Cornwall Faith & Mental Health: Resource Document

Index

Page No.

Programme 3

Background to the event 4

Speakers, Presenters and Hosts for the day 5

- Cornwall Partnership Foundation Trust (CPFT)
- Department of Spiritual and Pastoral Care at CPFT
- Quiet Connections CIC
- Truro Diocese
- Transformation Cornwall
- Recovery College Cornwall (Pentreath)
- Samaritans
- Addaction Cornwall
- Kooth
- Churches Together in Cornwall Dementia Action Group
- Kehelland Trust

National and Local Organisations and Initiatives 9

- CPFT World Mental Health Day (Oct 10th) event at Lemon Quay, Truro
- Truro Cathedral service for people affected by suicide
- Cornwall Zero Suicide Alliance Free suicide prevention online training
- The Clewer Initiative
- Support After Suicide: bereavement support group guidelines
- Outlook South West
- Outlook South West Suicide Liaison Service
- CharityComms et al: A wellbeing guide for comms professionals
- Quiet Garden Movement
- Valued Lives
- Young Minds
- Cornwall Council Public Health
- Together in Sussex:
- Livability
- Pentreath Ltd
- Flourish
- Cornwall Rural Community Charity
- The Philippi Trust
- The Church Urban Fund

Further Reading 14

Where Next 15

Contact Details 16

CORNWALL FAITH & MENTAL HEALTH

A DAY RAISING AWARENESS AND PROMOTING DISCUSSION

Programme – Saturday 5th October 2019 at Truro Methodist Church

Morning Speakers

Welcome, Introductions and opening prayer.
Revd Andrew Yates and Archdeacon Paul Bryer

Understanding of local Mental Health Services
Phil Confue, Chief Executive, Cornwall Partnership NHS Foundation Trust (CPFT)

What do you think is going on? - Rev'd Kathy Brooke, Lead Chaplain Department of Spiritual and Pastoral care, CPFT.

Morning Workshops

- **Addaction Cornwall**, Susan Clark
- **Mental Health First Aid Training**, Liz Myhill, Kehelland Trust
- **Kooth** Louise Turvey, Xenzone
- **Samaritans of Cornwall at Truro**, William Essex & Gill Pipkin.
- **Paul Quiet Garden,** Nigel Haward

Afternoon Speakers

What else could quiet mean?
Stacie Clark and Hayley Stanton. Directors, Quiet Connections.

Afternoon Workshops

- **Dementia**: Bren Stuart White, Dementia Action Group, Churches Together in Cornwall
- **St Petroc's Society**
  Dave Brown, Communications Manager, St Petroc's Society
- **Cornwall's New Recovery College**
  Paul Reeve, Recovery College Development Manager, Pentreath
- **Theology and Mental Health,** Revd Martyn Pinnock, Department of Spiritual and Pastoral care, CPFT.
- **Mental Health First Aid Training**, Liz Myhill, Kehelland Trust
- **Paul Quiet Garden,** Nigel Haward

3.00 pm **Summary of learning from the day & future plans** – Rev'd Andrew Yates

3.30 pm **Close**

Background to the event

This event is an initiative from the Truro Diocese: Mission Forum group, which brings together a wide spectrum of people who are outward looking in the focus and practise of their ministry.

The Mission Forum are ecumenical and include those working on Environmental issues, Workplace chaplaincy, Poverty and many other forms of Faith based social action. Each meeting has an outside speaker and an opportunity to share updates with the rest of the group.

This day on Faith and Mental Health is a direct outcome from one of our meetings following a presentation by two of the Chaplains in the Department of Spiritual and Pastoral care at Cornwall Partnership NHS Foundation Trust. For more information about the Mission Forum please contact Andrew.Yates@truro.anglican.org

From the Mission Forum membership, today's event is hosted by Truro Diocese, Transformation Cornwall and the Department of Spiritual and Pastoral care at Cornwall Partnership NHS Foundation Trust.

The aim of the Day on Faith and Mental Health is to raise awareness and promote discussion.

