

# Mental Health Chaplaincy in Cambridgeshire

*promoting spiritual health, recovery and well being*



<http://www.soniaromero.com/images/paintprayertree.jpg>

## Newsletter 5

### Mental Health Law & Human Rights: *Which comes first?*

Monday October 15<sup>th</sup>  
7pm - 8.30pm  
at St Paul's Church,  
Hills Road

Guest speaker:  
Professor Tony Holland,  
PPP Foundation, Chair in  
Learning Disabilities, Section of  
Developmental Psychiatry,  
University of Cambridge

World Mental Health Day, 2007  
More info: ☎01223 218598

## Poetry for Mind and Spirit

*Pioneer*  
Stan Downing

I've struck up an acquaintance with someone whose poetry inspires me and I have included his 'Pioneer' poem because, like me, you might get something meaningful from it too.

You could also try the Mental Fightclub website which aims to share strength and hope through poetry. On the site Sarah Wheeler, who has severe depersonalisation disorder and had gone through several months of ill-health culminating in a very difficult Christmas in 2002, writes: "That night I was suddenly catapulted from depression to euphoria. But I had learned that the euphoric phases could be dangerous too, so instead of going with it I picked up a book. It was Ben Okri's great meditation on the predicaments that we face as humans, Mental Fight. He seemed to be saying that if we can face these predicaments, one of them being mental illness, then we can win through."

John

Mental Health Chaplain

See <http://www.into.org.uk/mentalfightclub>

He went no further than he could not go,  
Living a life of adventure, daring to dare,  
Leading the way where others only follow.

He went to the very verge of things, to show  
Others the way to that end, knowing that there  
He went no further than he could not go.

He went to the sheer rock-fall, and saw below  
The seagulls wheeling in the ocean's glare,  
Leading the way where others only follow.

He watched the shingle caught in the undertow,  
And knew no fear, no trembling, did not despair;  
He went no further than he could not go.

He watched the waves, their steady ebb and flow,  
And stood with a brain that was open to the air,  
Leading the way where others only follow.

Sweating to the bones to get that far. And so,  
Having dared all that any man may dare,  
He went no further than he could not go,  
Leading the way where others only follow.

'Forgive, O Lord, my little jokes on Thee,  
And I'll forgive thy great big one on me.'

Robert Frost

To contact Chaplaincy: ☎01223 218598

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## Coming up:



- **Daily living network:**  
Sep 12 at noon [to 1ish] in the Chapel, Fulbourn Hospital
  - Daily Living is an informal, friendly, confidential support meeting for anyone who works within the local mental health community (paid and unpaid, statutory and voluntary sector alike)
- **Working Together lunch**  
Sep 14 at noon [to 2ish] in room 251 Helmore Building, ARU, East Road, Cambridge
  - World Mental Health Day information
  - The Mental Health Act
  - Networking/Information sharing
- **Mental Health Information Bus**  
8th October to 12th October
  - Touring Cambridge City, Ely and rural South Cambridgeshire.
  - Literature & information available on the bus.
  - Contact: Amanda Price, Lifecraft Campaigns Officer and SCUF Facilitator, Lifecraft, The Bath House, Gwydir Street, Cambridge, CB1 2LW, Tel: 01223 566957
- **Mental Health Law & Human Rights**  
October 15<sup>th</sup> from 7pm – 8.30pm  
St Paul's Church, Hills Road, Cambridge
  - Professor Tony Holland in an open forum
- **Arts and Minds**  
18<sup>th</sup> October, evening, Michaelhouse, Trinity Street, Cambridge
  - Guest speaker David Morris, the DoH lead on social inclusion

## Ken Kettle

Like many people, I too was very saddened to hear of the recent death of Ken Kettle from a serious illness. Throughout this time, as in the whole of his life, Ken maintained a quiet dignity, and continued to care for and about others in the mental health community and beyond. He'd been a part of the local scene for many years, including the days of hospital-based industries for patients. We miss him and offer our condolences to his family and friends.

John Nicholson. Chaplain.

## The place of faith and spirituality in our lives

Hunts MIND, March MIND, and Peterborough MIND have all invited Chaplaincy to help start up spirituality groups for service users. Each place has its own flavour, of course, but in each there is an intention to enable those who want to, to touch together on the key themes at the heart of human existence, from the perspective of faith and hope. As reported in Newsletter 3, these themes can be grouped as follows:

- 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.

**And food for thought in this recent letter on Faith, to The Times:**

From Letters to the Editor | The Times

*Sir, Christopher Hitchens repeats the familiar mantra that "Our principles are not a faith" ("Why religion poisons everything", times2, May 31). In common with Richard Dawkins and A. C. Grayling, Hitchens distances himself from the idea that he is a form of believer, claiming that his views are not beliefs like those of religious people but are based on reason. Thereby he privileges atheism and calls the result secular neutrality. The point that Hitchens fails to understand is that faith is not simply about giving assent to the existence of a supernatural being. Faith is infinitely more comprehensive than this. Faith is a world view, an underlying narrative to people's lives that helps them to answer profound questions to do with meaning, identity, purpose and the future. On this basis, atheism certainly is a faith and the version of it promoted by Christopher Hitchens is of the extreme fundamentalist sort.*

PAUL WOOLLEY, Director, Theos, London SW1


## The Chaplaincy Team

Here for you

We offer the human touch and a personal presence. We take a non-clinical, confidential, non-judgemental approach, and are here for you, whether you have a religious faith or not.

### Who we are

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