



# *Being Alongside*

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



Rev'd Jonathon ( Jon) Dean,  
our new Chair. See p 4

# *Help is at Hand*

<b>Samaritans:</b>	<b>08457 909090</b>
(national number which will put you through to your nearest branch)	
<b>Saneline:</b> (6 - 11pm each night)	<b>08457 678000</b>
<b>Rethink Advisory Service:</b>	<b>08454 560455</b>
<b>Young Minds Parents' Helpline:</b>	<b>08088 025544</b>
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<b>Maytree:</b> (24 / 7 + answerphone)	<b>020 7263 7070</b>

## **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 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  
(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)*

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## *Please Note*

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So the last bi-monthly issue will be the next one in September. The new regime begins with a December (Winter) issue, to be followed in March (Spring), June (Summer) and September (Autumn).

# *Improvisation Alongside*

Thank you for electing me Chair of *Being Alongside* at the 2012 AGM.

I have recently retired from stipendiary pastoral ministry in the United Reformed Church which, this year of Olympic Jubilee, is celebrating its 40<sup>th</sup> anniversary.

I was born in August 1944, in a village of the Shakespearean Forest of Arden, hard by the Great Western Railway, in the twilight, if so tender a word can be used, of the second Mass Slaughter of the 20<sup>th</sup> Century. My father was doing his war service as a fireman, and had been caught up in the blitz on Coventry. Much later, part of my ministry, always in urban settings, was spent in Turin, another European city razed by merciless bombardment.

I mention this because it has taken me almost 70 years to realize how much we are all traumatized by only half articulated *collective* experiences and memories, which we think are dormant, but which inform what we consider private griefs.

That is, a platitude. But I have also only just begun to understand how much I am assisted by slogans, watchwords, mottoes, if you like, platitudes. You may have experienced the way bits of songs or holy texts, which once meant nothing at all to you, suddenly become lifelines. This was one of the themes in Mark Tully's recent Sunday morning radio programme "Something Understood" called the *Spirituality of Jazz*. Tully was in conversation with Ian Smith, who amongst other things, is a Jazz Trumpeter.

They spoke of the way in which that marvellous world of Improvisation, often on homely texts and melodies, had arisen from the Blues tradition "out of the house of slavery". Most of the great jazz instrumentalists and singers had learned their musical rudiments in churches. Ian Smith helped us to see how improvisation is an art which is greater even than jazz, and which builds daily into our speech and conversation to create a constant meditation.

Practising that living meditation is the art of *Being Alongside*: our individuality is respected; our virtuosity assisted. But it becomes only the beautiful improvisation alongside somebody else. They finished by quoting a poem by Philip Larkin *For Sidney Bechet* (a great soprano saxophonist):

*That note you hold...  
On me your voice falls as they say love should,  
Like an enormous yes...*

*Jon Dean, June 2012*

# *Chairperson's Report*

## **to *Being Alongside* / apcmh AGM**

Saturday 12<sup>th</sup> May 2012

This is my last report as Chairperson of Being Alongside as I am standing down after four years of carrying out this role. It has been a great privilege to have been involved in this way over these years and to see the organisation remain so vital in spite of its small size. Our financial position is healthy largely thanks to generous legacies and donations in recent years. We have, however, been even more mindful to ensure that this money is spent wisely and thoughtfully to further our vision, values and aims and to ensure as wide an impact as possible.

Looking back over the past year our main focus has been continuing to work on an aspect of befriending which would help members and others to develop listening skills and greater confidence when being alongside others who are experiencing varying levels of mental distress. To this end we have continued to work with the Acorn Foundation, a Christian foundation whose core aim is to promote good listening as a resource for healing in our lives and world. In particular, it has developed a range of courses on Listening Skills and helps train individuals and groups throughout the country. They were seeking to widen their role at the same time that we were exploring ways to deepen being alongside others and befriending. In collaboration with others, Maggie Curtis (regional staff member for Acorn), has been developing a course in relation to listening skills for people with dementia and their carers – something that has been piloted and which two of our committee (Theresa and Steve) have attended and found helpful and inspiring. We have agreed to fund this project from the pilot stage to getting it delivered more widely through Acorn. Based on this experience we hope to collaborate more closely to develop a course focused on meeting mental health needs and sustaining ongoing relationships. We have been impressed by the willingness on both sides to work together to further healing through listening and being alongside which supports and encourages the work both organisations aspire to offer and do.

