

Advance booking is essential

Places remain at time of going to press but workshops are allocated on a first come first served basis

Culture, Community and Consecration

Mental Health and the Exploration of Faith

2 February 2010, 9.30 -4.00, cost: £25 including lunch,
reduced rate for service users: £10

Venue: The Riverside Centre, Pride Park, Derby, DE24 8HY

This conference will be opened with a live performance by **Mysteries drama group**, a service user group from Lincoln.

The keynote speaker- please note the change-is the **Venerable Arthur Hawes**, Co Chair of the Interfaith Forum for Spirituality and Mental Health, Chairman of East Midlands Regional Development Centre of the National Institute for Mental Health in England, Chair of the Church of England's Mental Health Advisory Group, and member of the Archbishops' Mission and Public Affairs' Council.

Full details about the interactive workshop choices and booking forms can be downloaded at: www.faithinderbyshire.org or are available through the post from Social Responsibility Office: tel: 01332 388684.

Please book in advance as we cannot accept additional delegates on the day

Inform your pastoral work and reflect on how to become more inclusive with the services you deliver by attending this conference.

This conference targets those involved in pastoral visiting, youth work, community work, project work or your welcome team / stewards. The event is open to Church leaders, faith group leaders, service users, carers and people working in mental health.



WORKSHOP OPTIONS

Culture, Community and Consecration Conference, 2 February 2010

Mental health ABC with questions and answers Richard Crowson, Andrew Brooks
Richard and Andrew are both GPs and parishioners in St Alkmunds, Derby.

When faith becomes the problem Ruth Layzell

Ruth is a BACP accredited independent counsellor who often works with people of faith including ministers of various denominations. Her workshop will be experiential in style and aims to explore when faith becomes detrimental to mental health and how it may become a resource. This workshop may be of particular interest to clergy and church leaders but has wide application.

Cross Cultural Issues In Mental Health. The Invisible Veil Michael Sserunkuma

Michael has been head of Chaplaincy in Reading Acute Trust for 9 years. Up until recently his work included mental health in the community. He has been a parish priest for 20 years in Wales and Uganda. He intends this interactive workshop will help local people engage with emerging culture which comes with the movement of people.

Know your rights: the welfare rights system Lois Race

Lois is Principal Welfare Rights Officer for Derbyshire County Council. She has worked in the field of benefits advice for 19 years as an advisor and trainer, and now manages the team of County Council staff that offer benefits and tax credit advice across the county. She and her family live in Belper and are members of St Peter's Church. This workshop offers an overview of the social security benefits that may be appropriate for those experiencing mental ill health - the session will cover the basics and aim to give you some useful information plus suggestions of where specific advice can be obtained when necessary. No previous knowledge assumed! The workshop consists of a presentation followed by time for questions and discussion.

Is Mental Health a justice issue? What do you think?

Dr Joe Mairura, Justice and Peace Commission

Joe is Director of *Imara Development Programmes Ltd*; an Independent Health and Social Care Consultancy. His background includes: Community Development, Teaching, Mental Health Nursing, Social Work and Social Work Management. Joe has spent the last 25 years working within adult health & social care across the NHS, local government and the 3rd Sectors respectively. Joe is currently a member of the Nottingham Catholic Diocese Justice & Peace Commission, Trustee of Ruach Care and Centre for analytical Research and evaluation (*Careif*). He is the lead for the latter's Africa Programme.

This workshop will be a mix of didactic, interactive, reflective styles aimed at people with experience of mental illness, professionals from all three sectors, pastors/clergy,

carers and those with knowledge of, some knowledge of, or no knowledge at all of mental illness.

Carers, caring for them, who cares for them?

Ross Clayton, Janet Rice, Richard Henderson Smith

Ross is a Non Stipendiary Minister in Sawley, a carer and a service user. He retired early from his mental health work in Leicestershire Social Services as a day centre manager and facilitator of a carers group. Ross has been part of the steering group for the conference.

Janet is Chair of Derbyshire Mental Health Carers and a founder member of South Derbyshire Mental Health Forum. She has been involved as a carer and volunteer for almost 10 years providing support and information to carers.

Richard is a Reader at Sawley Church and Chair of Erewash Deanery Synod. He is a GP in Long Eaton.

The workshop will include a presentation on the work of Derbyshire Mental Health Carers and offer participants the opportunity to explore practical, emotional and spiritual support networks available to carers and the people that they support.