TRANSFORMATION CORNWALL

NHS Cornwall Partnership NHS Foundation Trust

Speakers, Presenters and Hosts for the day

Cornwall Partnership Foundation Trust (CPFT)

Cornwall Partnership NHS Foundation Trust provides a range of mental health and physical health services to children and adults across Cornwall and the Isles of Scilly. The vision of CPFT is 'Delivering high quality care' and is supported by CARE values which are:

Compassionate services
Achieving high standards
Respecting individuals
Empowering people
https://www.cornwallft.nhs.uk

CPFT Department of Spiritual and Pastoral Care

The Department of Spiritual and Pastoral Care works alongside Trust patients, carers and staff, as they address issues of meaning, transcendence and values in mental health, learning disability and community health care contexts. These are issues for people of all religions and of none; the department works inclusively, acknowledging and affirming issues of diversity in religious and spiritual beliefs and practice.

We're to help people with a mental health problem, including dementia, learning disability or loss of capacity with:
Questions of meaning and purpose (e.g. what is my life for? why am I here? what is being human? why do I suffer?).
Questions of transcendence (e.g. is there a God/greater being or force? what happens when you die? what can I become?).
Questions of value (e.g. do I matter? is my worth affirmed?).
Questions of ethics and morality (e.g. are good and evil real? what is the effect of my behaviour on others and of their behaviour on me?).
Questions of religion and ritual (e.g. how do I express my deepest feelings, personally and with others? - this may include traditional forms of religious worship or the exploration of other forms of self-expression; where is my local chosen place of worship/faith community?)

Contact: 01208 251300, cft.chaplain@nhs.net or cft.spiritualandpastoralcare@nhs.net
Alternatively, you can ask your care-coordinator to contact us on your behalf.

Quiet Connections CIC

Changing the culture of shame around those of us who are quieter, by speaking the unspoken and reframing 'quiet'. Quiet Connections supports people to grow their confidence when they are feeling socially anxious, shy and not good enough. We believe no one should feel alone, 'broken' or ashamed, the way we did.

Quiet Connections have kindly loaned their #ReframeQuiet Exhibition to this event. The exhibition was created within the safe spaces of Quiet Connections' community groups; 'Team Quiet' expresses their experiences of feeling socially anxious and their journey's towards self-acceptance, through individual and group made pieces of artwork. Asking you to look beyond a person's behaviour, and to get curious about what's beneath it.

Contact details: hello@quietconnections.co.uk,
Website: www.QuietConnections.co.uk

Truro Diocese

The Diocese of Truro includes over 300 churches in more than 200 parishes across the whole of Cornwall (plus two in Devon) and the Isles of Scilly, an area of 1,370 square miles.

The over-arching vision for the Diocese of Truro is to 'Discover God's Kingdom and Grow the Church'.
https://www.trurodiocese.org.uk/

Transformation Cornwall

Transformation Cornwall is an ecumenical Christian charity.
Our mission is to 'Strengthen faith based social action in Cornwall.'

We work in three main ways:

- Providing conferences and workshops giving networking, support and information through our 'Meet the Funders' programme.
- Supporting individual groups and organisations through our 1:1 work to inspire, inform and signpost.
- Strengthening links between faith and mainstream organisations.

Contact: jane.yeomans@transformation-cornwall.org.uk
https://transformation-cornwall.org.uk/

Recovery College Cornwall

"Enabling recovery through learning, hope, and opportunity"

The Recovery College for Cornwall has been developed through a partnership of Pentreath Ltd, Cornwall Partnership NHS Foundation Trust, Cornwall College, Cornwall Council, Café Chaos, The Rotary Club, Invictus Trust and other 3rd Sector Partners.

Initially, the project is a three-year pilot funded through The European Social Fund and aims to support recovery from mental ill health through learning, encouraging people to be the agents of their own recovery and moving them from 'patient' to 'student'.

The courses are open to anyone with mental ill health who is unemployed. We have a nucleus of courses focusing on understanding mental health with further vocational and wellbeing courses being developed over the pilot period.

The project is led and delivered by people with lived experience of mental ill health alongside educational and mental health professionals.

Contact: **paul@pentreath.co.uk**
Website: **www.recoverycollegecornwall.org.uk**

St Petroc's

We believe homelessness shouldn't be an issue in our society today.