We have also continued to be able to offer small amounts of money to groups and organisations who share our vision and values, through our funding subcommittee. In particular we have given money to the Battersea group who have so faithfully developed a befriending network and training.

Their local funding was cut so we wanted to encourage them in their work and hope they may find alternative local funding in the coming year.

As I've said before the lifeblood of *Being Alongside* and what it stands for are all those involved in local groups and networks, such as drop-ins and befriending as well as so many informal connections which can make such a difference to people experiencing mental distress. We now encourage groups to affiliate with Being Alongside, such as Battersea (relatively new) or Croydon (well established and active). We still have three branches in Merton (supporting a growing befriending network as well as arranging other activities); Haslemere (mostly informal contacts/drop-ins); and Forest Hill (drop-in and other activities) who celebrate 25 years since they first opened. I'd particularly like to thank them for their faithfulness over the years and to wish them well in their celebrations in June and in the coming years.

Mark Dadds has been both our Company Secretary and Membership Secretary over this past year and been the person who has ensured enquiries were responded to and supported the committee. I'd like to thank him for his work. He has asked to be released from this work – something that came sooner than we expected as he has by now moved out of London. It's an important role to ensure the smooth running of *Being Alongside* and we are in the process of final stages of confirming a new person to take up this role – more details in the next newsletter.

John Vallat has continued his involvement as Treasurer and produced the annual accounts and report which are available to look at. It's an often thankless job – someone needs to do it and I've been grateful that he has taken this on with his knowledge and experience.

The *Being Alongside* newsletter is much appreciated by many people and we are fortunate in having Steve Press as editor to keep it so interesting. Remember, though, that it is really only as good as the contributions we contribute – so do send him reflections, articles, poems etc! I'd like to thank him for his continuing hard work. From the end of the year we have agreed to reduce the newsletter's publication to quarterly, reflecting seasonal timings. This is partly to keep costs down with recent increased postage and printing costs. It's quality not quantity that counts!

The website continues to be an important source of connecting with a wider group of people. As a committee we recognise we have been slow in embracing new social media and have been grateful to Lionel Perkins for his work as webmaster. No doubt there are many possibilities we could explore but we shall have to wait till we have more people with suitable skills! After 14 years of setting up and running the website Lionel feels it is time to hand this on to someone else, something the committee will be considering at its

next meeting in July. I'd also like to thank Lionel for all his work on the website and hope he will continue his connection with Being Alongside.

As always I am grateful to the committee and their support over this period, as well as all the informal and hidden work many of them do. I'd like to thank each of them for the varying contributions they have made over the year – trustees: Pam Freeman, Suzanne Henegan, Jean Marsham, Theresa Poutney; and with Diane Klewin co-opted as a non-trustee.

We have been fortunate in finding someone willing to take on the role of Chairperson for the coming year and someone relatively new to the organisation. His name is Jon Dean, a Baptist minister recently retired from active pastoral work and who lives in north London. His experience will be invaluable in helping take the work of Being Alongside forward. He was formally voted in as Chairperson at the AGM - and I wish him all the very best! Looking back over four years we have clarified our vision, values and aims; we have changed our name to make it more relevant; we have found a focus for our work through befriending and in particular collaboration with Acorn in developing listening skills training that we hope will have a mental health focus. We have continued to be closely involved with the National Spirituality and Mental Health Forum. There is always more to do!

Thank you for your involvement and encouragement in so many different ways. Thank you for allowing me to serve you as Chairperson over these years and I look forward to continuing involvement in whatever way will be most helpful. May the grace and love of God continue to be with each and every one of you.

*Stephan Ball*

*Chairperson, Being Alongside (2008-2012)*

This report has been updated and modified for publication in this edition of the *Being Alongside* Newsletter by Stephan Ball.

## **Welcome!**

**Jonathan Dean** took over as Chair of the National Committee at the AGM. He writes on p4.

**Stephan Ball**, our outgoing Chair, writes in p 5 and p 8.

Also new is **Marlene Collins**, our new Membership Secretary. She can be contacted on 02033 972 497.

