarves. Originally, I was instructed to be at

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Mind's Stratford HQ at 9.30am, then 11 and finally 1.30 when I arrived in my Extras costume (smart skirt and top) just in time for lunch. Chatting to other volunteers – some professional actors – over a delicious curry followed by fresh fruit salad I learned that extras are now called 'supporting artists' - but you still don't get to speak.

Even so, this was my big chance so when at around 3.30 I donned my thick cardboard mask and with the rest of the cast filed into the Mind offices and obediently sat down at a computer, I was determined to emote my socks off. More waiting, but eventually we went for 'a take'. My animated, though obviously *silent* telephone conversation was immediately spotted by the director, who instructed me to swap my nearest-to-the camera spot with that of a very pretty blonde extra six rows back. East London may be a long way from Hollywood, but some things are the same the world over.

Un-deterred, I continued to act the part of a cheery, but very busy office worker: answering the phone, consulting my desk diary, sorting correspondence as if my life depended on it until after three more takes it

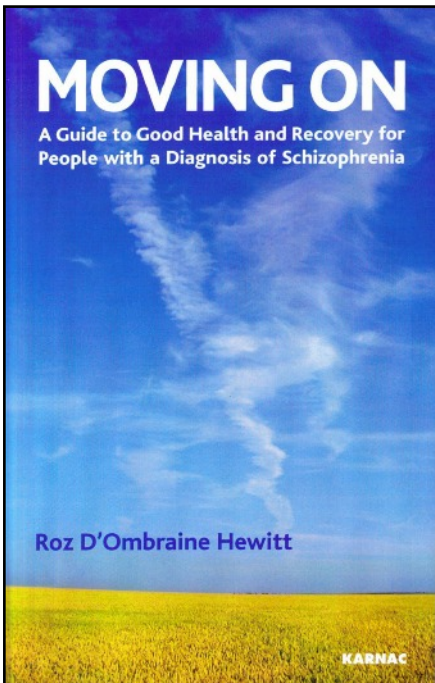
was a 'wrap' – at least for our scene. With the grateful thanks of the director ringing in our ears we 'supporting artists' filed out for tea and biscuits while the stars took to the set.

Sadly, I'm still waiting for *Coronation Street* to ring, ditto *East Enders*. Meanwhile, you can catch the film on *YouTube*, but blink and you miss me. Though at least I didn't end up on the cutting room floor like one of the professionals. Showbiz can be so cruel.

Roz D'Ombraine Hewitt

is the author of

*Moving On: A guide to good health
and recovery for people with a
diagnosis of schizophrenia,*
published by Karnac.



Canon Andrew Wilson

On 31st December 2010 Canon Andrew Wilson will retire from his post at the South London and Maudsley NHS Trust where he has been Chaplain to the Bethlem Hospital and the Community in Croydon since his appointment in 1989. Originally he worked at Warlingham Park Hospital until its closure in 1998. In both places he created in the chapel a haven of peace and holiness; a place of beauty in a world which can often be hard and unforgiving. In the last three years he has taken on a shared management role as joint led of the SL&M Spiritual and Pastoral Care Department.



Croydon was the first place to have Community Psychiatric Nurses; it was also the first and perhaps the only place to have a Chaplain with a remit to work in the community as well as the hospital. Andrew has always been ready to fulfil this part of his job description meeting people where it was most helpful to them: at home, in a centre or if necessary, in prison.

It is an understatement to say he will be missed, as one senior person involved in mental health said 'Andrew is the glue that holds the mental health services together'.

The people who have used services over the years, their carers, staff and those of us in the voluntary sector know how true this has been.

What else have people said about him?

Andrew is wise.

Andrew always listens.

Andrew always has time for people.

Andrew never judges - many people have described him as the least judgemental person they have ever met.

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He can get very cross, usually it has to be said, justified righteous anger at the absurdities of the system - and they are many!

Andrew has worked tirelessly to promote the understanding of spirituality in mental health. He was instrumental in setting up APCMH in Croydon and for us he has been our spiritual guide. He reaches to heaven but his counsel is always grounded in the here and now.

In his role as Chaplain Andrew brings together the role of priest meeting the sacramental and wider spiritual needs of all who come to him; intellectual rigor both in theological scholarship and understanding of mental health, and a skilled experienced wise counsellor.

He has been open minded and warm hearted in his support for the multi-faith work of the chaplaincy team recently finally achieving an appropriate Muslim Prayer space within the chapel.

He will be a difficult act to follow. He leaves SL&M at a time of change and financial austerity but also at a time where it is increasingly appreciated at senior levels that spiritual and cultural needs are central to a positive engagement with mental health service users. The war in this respect may not be quite won but Andrew has certainly won some of the battles.

But, say it loudly, Andrew is retiring from SL&M but he is not leaving BA / apcmh! After a short and well earned rest he will be continuing his ministry with BA / apcmh at St Mildred's and we look forward to having him with us for many years to come.

Sue Albery

Co ordinator, APCMH Croydon

Many thanks to all our contributors! Your offerings are so vital. Submissions are welcome from all areas of the community, especially insights from the varying faith communities. Whilst we all appreciate a well balanced magazine, I can only put in what I receive - so I hope you're working on your next piece...!

Copy for next issue - due March 1st - to the editor by February 10 please, but sooner is always more helpful!

Spiritual Journeying

The Spiritual Journeying Group offers themed conversation for those of us who sometimes find daily life difficult and challenging.