We're working to end street homelessness in Cornwall by providing accommodation, support, advice, training and resettlement services to single homeless people.
Contact: Dave Brown, St Petrocs 01872 260948
www.stpetrocs.org.uk

Spaces in Between

We are St. Pol de Leon Church in Paul village close to Mousehole., West Cornwall. We are one of four churches in the Penlee Cluster of churches.

The Spaces in Between project has evolved over a number of years all due to the inspiration and drive of individuals in the congregation under the guidance of the PCC and our Priest in Charge, Revd. Andrew Yates.

The Quiet Garden area was originally a grave yard but the headstones were removed to the side some time ago. We have incorporated areas for outdoor worship, storytelling, events, a modern sculpture and simply for being in God's creation. Many people say that this is a 'thin' place close to God. The 'project ' is ongoing and we are keen to welcome groups who have the need for this kind of space in a busy world. It is very much a community area used by non-church people, visitors and regular dog walkers.

www.penleecluster.org.uk
http://quietgarden.org/gardens/spaces-in-between/
Contact Judith Byrne: byrnepj2@gmail.com

Samaritans of Cornwall at Truro

Samaritans of Cornwall at Truro responds to around 40,000 calls, emails, texts and face to face communications every year from people in distress or at crisis point. Our volunteers are highly trained in active listening, supporting clients with the issues they are facing in a non-judgemental way. We don't give advice, just help the callers explore their issues including suicidal feelings. Through our support, we hope that people find a way to cope for the next hour, day or week.
www.samaritans.org/branches/truro

Addaction Cornwall

Part of National Addition, we help people change their behaviour to become the very best that they can be. It could be their drug or alcohol use or worries about their mental health – we support people to make lasting change in their lives.
Addaction deliver 81 services across England and Scotland. In 2017 we supported 140,000 people.
We work with adults and young people, in community settings, in prisons, in residential rehab and through outreach.
We believe that everyone can change and we support them to do it.
https://beta.addaction.org.uk/services/addaction-in-cornwall-truro/

Kooth Counselling: (kooth.com / Xenzone Ltd)

Xenzone use technology to create new ways for people everywhere to access the very best mental health support and treatment.
For more than 17 years, Xenzone has helped improve the lives of children, young people and adults by connecting them with clinicians and each other in safe, supportive online communities.
Xenzone deliver Kooth which provides free, safe and anonymous online support for young people between the ages of 11-19. Through Kooth, young people in Cornwall have access to a free blended counselling service. The service offers confidential face-to-face counselling through schools and young people's centres across Cornwall. It also includes a free online counselling and support service provided via Kooth.com's website staffed by a team of qualified counsellors.
https://xenzone.com/
www.kooth.com

Churches Together in Cornwall Dementia Action Group

We visit places of worship, at their invitation, to raise awareness of dementia, in its many forms. This we do by presenting the Alzheimer's society 'Dementia Friends' information and awareness session. We also offer support in meeting the practical and spiritual needs of those living with dementia and their loved ones.
Contact: Bren Stuart White: Brenswhite53@gmail.com
or Christine Todd: christine@mjcmtodd.plus.com

Kehelland Trust

The mission of Kehelland Trust is: 'To provide a rural, horticultural setting for the support of young people and adults with learning and, or physical disabilities, developing personal and social skills, individual opportunities and active participation in the local community'.
https://kehellandtrust.org.uk/

National and Local Organisations and initiatives

Cornwall Partnership Foundation Trust (CPFT) World Mental Health Day event: 'Let's Talk Mental Health'

Join CPFT, Rethink, The Recovery College, Mind Cornwall and partners to celebrate World Mental Health Day, Thursday 10th October. 10am to 3pm. Lemon Quay, Truro

Truro Cathedral service for people affected by suicide

Truro Cathedral held the fourth annual Service of Reflection for People Affected by Suicide on Sunday the 8th September 2019, the closest Sunday to World Suicide Prevention Day which is on 10th September each year. This annual service is for anyone that may have been affected by suicide – those of all faiths or none, all are welcome. This event is the outcome of collaboration between Truro Cathedral and Outlook South West's Suicide Liaison Service, involving Cornwall Council Public Health, Cornwall's Samaritans, the South West Zero Suicide Collaborative and Cruse Bereavement Care.