## *Some Reflections by an outgoing Chairperson*

I want to write a few words to mark my passing the baton of being Chairperson on to the next person (Jon Dean see p 4 and front cover). The more I reflected on this the more I became aware that some of what I wanted to say is contained in this year's Annual Report (see p 5). My overwhelming sense has been one of gratitude and privilege serving as Chair, along with an awareness that I could have perhaps done more. Working full time and living outside London has made it harder to network, attend branch/group meetings and conferences and look at work being increasingly carried out in the area of Spirituality and mental health.

I'm still surprised and encouraged by how many people are willing to devote time and energy to overcoming their own mental and spiritual struggles and especially in reaching out and being available to others. They (including many of you ) often remain unseen or unheard as they just get on and do whatever is needed quietly, often simply being alongside someone. These are my models, my heroines and heroes, who encourage me to keep going, to keep my heart open on my own journey and in taking risks and reaching out to others. Such experiences also enable me to acknowledge that God is present even in the dark and painful times as well as those more joy-filled moments. I ask for your forgiveness when I have not always been as available to you or others over the years, recognising we are all on this journey of life, mystery, healing, wonder, discovery and adventure with God present even when we may not experience or be aware of that grace.

I wish you courage and blessings on your own journey.

*Stephan Ball*

## *You're Off, Mark!*

We say a warm hug Goodbye to Mark Dadds who has moved west to Bristol. We wish him all the best, giving thanks for his sense of fun and commitment to those who are up against it.

Marlene Collins has taken over as Membership Secretary for the time being. We hope the National Committee will soon confirm her appointment.



# *Meditation as an Art of Healing*

## **A Meditatio Seminar**

(Outreach of the World Community for Christian Meditation)

Hundreds of people from across the country convened at this beautiful green and serene setting at York St John University on 22 May to witness a kaleidoscopic banquet of wisdom conveying a rich tapestry of the diverse aspects of spirituality in relation to mental health wellbeing.

The seminar, chaired by Professor Peter Gilbert and steered by Liz Watson, brought together a variety of viewpoints where different schools of psychology and different religious traditions converge in observing how meditation aids the healing process. Seminars of this nature are of intrinsic value as the more recent NHS Mental Health policy emphasises the importance of prevention, early intervention and developing practices that, like meditation, support wellbeing. The day provided a forum for clarifying the role that spiritual practice (in particular meditation) can play, offering a rich array of personal and professional experience and exploring the link between meditation and the promotion of mental health in a dynamic, interactive and captivating way.

As keynote speaker, Fr Lawrence Freeman OSB, Director of the World Community for Christian Meditation shared from a wealth of personal experience and understanding drawn from his own tradition. The word 'Med' he informs us comes from the Greek meaning '*Care and attention*' finding a common thread in medicine and meditation alike in holistic care. He shared with us a flavour of the spirituality of Meister Eckhart - '*Poverty of Spirit*', to

*'Will nothing, know nothing and have nothing'*

then further elaborated on this theme in an engaging and amusing manner.

On a more practical level he emphasised the importance of good teaching and guidance and support for those embarking on meditative practice, stating that the cleansing process at work within each of us varied considerably depending on from where we start and what baggage we carry along the way, and how much repression we might have. To highlight this point, he shared a recent experience which involved a particular lady who after a year of meditative practice, had informed Brother Lawrence that meditation hadn't brought any of the gifts that he said that it would bring her,

in fact it had made her worse, flying off the handle and snapping at the family as she was.

‘Have you always been like this?’ inquires Brother Lawrence.

‘Never! Mother told us girls ‘Never show your anger!’

Brother Lawrence responds, ‘She had 45 years of not knowing how to express her anger to deal with. I hope that when I see her next year she will have learnt how to control her anger. One should be prepared for the shadow side to come out and must not lose sight of the complex nature of human personality which reinforces the need for good teachers.’

Picking up on this same theme Isobel Clarke (Consultant Clinical Psychologist) spoke on potential ways of adapting mindfulness within groups experiencing complex trauma and psychosis where people may have lots of ‘demons’ to battle with and by using techniques to enable a person to find the sound part of themselves and to be able to sit with the ‘demons’ and find a better relationship with them, whilst not allowing too much space to allow them to take over. She was keen to stress the importance of finding an appropriate practice which would suit an individual’s needs.

Professor Rasjid Skinner shared an Islamic understanding of spiritual practice. Common themes began to re-emerge and to resonate, matters of the heart, the inner centre, inner poverty. Phrases like ‘Corpse in the hand of a coroner.’ and ‘to see the external world as a diaphanous cascade’ feed the imagination.

