

# Mental Health Chaplaincy

## in Cambridgeshire, Fenland and Peterborough

*valuing and nurturing the human spirit*



<http://creativethursday.typepad.com/.a/6a00e553c01b4b8833010535d5daac970c-pi>

### Taking hold of hope

*Lesley Gore, Volunteer Chaplain*

I am a volunteer chaplain with the Fulbourn Chaplaincy team. Once a week I visit Friends' Ward and together with one of the Occupational Therapists I lead a group of patients in an open and exploratory discussion about recovery. The number coming to the group varies each week; some have been before and some are newcomers. We base the discussion on a poem, a piece of prose, a picture, or a cartoon. On one occasion I brought in a piece of sculpture called 'Hope', which led to really interesting speculations both about its meaning and the way it had been made. The discussions often arouse quite painful emotions but the thing that I notice is the respect and gentleness with which the patients listen to and encourage each other. What an amazing thing it is that people who are suffering, who are themselves in such mental and emotional pain, yet have time to help each other. This is where I find my own hope and encouragement.

Lesley  
lesley@lawngore.plus.net

*"In the depth of winter, I finally learned that there was within me an invincible summer."*

*Albert Camus*

## What's in your hope kit?

Ok. I admit it. I want to be a radio presenter. It's a dream. I want to be a radio presenter of a programme I would call My Hope Kit. I'd invite all kinds of people, some well known perhaps, but many who are not in the public eye, but all of whom have the most interesting story to tell that anyone is capable of telling: their own story. I'd ask them to use their imagination to create a hope kit; a box to carry the objects, ideas, thoughts, memories, people, places and beliefs that helped along the way. One by one we'd work through just five of these objects in their kit and why and how it is still carried, where they found it and what it means to them. And I'd like to create an atmosphere of openness, honesty and intimacy - a rapport - with them so that they reveal as much as they feel safe to about how they arrived at this point in their lives. And more importantly, they would be able to tell me how they survived the worst of times.

We sometimes bring our hope kits to chaplaincy team meetings in Cambridge. It takes us to a deeper and more personal space in each of us and between us. It restores in us the strong sense of how we survived challenging times. But most of all it never fails to increase my respect and regard for the other person and their journey into my life, the life we share.

We talk a lot about hope in recovery. Perhaps this idea of a personal hope kit is one way, a more concrete and focused way, of making it real for ourselves.

Here's to the New Year ☺

*John*

Senior MH Chaplain, CPFT  
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## Peterborough News and Events

Rowena Bass is leaving on March 10<sup>th</sup> to take up a role in a parish church. She's one of our two chaplains based at the Cavell Centre, alongside Mary Hanna, and has brought with her a lovely, caring and musical style. We plan to appoint a new chaplain as soon as possible after Rowena steps down in March. Good luck and best wishes Rowena.

Congratulations to volunteer Joannie Harrison who has been appointed a chaplain at Peterborough City Hospital. But we won't be losing her from our team. Joannie will continue her remarkable work with The Hollies and the Gloucester Centre. Well done Joannie. 👍



Rowena Bass  
M 07749 828652



Mary Hanna  
M 07887 655713

## Even the smallest belief is powerful

*From the Hope Institute, Alberta, Canada*

Hope is a desire accompanied by confident expectation. Having a sense of hope is the foundation for ongoing recovery from mental illness. Even the smallest belief that we can get better, as others have, can fuel the recovery process. Early in the recovery process, it is possible for a treatment provider, friend, and/or family member to carry hope for someone. At some point, however, people must develop and internalize their own sense of hope.

<http://www.ualberta.ca/HOPE/>

## The Spiritual Crisis Network

Thinking wider when 'psychosis' is an inadequate description for the person and the practitioner alike



<http://singlenigerian.files.wordpress.com/2011/10/psychosis.jpeg>

It can be hard to tell the difference between a psychosis and an intense and disturbing spiritual experience. Maybe if two types of experience look similar it is because they are!

**February 23<sup>rd</sup> 2012 [2-4pm]**  
**Essex Unitarian Church,**  
**112 Palace Gardens Terrace**  
**Kensington, London**  
**W8 4RT**

### Speakers

- JIM TAYLOR, mental health practitioner and service user, will speak from his personal experience of spiritual crisis.
- ISOBELLE CLARKE, consultant clinical psychologist will supply some theoretical understanding of the new conceptualisation that leads to more hopeful and life enhancing ways of supporting people through such experiences.
- CHARLIE HERIOT-MAITLAND, clinical psychologist, will present his research which demonstrates the importance of context for determining the outcome of the experience, e.g. whether the experience has helpful or unhelpful, clinical or non-clinical, consequences.

**For Free Registration contact:**  
[info@mhspirituality.org.uk](mailto:info@mhspirituality.org.uk)

**Our website for further details on the Forum is:**  
[www.mhspirituality.org.uk](http://www.mhspirituality.org.uk)