

Mental Health Chaplaincy in Cambridge

promoting spiritual health, recovery and well being

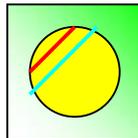


Newsletter 2

A focus on suicide

November 9th 2006
10am - 3.30pm

To book a place email
john.nicholson@cambsmh.nhs.uk
01223 218598



Organised by Mental Health Chaplaincy in
Cambridge and Cambridge Samaritans

**“Recovery is happening
when people can live well
in the presence or absence
of mental illness”**

from a MIND poster

Recovery starts here

A new local web site has been launched to promote recovery. But what is recovery about?

A different way of thinking

Recovery is a different way of thinking, one that focuses on rebuilding a satisfying and meaningful life beyond an episode of mental illness. It is perhaps more accurately described as a personal journey of DISCOVERY: discovering ways of understanding what has happened; explanations that take into account a person's experiences, their beliefs and their life - and helping them to discover that they own this understanding. Others might have some ideas that are helpful, **but it is the person him/herself who is the expert in their own story.**

Two qualities appear to be crucial in making this journey: **HOPE and OPPORTUNITY.** Without hope - if we are unable to see the possibility of a decent future for ourselves - we are unlikely to even embark on the journey of discovery.

For people who experience mental health problems there is a lot to recover from. Apart from the disabling effect of symptoms they often need to recover from the way those symptoms have been treated, including the side effects of medication and the stigma associated with contact with mental health services.

People with mental health problems have described the qualities in others that have inspired hope in them, these include:

- Believing in their potential and strength
- Valuing them as a unique human being
- Accepting them for who they are
- Listening non-judgementally to their experiences.
- Tolerating the uncertainty about the future developments in their life rather than trying to push them down a prescribed route
- Tolerating the person's challenges and defeats, accepting setbacks
- Trusting and believing the authenticity of the person's experiences
- Expressing a genuine concern for the person's well-being

Check out the web site:

www.workingtogetherforrecovery.co.uk

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Heartfelt commitment

Positive action - a community response



A new partnership of mental health trust representatives, local voluntary groups, and individual service users have committed themselves to exploring and acting together in response to the latest changes in day service provision in Cambridge.

Already, as a result -

- **Town centre churches** are exploring what action they might take together, in addition to their current levels of support

www.ronschi.co.uk

- **Free mental health awareness training** will be available to voluntary groups in June (contact John Nicholson on 01223 218598)
- **Supportive, closer links** have been established between mental health professionals and voluntary sector projects
- **NEXT TIME NEXT MEETING: May 10** (see the ad below)

One Mental Health Community

MAY 10, 2006

10.30 - 12.30

A fun creative, supportive and dynamic space for service users and service providers. . . coffee and pastries

Speakers from local voluntary organisations ■ A speed- dating style "getting to know you and your organisation" opportunity ■ News from successful local mental health partnership projects ■

St James' Church Centre, Wulfstan Way CB1 8QJ

The Chaplaincy Team

Here for you

- 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 ■ Alan Goddard
Andrew Neate ■ Evelyne Hanley



01223 218598

A theology of madness

- Multi-media
- Interactive
- Bible study & discussion
- 90 minutes (a game of two-halves)

With John Nicholson, Mental Health Chaplain & Zoe Bennett, Director of Postgraduate Studies in Pastoral Theology, Cambridge Theological Federation

☎ 01223 218598

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