On a more practical level, he was keen to emphasise how a proper understanding on the nature of the self was an important one within the context of prevention and recovery:

‘Without that understanding we can be making crass misdiagnoses, an example of that being the ability to distinguish remorse from clinical depression, the former being a journey to be encouraged.’

The highlight for me was the Kabbalah workshop with Prof Les Lancaster, Professor of Transpersonal Psychology at John Moores University and President of the International Transpersonal Association. He took us on a wonderful and engaging journey through Hebrew mysticism in relation to the quest for wholeness and wellbeing. This for me added a new dimension and level of understanding to my own Christian faith in observing how the Hebrew language communicates in a living and breathing way in relation to God and the relationship we have with ourselves and with others. Professor Lancaster highlights ‘Relationship problems with self or with others are at the very core of all our suffering’. For those wishing to explore further, there is an on-line Open University and future workshops.

Other workshops included:

Dr Suzanne Heywood-Everett CCP on culture related mindfulness and eating problems,

- Terry Doyle on meditation / substance misuse,
- Isobel Clarke on mindfulness to heal the inner relationship,
- Dr Jay Lakhani on a Hindu experiential foundation to religion,
- Jayne Macgregor and Bob Bedwell on their more personal 'Voices of Experience.'

Professor Peter Gilbert also shared both his personal and more professional experience relating to how health services are looking to integrate spirituality into their approach with service users, carers and staff. As the workshops overlapped I am afraid I am not in a position to elaborate on those, but in the words of Brother Lawrence this day offered a 'Rich and enriching time, catching new insights and developing previous insights.'

The benefits of meditation when seen not necessarily as a therapy but as an art form, a discipline and a journey are many. Evidence shows that meditation helps people to think more proactively, to focus better, to see problems from a new vantage point and to deal with the problems of stress.

Meditation says Brother Lawrence, 'opens up the ground between religious and non religious traditions and becomes a way of life.'

Liz Watson added as a final word 'The test of any of this is not what ecstatic states we find but rather does it bear fruit in our lives?'

Thank you to all those involved with the preparation and smooth operation, for the lovely healthy food and for providing that extra 'med' which made for really instructive, interactive and wholesome day.

*Suzanne Heneghan*

Resources:

*Meditation and Mental Health* – an invaluable small booklet available via: Meditatio [www.wccm.org](http://www.wccm.org)

Kabbalah workshops: Prof. Les Lancaster – [www.transpersonalstudiesorg.uk](http://www.transpersonalstudiesorg.uk)  
*The Spring 2012 Meditatio Journal* on Meditation / Mental Health  
[www.mediomedia.com](http://www.mediomedia.com)

*Christian Meditation Newsletter* and other recourses can be found on-line or via: [christianmeditation@bellnet.ca](mailto:christianmeditation@bellnet.ca), International Centre for The World Community for Mediatiation, St Mark's Myddelton Sq London EC1R 1XX

## *Poem: The Fountain of Life*

God blots out all scars.  
Each inch of John's wrinkled, dishevelled face  
is touched gently, noticeably -  
the black segments encircling John's eyes  
are scooped out slowly by God's purifying hand.

John's darkened grains had multiplied to excess,  
his inner torment:

"How did I do this? " "How could I have done this? "

*The Scream* cursing, self-scars vibrating  
can be healed simply by the touch of God's victorious hand.

God's water, a single drop purges, eradicating past tenses.  
All one's inner regrets allowed to fall  
into His flow, His fountain of endless, everlasting water -  
washing, cleansing

A river with a pure, secret, gold whisper:  
"Step forward, my child,  
No scar, no memory will now haunt you  
A new life, with My guidance awaits you. "

*Claire Stone*

Edvard Munch *The Scream* painting. See back cover

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Meanwhile, Thank you for all your contributions - they are absolutely essential! No offerings - no newsletter! See p19 for 'How to' send material. Next BA due out 1 September. Material to the editor by 15 August, but asap is always more helpful & inclusion of submissions more likely.

# *The Barnabas Group Makes the Web!*



A few months ago, the Barnabas Group at Rossmore Road received a visit from Marlon Nelson, Community Ministry Research and Support Officer for the Diocese of London.

