

Mental Health Chaplaincy in Cambridge

promoting spiritual health, recovery and well being



Newsletter 3

FREE

Mental health training

Trainer: Jeannette Harding

1. **25 October 2006 - Huntingdon**
Mental Health and the Care Programme Approach (CPA)
What is CPA and why was it introduced? The Assessment Process and the Role of the Care Co-ordinator
2. **15 November 2006 - Cambridge (Fulbourn)**
Mental Health Awareness Training
 - An overview of common mental health problems
 - Stigma and Discrimination/ Myths about Madness
 - Promoting positive mental health and well being
 - Self Help and Recovery
3. **12 December 2006 - Huntingdon**
Recovery, Social Inclusion and Mental Health
 - What do we mean when we talk about Recovery and Social Inclusion in mental health?
 - Working together – a cycle of hope

To book, call –
Roshni Velankar, Training Administrator



01223 884219 or email
roshni.velankar@cambsmh.nhs.uk

The impact of spirituality on mental health

Spirituality is a word that means different things for different people at different times in different cultures. Although expressed through religions, art, nature and the built environment for centuries, recent expressions of spirituality have become more varied. This is reflected in the range of vocabulary used to describe spirituality. Some of the more common themes in the literature describe it using one or more of the following elements:

- a sense of purpose
- a sense of 'connectedness' – to self, others, nature, 'God' or Other
- a quest for wholeness
- a search for hope or harmony
- a belief in a higher being or beings
- some level of transcendence, or the sense that there is more to life than the material or practical, and those activities that give meaning and value to people's lives.

Spirituality can affect a person's coping styles and how well they live with their perceptions. It can also provide access to a network of social support and increase *social capital* (a sense of belonging, trust in others, and feeling trusted), both of which are widely acknowledged to promote and sustain emotional and psychological wellbeing

Taken, with slight adaptations, from
"The impact of spirituality on mental health"

A report written by Dr Deborah Cornah on behalf of the
Mental Health Foundation.

www.mentalhealth.org.uk

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Friends of Fulbourn and the Community

Annual General Meeting

"Suffering Insanity"

7.00 p.m.

Wednesday 11 October 2006

St. John's Church Hall, Hills Road, Cambridge

Guest Speaker: Professor Robert Hinshelwood

Presiding: The Bishop of Huntingdon

Help is at hand

*A resource for people bereaved by suicide
and other sudden, traumatic death*

A guide aimed at the wide range of people who are affected by suicide or other sudden, traumatic death. It aims firstly to help people who are unexpectedly bereaved in this way. It also provides information for healthcare and other professionals who come into contact with bereaved people, to assist them in providing help and to suggest how they themselves may find support if they need it.

Web address: <http://tinyurl.com/kag2n>

Or write to:

DH Publication Orderline

PO Box 777

London SE1 6XH

Telephone: 0870 155 54 55

Fax: 0162 372 45 24

The World Health Organisation estimates that there are one million suicide deaths each year, representing 1.4% percent of the total global burden of disease; more people die by suicide each year than are killed by homicide, wars and terrorist attacks combined. The lifetime risk for suicide among people experiencing a mood disorders (primarily depression) is 6-15%, while for schizophrenia the risk is 4-10%. A national audit in the United Kingdom found that 25% of those who die by suicide have been in contact with mental health services in the last 12 months.

Good mental health care and mental health promotion can reduce the risk of suicide among people with a mental illness. Suicides should not be seen as a tragic and unavoidable aspect of mental illnesses. Tackling the problem of suicide amongst the mentally ill requires both health care based and public health initiatives.

See <http://www.wmhd.org.uk>

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, confidential, non-judgemental approach.

We aim to give high-quality pastoral care to service users and staff and to develop a deeper understanding of spirituality and mental health.

Who we are

John Nicholson ■ Alan Goddard

Andrew Neate ■ Evelyne Hanley

Laurel Luscombe



01223 218598

john.nicholson@cambsmh.nhs.uk



A focus on suicide

November 9th 2006

10am - 3.30pm

*Why do some people kill themselves
and what can we do about it?*

- Guest speakers
- Small groups sessions

To book a place email

john.nicholson@cambsmh.nhs.uk

01223 218598

Organised by Mental Health Chaplaincy,
Cambridge Samaritans, and Lifeline