

Mental Health Chaplaincy in Cambridgeshire, Fenland and Peterborough

valuing and nurturing the human spirit



Congratulations Mary, Joannie and Ian Welcome the Maple Singers

. . . Lots going on in Peterborough lately. The Bishop of Peterborough came to look around The Cavell Centre, but not without first performing official duties and giving formal permission for Mary Hanna and two of our volunteer chaplains, Joannie Harrison and Ian Arnott, to help with some of the religious duties for Christians, in addition to the general work of chaplaincy. And equally exciting, this visit gave our new singing group - the Maple singers - an opportunity to perform in public for the first time. Well done them, and Rowena for making it happen!



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How do you build a wall?

“Patients and physicians have begun to realise the value of elements such as faith, hope and compassion in the healing process. The value of such ‘spiritual’ elements in health and quality of life has led to research in this field in an attempt to move towards a more holistic view of health that includes a non-material dimension, emphasising the seamless connections between mind and body.”

(World Health Organisation (WHO) 1998)

Build a brick wall without mortar and one day it will fall down. And if the wall has already fallen and you rebuild it without mortar, you might need to ask yourself what you think is the likeliest outcome? And when, instead of a wall we think about the people in our care, we need to ask how we build or rebuild their lives with them so that they will have a long-lasting recovery and a more sustainable future. What, in other words, in a holistic healthcare service, is the mortar?

I find it helps to think of every man and woman as being made of mind, body and *spirit*. And in caring for people we need to bring a clear, strong focus to all three. And even though some might steer clear of the spiritual aspect of someone’s life because the mind and body seem more straightforward to work with, that would be like building a brick wall without mortar. Spirituality is what holds a person together and makes them more resilient and mentally healthy. But it’s not spirituality in a religious sense that I am talking about here. It is the human spirit, which is strongest in those we most admire, who give to the world about them in a loving, inspiring way. After all, health, wellbeing, and a satisfying, rewarding experience of being alive is built upon a strong sense of who I am and what my life means.

Just as the wall is brick, mortar and design and it will not last or do its job unless all three are included, so too, people are mind, body *and spirit*. Holistic healthcare is built on bringing a focus to all three. And working with people on their spirituality is one of the most exciting and rewarding aspects of the work we share. If you’d like to know or to learn more, call us at chaplaincy. We’d happily help.

John

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valuing and nurturing the human spirit

Unwind at the end of the week and
refresh your spiritual batteries



STAFF MINDFULNESS REFLECTION GROUP [Peterborough]

The Sanctuary, The Cavell Centre
Second Friday of Every Month
3.30 - 4.15pm

Mindfulness: Being completely in touch with and aware of the present moment, as well as taking a non-evaluative and non-judgmental approach to your inner experience

Further information from Chaplaincy:
01733 776080

The Spiritual Healthcare Network

A professional focus on spirituality in healthcare

A good death

The ethics, the worries, the questions, our own experiences and beliefs, and the road ahead with pre-eminent guest presenter and facilitator



Dr Rajesh Munglani
On May 25th, 2011, 11-3pm

In The Cedar Room in the Lister Education Centre on the Lister Hospital Site, Stevenage [SG1 4AB]

There's no charge.
Just bring your own lunch. We'll provide a drink ☺

Further details or enquiries to John Nicholson on 01223 218598 or at john.nicholson@cpft.nhs.uk

Quiet, stillness, reflective prayer
and personal support away from
your workplace



Weekly group in Chapel Prayer Space,
Resource Centre, Fulbourn Hospital

Each Wednesday at 12.30
[for about 30 minutes].

Bring your lunch if you want to.

Further information
call John 01223 218598

“How will they cope when we 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.

**MICHAELHOUSE, TRINITY STREET,
CAMBRIDGE, CB2 1SU**

**Wednesday 18 May 2011
6.30 pm**

[Light refreshments available from 6.00 pm]

Facilitator: Geraldine Owen, Head of Psychological Services: Cambridgeshire and Peterborough Foundation Trust

Chair: David Livesey –
Chair of the Friends of Fulbourn Hospital, who have organised this event

I don't think life is absurd. I think we are all here for a huge purpose. I think we shrink from the immensity of the purpose we are here for. *Norman Mailer*