He interviewed Sr Theresa Pountney and Rev'd Graham Buckle and produced a feature which appeared on the London Diocesan website which is called *Ministry Matters* at irl: (good luck!)

<http://communications.london.anglican.org/ministrymatters/wp-content/uploads/2012/04/The-Barnabas-Group.pdf>

What you see is substantially how it appears on the web site, although of course, we cannot manage colour for the photos!

The Barnabas Group Drop in was established about a decade ago to provide a quality, friendly and flexible service to people suffering from mental health issues. Whilst this is still the strong core of the work, the flexibility of the activities provided has enabled and “allowed” others with different support needs (and apparently none) to attend and participate. The drop in is open twice weekly.

The Rev'd Graham Buckle (St Paul Rossmore Road) said:

*“It’s a risky business having mental health groups meeting in your*

*church centre every week. We've had experiences with people coming in, and disrupting worship initially this was disturbing to some worshippers but we all now know that these are the very people that we must listen to and welcome".*

The Barnabas Group Drop in was established about a decade ago to provide a quality, friendly and flexible service to people suffering from mental health issues. Whilst this is still the strong core of the work, the flexibility of the activities provided has enabled and "allowed" others with different support needs (and apparently none) to attend and participate. The drop in is open twice weekly.

On an otherwise cold and blustery day the first thing that you notice on entering the church is both the warmth of the atmosphere (...a warm church, yes there are some in existence) and of the reception / welcome. The welcome is delivered by a volunteer; it is not rehearsed and on the day of the visit was clearly made several times, as there were a number of people there.

The second thing that strikes a chord is the fact that it is difficult to determine who is who (volunteer, guest or staff), this offers a sense of safety, comfort and security and allows the stranger to "fit in" easily and seamlessly. The only person that was readily identifiable was Church Army Officer, Sister Theresa (Pountney) who established the work and now leads it.

*We encountered people in some really difficult places including on a tower block window ledge.*

*Sr Theresa*



The Barnabas Group operates in North Marylebone an area which has high levels of deprivation. In recognition of both the challenges and opportunities this presented, the parish team sought to determine how best to engage.

The journey took them through a period of prayer and series of meetings during which a mission dinner was scheduled.

As this process developed it became apparent that the area had a high proportion of people living with very acute needs (there are two hostels in the

locality) and the suggestion for the drop in for people living with mental health needs was made.

*This place gives me an anchor, it's a solid base. Some other services are far too structured and often are not for me. I can come here and be myself in a nice environment*

*Kirsty*

Sister Theresa:

*In the early days we only offered one session per week and we saw people in some really difficult places, including quite literally on a tower block window ledge. We knew that it wouldn't be easy BUT felt called to doing this work.*

Almost as a throw away she adds that they were successfully able to safely get the person down off the window ledge.



The Group is a part of the [Association for Pastoral Care for Mental Health](#) and initially opened once a week, moving to twice weekly when small amounts of funding and income became available. The sessions are flexible and for the most part informal, with discussions, social activities, “chill out” space being complemented by visits from doctors and health visitors etc.

The project leadership is determined to be alongside people and to continuing to offer safe, supported space where there are people to listen and offer hospitality. On Monday afternoons quite a few visitors stay on for evening prayer and some have come to join worship on Sundays.

St Theresa continued:

*It's a risky business but also very rewarding. On one occasion a man got up and started swearing and ranting at God and then stormed out of the church. The congregation were really shocked and truly worried about what had happened to him. Two weeks later he was back and asked to speak during the notices – another tricky situation to handle*

*and manage! He stood up, explained that he was not well, apologised and said how grateful he was to the church community – for their support and prayer. He is the sort of person we must listen to and welcome into our churches.*

*The work has continued successfully creatively utilising minimal budgets but it has great resolve from its volunteers. This is great for me to be involved in as I can actively give something back. Some days I only make tea and refreshment, in some sessions it's just about talking and chatting. I now believe that I'm doing something worthwhile.*

Rev'd Graham Buckle:

*During the course of the summer some folk went on holiday together and over Christmas a special tea was put on, two of the regulars came up to me and said 'Thank you so much, we were thinking of ending it all, but it's changed us'*

The Barnabas Group is truly a safety net for many people who drop in.