It reaches out to anyone who asks questions about the meaning of life and wants to explore their own spiritual dimension. A knowing, caring God is at the heart of our themes but no-one is expected to view things in any prescriptive or fixed way.

We expect and encourage differing perspectives of faith. It is an open group to which people are invited as and when they can come.

It would be lovely to see you there!

Evening Sessions

7:30-8:45pm

St Mary's Church

Park Road,

Camberley GU15 2SR

Afternoon Sessions

1:00-2:15pm

High Cross Church

Knoll Road,

Camberley GU15 3SY

11th January

- *If not today, -
maybe tomorrow*

26th January

8th February

- *Narratives* -

23rd February

For enquiries please contact:

Jennine Thomas: 07505 477457,

or Trish Ellis: 01276 507673

(pto to put a name to a face >>>)





Spiritual Journey-ers: L - R: Marissa, Sheila, Ray, Trish, Jennine, Jenny

It's the Human Touch

It's the Human Touch in this world that counts - the touch of your hand and mine.

That means more to the fainting heart than shelter or bread or wine.

For shelter is gone when the night is o'er and it only lasts a day,

*But the touch of a hand and the sound of the voice lives in the soul
always.*

Anon

Submitted by Betty Crabtree



South Staffordshire and Shropshire Healthcare **NHS**
NHS Foundation Trust

DAY COURSE

Putting Spirituality and Values into Practice (Staying Human in Tough Times)

12 January 2011, 0930-1600 hours

*Learning Centre and Network, St George's Site, Stafford,
ST16 3AG*

*This is South Staffordshire and Shropshire Healthcare NHS
Foundation Trust's 3rd Conference around Spirituality.*

The aims of this one day conference are to:

- Continue to embed spirituality in the day to day work of the Trust.
- To understand the Values in Healthcare approach.
- To identify the challenges of dissemination and embedding spirituality across the organisation.
- Understanding your own inner strength and spirit and boosting your resilience!

Speakers include: Professor Peter Gilbert

Emeritus Professor of Social Work and Spirituality, Staffordshire University.

Project Lead for the National Forum: *"Should I Pray or Should I Go?!*
Boundary and Bridging Issues in Spirituality"

More details & Booking Form from:

The Learning and Development Team,

South Staffordshire and Shropshire Healthcare NHS Foundation Trust,
St George's Hospital, Corporation Street, Stafford, ST16 3SR.

Email: course.bookings@sssft.nhs.uk.

In English pubs in former days, ale was ordered by Pints and Quarts. So when customers got unruly, the bartender would yell at them "Mind your Ps and Qs and settle down."

Fancy a drink now? See back cover!

Me, Even Me

Those wanting the share good news about any faith soon come to the challenge of 'Suffering' ie: if God is all powerful, why doesn't he eliminate (mental) suffering? The quick answer is that either he can't, or he won't, which makes him impotent or, perhaps worse, cruel.

Robert is well acquainted with the Christian message, but often feels uncomfortable with the triumphalism exuded by some Christians. Here he writes of how suffering can actually affirm his faith.

A part of Christian scripture which I find very helpful is
Philippians 3:8 -10 (here presented from *The Message* version):

Yes, all the things I once thought were so important are gone from my life. Compared to the high privilege of knowing Christ Jesus as my Master, firsthand, everything I once thought I had going for me is insignificant - dog dung. I've dumped it all in the trash so that I could embrace Christ, and be embraced by him. I didn't want some petty, inferior brand of righteousness that comes from keeping a list of rules when I could get the robust kind that comes from trusting Christ - God's righteousness.

I gave up all that inferior stuff so I could know Christ personally, experience his resurrection power, be a partner in his suffering, and go all the way with him to death itself. If there was any way to get in on the resurrection from the dead, I wanted to do it.

This means to me that knowing Christ is not just about power and resurrection; it is also about loss and suffering. It is about the crucifixion as much as the resurrection, and also explains in a way, that although I have a mental health disorder, through loss and suffering I can nevertheless gain Christ.

Robert M



The Who & What of Being Alongside

Patron	Bp Stephen Sykes	
Patron	Prof Andrew Sims	
Chair	Stephan Ball	c/o: 020 7724 8517
Company Sec'y	Mark Dadds	see below
Membership Secretary	Mark Dadds	020 7724 8517 via St Paul's Centre
Co-ordinator	Pam Freeman	020 8647 3678
Web Master	Lionel Perkin	webman@pastoral.org.uk
Newsletter Editor	Steve Press	01303 277399
Printer	PrintInc	printinc2@btconnect.com

'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, APCMH is primarily concerned to promote and encourage "being alongside" people experiencing mental or emotional distress.

For Specific Contacts, see above. For General Enquiries reach us at the Registered and Administrative office at:

St Paul's Centre, 5 Rossmore Road, Marylebone, London NW1 6NJ

tel: c/o: 020 7724 8517 / net: www.pastoral.org.uk

registered charity: 1081642

limited company: 3957730

All submissions welcomed by the Editor.

e-mail: steve.press@pastoral.org.uk

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

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

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Drink Anyone?

A pub sign from Mitcham, South London.

(Will the sender please 'confess' so due credit can be acknowledged!)

We cannot be sure how many 'kings' there were. We assume three because three gifts are mentioned in Matthew's Gospel.

Also, 'kings' may not be the best translation for the Greek word 'magi'. 'Wise Men' comes closer, and 'shamanistic psychotherapists' could well be the closest, culturally, we can get!