

Mental Health Chaplaincy in Cambridgeshire, Fenland and Peterborough

valuing and nurturing the human spirit



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Love Autumn!

Autumn's Glow by Marilyn Lott

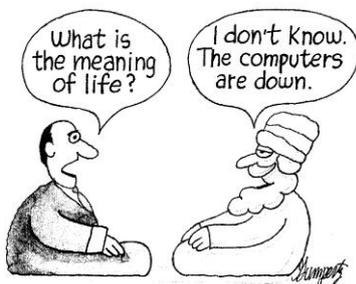
There is something about autumn
 That brings out such earthiness
 Gold leaves adorn bushes and trees
 Like an artist with a brilliant brush

Once the leaves dry on the trees
 Then the wind begins to blow
 It's a special time of year for me
 Because I love autumn so

The cold dry air it seems
 Prepare the leaves to fall
 Mother Nature's special time
 Yes, it's the best of all

What a dazzling way to end
 The year as winter nears
 The way leaves let loose
 And drop like nature's tears

Oh yes, I love those golden days
 Dreamy with autumn's glow
 It makes me smile because I do
 Love the season of autumn so!



See the deeper me

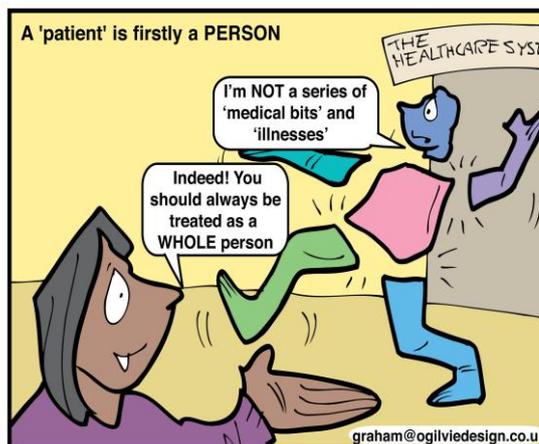
It's good that the new Bishop of Ely, Stephen Conway, is out and open about his own mental health challenges. This gives permission for so many more of us to do the same. It certainly gives someone like me a chance to ask the vicar who told me he didn't think there were any people in his congregation with mental health problems to think again. And why? Because all people have a right to feel and to be included in the whole of life and all that life offers at its best. But if, despite longing to explore and acknowledge that deeper part of you in a form of religious affiliation, you only find that you have to hide something about your identity, experience and knowledge which could be used in service of others, what good is that? It certainly diminishes the quality and nature of your recovery.

It's the same with human sexuality. We're called to give and to experience love, sometimes intimately. But for some of us we experience this kind of love within a gay relationship, for example. And whereas that can be as good, exciting and life-affirming as any solid attachment to a loving partner, it can be a struggle bringing all that is good in this to the people and places we work, caring for others, or indeed being cared for ourselves. Whether deliberately or not, people, places, policies and practices exclude some people or leave them feeling unwanted and unaccepted and unable to share most of what makes them the valuable, unique, loving and loveable person they are.

For these reasons CPFT has set up a small working group to meet regularly and look at how the workplace can develop to better support - and inform others - of Lesbian, Gay, Bisexual and Trans (LGBT) staff in the workplace and those accessing services. Unlike other LGBT groups, this is for anyone with an interest in helping develop better support for LGBT people in CPFT rather than exclusively being for LGBT people. This is developed along a model launched by Stonewall entitled 'LGBT and Straight Allies Working Groups'. If you're interested in being involved, contact irfaan.arif@cpft.nhs.uk or call 01223 884245.

John Nicholson

MH Chaplain



OUR VALUES

Oct 19th 2011
 11-3pm

Peterborough City
 Hospital &
 The Spiritual
 Healthcare Network

To book a free
 place, call John on
 07771 787249
 or email
john.nicholson@cpft.nhs.uk

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Peterborough News and Events

29th September - St Johns, Peterborough.
Meeting of Faith Leaders:

A meeting to acknowledge the work of faith leaders in supporting the chaplaincy service. Stuart Whomsley, clinical psychologist, is providing training on Mental health Awareness as part of this event and a peer support worker will talk about Recovery. This will be followed by net working and lunch.

2nd October - Harvest festival at the Cavell Centre. Donations of non-perishable food items can be left in the box at reception during September. These are donated to St Teresa's hostel for the homeless in Peterborough

5th November - College of Ministers
The College of Ministers has invited The Mental health trust to present a mental health awareness training session for clergy and lay ministers in Peterborough. Stuart Whomsley will lead on the training and chaplaincy will support a question and answer session.

24th November 7pm - A multifaith celebration at the Cavell Centre.

1st December 2pm - Carol service at the Cavell Centre. The Salvation Army will lead the music.

Your Peterborough Chaplains



Rowena Bass
M 07749 828652
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Mary Hanna
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Mental Health Chaplaincy Training
A free training programme for local people
Six monthly sessions [6-8.30pm]
in Fulbourn Hospital Chapel, Cambridge.

Beginning on January 23rd 2012

- What is mental health?
- What is mental illness?
- Why do some people break down and what can we do to help?
- What good is psychology and psychiatry in mental healthcare?
 - What happens on the hospital ward?
- What is the place of spirituality in mental healthcare?
- What does a mental health chaplain do?
 - Can I be a volunteer?

To book your place call or email John
07771 787249
john.nicholson@cpft.nhs.uk

Friends of Fulbourn Hospital & the Community & CPFT Mental Health Chaplaincy

BEREAVEMENT PROJECT TRAINING

The Chapel, The Resource Centre, Fulbourn Hospital

"How will they cope when the Carers go?"

What might be done to help people with a mental health problem during a period of bereavement, following the loss of one or more of their significant carers, perhaps a parent?

4 sessions

November 9th 2011
January 11th February 8th
March 14th 2012

This training is free of charge

To reserve a place on the course please **email** **ginajolley@hotmail.co.uk** with your details.