

Mental Health Chaplaincy in Cambridge

promoting spiritual health, recovery and well being



Newsletter 1

EVENTS

December 16th 12 - 2pm **Working Together lunch** **Programme**

- New 'Power to Work' Project - Evangelia Sfyraiki
- PCT Consultation on Changes in Local Mental Health Services
- Sharing Voices Project & live performance- Bev Sedley /Lifecraft Singers
- World Mental Health Day Feedback-

*At Anglia Ruskin University, East Road,
David Building 014. Mince pies &
Christmas nibbles.*

December 20th 2 - 3pm **Carols, Songs, Readings for** **CHRISTMAS**

ALL WELCOME

*Mince pies, coffee & company
Chapel, Kent House, Fulbourn Hospital
grounds*

Living with Angels

Understanding our experiences of angels and voices

Reporting back from the Chaplaincy Conference at Fitzwilliam College, November, 2005

Our annual conference was a great success and there was a very powerful sense in which everyone there played a part in making sure it was a rich sharing and learning experience. Here are a few of the comments we've had back:

"Many thanks to you and your team for a super conference!"

"It was a good day, lots to think about and follow up. The sort of conference where things sink in over the next few days..."

"I found the balance of speakers excellent and the day as a whole thought-provoking and challenging as well as moving. The first of many, I hope!"

A group of top-class speakers got us going. The workshop sessions gave everyone a chance to safely and confidentially share their own experience of psychosis, either as an experiencer, carer, professional or friend. We began to learn something about strategies for living with visions and voices.

Thank you to everyone who participated or helped to run the day. Thanks also to our co-sponsors, the Mental Health Trust itself, Ely Diocese, the Theoria to Theory Fund, The Chapel Fund, and the many participants who made donations to help pay for the conference.

■ See www.SpiritualCrisisNetwork.org.uk
www.scispirit.com/Psychosis_Spirituality/

Chaplain's email john.nicholson@cambsmh.nhs.uk

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Exploring Spirituality



In her article ***Spiritual Acceptance*** in Openmind, Dec, 1999, Vicky Nicholls writes:

“People have diverse needs to their varying religious and spiritual beliefs and practices, which may be better met with a breaking down of barriers between

mental health services and faith communities. We would like to see this extended to include supporting individuals with a non-religious spirituality...ACCEPTANCE is key...it is vital that responses to people experiencing mental health problems from those in mental health services, faith communities, or other settings, be HOLISTIC AND ACCEPTING, and thus contain a genuine potential for healing.”

The word SPIRIT comes from an older word for LIFE FORCE or BREATH.

If you, as an individual or in a group - in a professional or community setting - would like to look at the place of spirituality in our lives, contact chaplaincy and we can help you to do so.

Something to look forward to

The next recovery forum event theme is

Wellbeing

Thursday 26th January 2006

Meadows Community Centre, Cambridge

11-3pm

Yoga

Singing & Dance

Health & beauty treatments

Indian head massage

Exercise opportunities

Craft workshops

Delicious food

Information stands

food

free

The Chaplaincy Team

What we do:

- The mental health chaplaincy team is here for you, whoever you are, and whether you have a religious faith or not.
- We offer the human touch and a personal presence. We take a non-clinical and confidential approach, which means we can be non-judgemental too.
- We aim to give high-quality pastoral care to service users and staff and to develop a deeper understanding of spirituality and mental health.

Our Values

*Recovery - Professionalism - Trust -
Faithfulness - Compassion - Loyalty -
Friendliness - Respect - Openness -
Responsibility - Devotion -
Confidentiality - Prayerfulness -
Neighbourliness*

Who we are

John Nicholson
(Full time)

Alan Goddard
(Weds afternoon- older people's wards)

Andrew Neate
(Fri or Sat afternoon - older people's wards)

Evelyne Hanley
(Community-based)



01223 218598

RALLY to keep NHS PUBLIC Dec 17

Cambridge Health Unison have called an Eastern Region demonstration in Cambridge on December 17th. Also petitions will be taken directly to Tony Blair.

<http://www.KeepourNHSpublic.com/breakingnews.php>