Bereavement and the ritual of funeral Joy and William Bates

Joy is a Community Action Officer working for Derby Diocese. She has a MEd in Counselling and experience with 'CRUSE Bereavement Care' as counsellor, trainer and counselling supervisor and taught at Derby University on the MA Pastoral Studies Programme.

William is vicar at Allestree and New Religious Movements Adviser for the Diocese. William has been a parish priest in Derbyshire since 1978 during which time he estimates he has conducted 600 funerals.

The workshop will be looking at some of the aspects of grief - emotional, psychological and social which are linked to our well-being and some things which may help or hinder resolution over time. This will then link into the ritual of funerals. The workshop is not designed to be a therapeutic session.

The Psalms and permission to scream Bernard Sproston

Bernard has been Healthcare Chaplain in Chesterfield, Hartington Unit since 2004. He served as a priest for 27 years in Derbyshire, the last 14 in Heath and Holmewood. He has supported the conference on the steering group and he is passionate about challenging congregations on the subject of mental health.

The workshop is aimed at people who are depressed or who have suffered from depression. Is it wrong for a Christian to feel the "blues"? Participants will look at some psalms of lament and also psalms that offer words of hope and encouragement. There will be an exercise from 'Finding God-Praying the Psalms in Times of Depression', by Thomas Lewis. The workshop is for Christians and those who are open to participate in a spiritual exercise.

Dementia and Mental Health in old age Alicia Petty and Tim Wheeler

Alicia is incumbent at Sawley and worked for 9 years with Methodist Homes who pioneered person-centred dementia care in the UK.

Tim is a Community Psychiatric Nurse working with older people and he is parishioner in Chesterfield.

The workshop will offer principles, ideas and practical resources to help you to support older people in your parish who are living with dementia or other mental health issues.

Good practice examples from local churches

MASH drop-in - Adrian Rimington; Brimington Café -Phil Morris

Adrian has supported the conference planning on the steering group. He is a founder and organiser of Chesterfield MASH, a weekend drop-in for mental health service users. He is himself a service user.

Phil was a parishioner in Brimington where he and his wife supported the Brimington Café and bookshop. Phil's paid work is at North East Derbyshire Citizens Advice Bureau.

Understanding Eating Disorders and Mental Ill Health in young people

Julian Hodgson, Danielle Sinclair

Julian is a trained social worker with 23yrs experience in child protection as a practitioner and more recently a manager in Derbyshire. He now works as adviser in Child and Adult Protection for Derby Diocese and worships in Belper. As part of his work Julian has run a number of groups for young people including those with eating disorders and in his own life experienced living with a relative who has an eating disorder. He has supported the steering group for this conference.

Danielle is the Young Person's Coordinator for First Steps Derbyshire. Danielle has worked with young people and mental health for 8 years and has had her own battle with an eating disorder. First Steps is Derbyshire's only eating disorder charity and supports people all over Derbyshire and the surrounding areas who are affected by eating difficulties and disorders; this includes parents, partners and families. All of the staff and volunteers have had personal experience of an eating disorder either as a sufferer or as a loved one, and food no longer controls their everyday lives. First Steps Derbyshire offers a friendly and non-judgmental atmosphere for anyone who is having difficulties with food related issues; you don't have to be diagnosed with a particular eating disorder.

Saying it without words: music as a means of emotional expression

Joy and Nick Gravestock

Joy is a qualified music therapist in private practice and has 12 years of work experience in Child Mental Health. Currently she works with both adults and children who experience a variety of emotional and psychological difficulties, using music as a mode of communication where words may be inadequate or fail.

She has been a service user. She worships in Melbourne.

Nick is a GP in South Derbyshire and a parishioner in Melbourne.

BOOKING FORM

Name:

Address:

Tel / email:

Church / Faith / None:

Access Requirements:

Special Diet Requirements:

Workshop Choices:

1.

2.

3.

Please tick if you would like a sanctuary space available to withdraw to

Lunch is provided but there is no crèche facility

Costs: £25 / £10 service users

Bookings before 1 Nov 2009: £20 / £7.75 service users

Please make cheques payable to Derby Diocesan Board of Finance

Please return this form with your cheque to

CSR Office, Derby Church House, Full Street, Derby, DE1 3DR

Any queries please contact Stella Collishaw on 01332 388685 or Rita Brierley in the CSR Office on 01332 388684.

Information given will be held on a database so we can inform delegates of future events. Please tick if you do not want your contact details retained.