For more information about the running of the service contact:

Sr Theresa 0207 724 8517 or Rev'd Graham Buckle 0207 262 9443

**St Marylebone Mental Health Support Group**  
meets on the 1st and 3rd Fridays of each month.

Welcoming Cuppa at 10.30am

Meeting begins 11am & ends about 12.30

*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.*



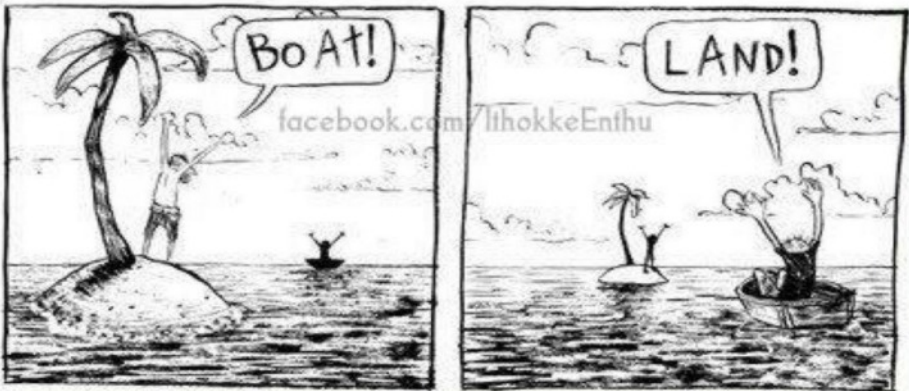
## *Laughing John - and a not so gentle workout*

New BA chair Jon Dean told us that according to Cicero a man who starts the day with a laugh has achieved something. The Roman philosopher must have had Laughing John in mind. Some of his jokes were similarly ancient, but did he put us through our paces. Fuelled by enough deep breathing to sing the Wagner's entire Ring cycle – more than once I swear we were on the cusp of hyperventilation - we rocked, we rolled, held hands with our neighbour and flung our arms up and over as if our life depended on it. And that was only the warm-up.

Yes, of course we all knew that laughter is the best medicine, but John was taking no chances and continually reminded us that we were releasing those feel-good endorphins and treating ourselves to deep down relaxation. Sensing resistance was useless when John instructed us to smile, we smiled – and chuckled, giggled and guffawed at each other. The session felt like a marathon with Mo Farah and although later no one reported that aches and pains had been cured, in terms of energy expended and calories consumed, it left last year's delightful exercise workout with Brenda Meadows standing.

Mercifully, we were given a few minutes occasional respite - meditation, John termed it - otherwise we might not have survived. But we did – and boy, were we ready for our lunch.

*Roz D'Ombraïne Hewitt*



## *Rev'd Canon Andrew Wilson:*

On Monday 2 July, Rev'd Canon Andrew Wilson is celebrating 40 years of ordination at a Mass held in St John the Evangelist, Upper Norwood.

We are greatly indebted to him for his work over the years for BA / apcmh since he became Chaplain at Warlingham Park Hospital. He has been very supportive to all he comes in contact with, both sufferers and carers alike.

He has spread the word by holding conferences, speaking at conferences and running training sessions for prospective volunteers. He has done so much for Croydon apcmh and still helps in retirement.

He is one of the most selfless, caring people I have ever had the privilege of meeting and all associated with Andrew over the years wish to pay tribute to him for all he has done.

Many thanks, Andrew!

*Pam Freeman*

on behalf of the National Committee.

*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.*

## *Reprise: Can You Help?*

Déjà Vu? Correct. This was in the last issue, but worth repeating.

My name is Tracey White and I am a year 3 mental health student in Plymouth. I am doing my dissertation on collaborative working partnerships between the Churches and mental health services, and wondered if you could help with any experiences you might have had - good or otherwise? Many thanks.

Tracey is a Christian, is training to be a MH Nurse, has been a sufferer and is 'passionate about all three angles'.

If you have anything you think Tracey can use in her dissertation, get it to the Editor in a sealed envelope marked 'Tracey' and I'll forward it on. Or you can email her: [tracey.s.white@students.plymouth.ac.uk](mailto:tracey.s.white@students.plymouth.ac.uk)

# *The Who & What of B.A.*

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(020) 7724 8517 [www.beingalongside.org.uk](http://www.beingalongside.org.uk)

*'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.*

UK Registered Charity: 1081642

UK Registered Company: 3957730

At the time of writing, this is the most expensive painting in the world - how much is an image of pain worth?