Free suicide prevention online training

The Zero Suicide Alliance has published its new free online training course, that will teach you how to recognise the warning signs and safeguard someone that could be contemplating suicide – It only takes 20 minutes to complete, and is completely free.
Find it online at the Zero Suicide Alliance website.

The Clewer Initiative

The Clewer Initiative enables Church of England dioceses and wider church networks to raise awareness of modern slavery, identify victims and to help provide victim support and care.
https://www.theclewerinitiative.org/

Clewer have particularly highlighted the need to 'slavery proof existing church and community projects' – making sure that those who are most vulnerable are protected from the risks of being drawn into slavery. The Clewer Initiative are included in this resource pack in recognition that some of the reasons that people may be vulnerable to being trafficked are as a result of drug or alcohol dependence, family debt, poverty, discrimination, mental or physical health, violence and homelessness.

Support After Suicide

Have developed guidelines for delivering bereavement support groups, edited by Alison Penny of the National Bereavement Alliance and Anne Embury, Support After Suicide Partnership (Outlook South West's Suicide Liaison Service Lead for Cornwall & Isles of Scilly).

A comprehensive guide, informed by the national Bereavement Care Service Standards (BSA & Cruse Bereavement Care 2014), for individuals or organisations wishing to set up and deliver a bereavement support group for adults.

Who are they for?

Voluntary groups or statutory agencies who would like to deliver a support group for those facing any type of bereavement whether facilitated by volunteers, people with "lived experience" of grief and loss, or professionals, such as counsellors or nurses.

What do they cover?

What should be in place to deliver a safe and effective group, different types of groups and other key points to consider, including sections for specific recommendations for different types of bereavement, such as suicide. There is also a section which addresses legal requirements which apply to all service providers, whether voluntary or statutory, in the UK.

How to access a copy?

To order a hard copy, email info@supportaftersuicide.org.uk

Outlook South West

Outlook SW run psychological therapy services are for people aged 16 and above in Cornwall and the Isles of Scilly.

If you are registered with a GP practice in Cornwall, you can access our NHS-funded therapies for mild-to-moderate anxiety and depression.

http://www.outlooksw.co.uk

People can self-refer online or telephone 01208 871905 between 9 a.m. and 1 p.m. on weekdays.

Outlook South West Suicide Liaison Service

This is a specialist service developed to support adults over the age of 18 years who have been bereaved by suicide. The NHS in Cornwall has commissioned Outlook South West to provide support following a death that may reach an outcome of Suicide at Inquest, in order to provide emotional as well as practical support, and assistance with the Inquest process.

The service is open to adults over the age of 18 years who have been affected by suicide. If you or someone you know would like to access this free service you can call us direct on (01208) 871905, or referrals can be made by your GP/health professional. The service also runs 8-week bereavement by suicide courses/groups across Cornwall. If you would like more information on these, call (01208) 871905 to find out when the next course is likely to be delivered in your area.

http://www.outlooksw.co.uk/suicide-liaison-service

A wellbeing guide for comms professionals

Kirsty Marrins and Lightful have collaborated on a new guide for CharityComms, designed to protect the mental health and wellbeing of charity professionals. You can read the guide here:

https://www.charitycomms.org.uk/wellbeing-guide

Quiet Garden Movement

The Quiet Garden Movement nurtures access to outdoor space for prayer and reflection in a variety of settings, such as private homes, churches, retreat centres, schools and hospitals – and creates opportunities for people to experience silence, restfulness and contemplative practices, with regular quiet days and retreats being offered in many Quiet Gardens. There are over 300 Quiet Gardens worldwide, see the website for a searchable map. https://quietgarden.org/

Spaces in Between: Quiet Garden set in an ancient churchyard of St Pol de Leon Church at Paul near Penzance http://quietgarden.org/gardens/spaces-in-between/

Tremorran: Back to the Garden: Quiet Garden set in the grounds of Tremorran which was built as a mine captain's house at the turn of the 1900's. There is a maze of paths perfect for prayer walks, separate gardens to discover on the walks…. www.quietgarden.org/gardens/tremorran-back-to-the-garden

Valued Lives

Valued Lives, the mental health charity is commissioned by NHS Kernow to "fill the gaps" in statutory service provision. The Vision of Valued lives is 'Empowered people, leading a fulfilled and meaningful life at home'. Valued Lives are based in Camborne and cover the whole of Cornwall.
http://www.valuedlives.co.uk

Young Minds text crisis support

Young Minds has launched a National text support service for young people in crisis. Where it can be hard to actually speak to someone, texting can be easier, so this service aims to provide support by this means, if that's a way that young people find useful.

The service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258.

You can find out more about it on the Young Minds website.

Cornwall Council Suicide Prevention and mental wellbeing material from Public health

Cornwall Council are in the process of centralising all of our suicide prevention and mental wellbeing material into one sub-section of the website which will be hosted here: https://www.cornwall.gov.uk/mentalhealth. Cornwall Council also co-ordinate a bi-annual Towards Zero newsletter: https://www.cornwall.gov.uk/health-and-social-care/public-health-cornwall/towards-zero-suicide-newsletters/

Samaritans media Guidelines

The Samaritans lists Media Guidelines and best practice tips for reporting suicide and self-harm safely.

Download the Samaritans Media Guidelines here:
www.samaritans.org/about-samaritans/media-guidelines

Together in Sussex

Together in Sussex is helping churches and communities across Sussex respond well to those experiencing poor mental health. Together in Sussex have a number of useful resources including their Faith and Mental Health report: https://togethernetwork.org.uk/uploads/shared/A4-Report-Faith-and-Mental-Health-Sussex.pdf
They have also produced a useful Mental Health Sunday worship booklet for World Mental Health Day (10th 0ctober 2019) contact Elle Weaver at Together in Sussex for a copy Elle.Weaver@chichester.anglican.org

Together in Sussex have also produced a useful Mental Health Sunday worship booklet for those wanting to hold a service for World Mental Health Day 2019 (Oct 10th). Contact Elle at Together in Sussex for a copy Elle.Weaver@chichester.anglican.org
www.togetherinsussex.org.uk

Livability

Livability is the disability charity that connects people with their communities. We run disability care services and community projects for all ages. Together with the people we support, we put the elements in place that all add up to livable lives and communities.

Lifting the Lid is a six-week Bible study course focused on faith and mental health.

Created with small groups in mind, drawing on well-known Bible stories, it's a free study resource to help churches explore the topics of emotional and mental wellbeing, using the Bible as a guide.

Get a free copy of Lifting the lid www.livability.org.uk/resources/lifting-the-lid

Pentreath Ltd

"Promoting good mental health through personal development, education and employment"
Pentreath Ltd. Exists for people living with mental health and emotional difficulties. Pentreath offer support to help people believe in their own potential and achieve their vocational goals, whatever challenges they face.

Pentreath is an award-winning Cornish charity that was founded in 1991 and offers a unique approach to support. Many of our team have lived experience and our projects are designed with recovery as a focus.
www.pentreath.co.uk

Flourish

Flourish Inter-Churches Suicide Prevention initiative formally started in 2013. Flourish aims to support churches to develop a focused and shared approach to addressing the needs of vulnerable people and people affected by suicide and to develop and provide appropriate training and good practice guidelines for clergy, church leaders and pastoral teams. Flourish is a partnership between Lighthouse Ireland and clergy from across churches in Northern Ireland. The initiative has been developed in partnership with and supported by the Northern Ireland Public Health Agency.
Flourish have an excellent website with a comprehensive library of resources:
http://www.wewillflourish.com/

Cornwall Rural Community Charity (CRCC)

CRCC administer a Mental Health Self-Help Group Grant which is available to groups of people aged 16 and over throughout Cornwall and the Isles of Scilly who wish to set up and run self-help initiatives for people who have experienced, or are experiencing, poor mental health or mental illness. Groups can currently apply for up to £1250 per year for running costs, e.g. meeting room hire, refreshments, group outings, etc.

The Philippi Trust

The Philippi Trust is a registered charity with a team of professionally trained counsellors offering confidential individual and relationship counselling across Cornwall.

The Philippi Trust is a Christian organisation, which welcomes people of any religious beliefs or none.

Contact: 07791 753 777 cornwall@philippitrust.com
www.philippitrust.com/centre-locations/cornwall-counselling-centre

Church Urban Fund

The Church Urban Fund have a vision to see people and communities all over England flourish and enjoy life in all its fullness. They work through the Church of England's local parish networks, and alongside other faith-based and secular organisations, to bring about positive change in neighbourhoods.
www.cuf.org.uk

Further Reading

Churches Together in Cornwall Dementia Action Group:

Suggested resources:

Printed material:

- John Swinton: Dementia: Living in The Memories of God
- Petals of Prayer: Prayers reflections and resources – Siobhan O'Keeffe
- Fresh Air on My Face: Jane Gilliard and Mary Marshall
- Spirituality and Personhood in Dementia: Edited by Albert Jewell
- More than Body, Brain and Breath: Eileen Shamy

Free online booklets from Methodist Homes (MHA) in England:

- Growing Dementia Friendly Churches (by Margaret Goodall and Gaynor Hammond)
- Spiritual Care and people with dementia: a basic guide (by Margaret Goodall)
- Worship and people with dementia, including a service outline (by Margaret Goodall, Gaynor Hammond and Laraine Moffit)
- Visiting people with dementia: Suggestions for Christian visitors

Also, from MHA: Book: Gaynor Hammond: Growing Dementia- Friendly Churches
Joanna Collicutt: Thinking of You: a resource for the spiritual care of people with dementia

On-line resources:
Jennifer Bute: www.gloriousopportunity.org
From Livability:
https://livability.org.uk/dementia-friendly-churches-guide/
https://livability.org.uk/wp-content/uploads/2019/05/Travelling-Together.pdf
www.spiritualityanddementia.org
https://www.thegiftofyears.org.uk/
You Tube videos of John Swinton

Information about Dementia and support organisations:
https://www.alzheimers.org.uk
https://www.dementiauk.org
https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/dementia/understanding-dementia/
https://dementiaroadmap.info/cornwall/#.XPps8_ZFyUk
On- line free courses: https://www.futurelearn.com/courses/ Search Dementia

Where next?

We are not intending for this list to be exhaustive; we're hoping that people attending and reading about this work will connect and develop their own ideas…..

- Join the Don't flush your life away campaign https://www.cornwall.gov.uk/media/38681567/dont-flush-your-life-away-a3-posters-2018.pdf
- Support CPFT 'Let's Talk Mental Health' event for World Mental Health Day Oct 10th at Lemon Quay, Truro 10:00-3:00pm
- Contact Support After Suicide for a copy of their 'Guidelines on Delivering Bereavement Support Groups' booklet to look at developing a bereavement support group in your area, for a hard copy: email info@supportaftersuicide.org.uk

- View the art exhibition #ReframeQuiet at Truro Methodist Church (4th – 10th October 2019).
- If you'd like to be a future host of the #ReframeQuiet exhibition, contact Quiet Connections: www.quietconnections.co.uk
- Support future Truro cathedral services for people affected by suicide
- Hold a service for World Mental Health Day 2019 (Oct 10th). Contact Elle at Together in Sussex for a copy of their Mental Health Worship Booklet Elle.Weaver@chichester.anglican.org
- Develop future events promoting World Mental Health Day https://www.mentalhealth.org.uk/campaigns/world-mental-health-day
- Attend Cornwall Council Public Health: Towards Zero event on the 10th October (5:30-8:30pm) – details and registration here: https://www.eventbrite.co.uk/e/towards-zero-suicide-falmouth-2019-tickets-69398882927

- Download the Samaritans Media Guidelines and best practice tips for reporting suicide and self-harm safely. www.samaritans.org/about-samaritans/media-guidelines

Contact

If you'd like to work together to develop and strengthen future work in the areas of faith and mental health please get in touch:

- Rev'd Andrew Yates, Social Responsibility Officer at Truro Diocese
  srotruro@btinternet.com
  www.trurodiocese.org.uk/resources/social-action

- Jane Yeomans, Project Manager at Transformation Cornwall
  jane.yeomans@transformation-cornwall.org.uk
  www.transformation-cornwall.org.uk

- Claire Burgess, Chaplain at Department of Spiritual and Pastoral Care CFT
  claire.burgess11@nhs.net

This event has been generously funded by
The Diocese of Truro and Cornwall and Isles of Scilly Methodist District

DIOCESE OF TRURO
DISCOVERING GOD'S KINGDOM
GROWING THE CHURCH

Cornwall and the Isles of Scilly
Methodist District