

# Mental Health Chaplaincy in Cambridgeshire, Fenland and Peterborough

*valuing and nurturing the human spirit*



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## Love Autumn!

Autumn's Glow by Marilyn Lott

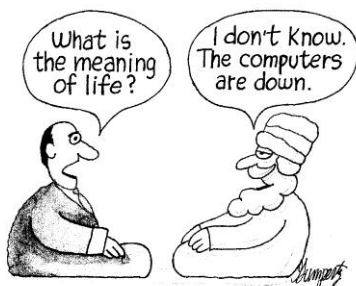
There is something about autumn  
That brings out such earthiness  
Gold leaves adorn bushes and trees  
Like an artist with a brilliant brush

Once the leaves dry on the trees  
Then the wind begins to blow  
It's a special time of year for me  
Because I love autumn so

The cold dry air it seems  
Prepare the leaves to fall  
Mother Nature's special time  
Yes, it's the best of all

What a dazzling way to end  
The year as winter nears  
The way leaves let loose  
And drop like nature's tears

Oh yes, I love those golden days  
Dreamy with autumn's glow  
It makes me smile because I do  
Love the season of autumn so!



## See the deeper me

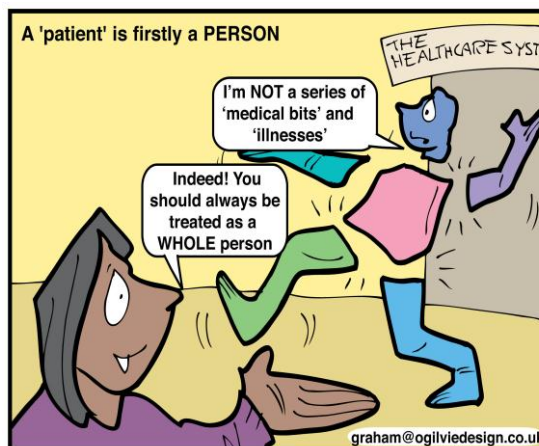
It's good that the new Bishop of Ely, Stephen Conway, is out and open about his own mental health challenges. This gives permission for so many more of us to do the same. It certainly gives someone like me a chance to ask the vicar who told me he didn't think there were any people in his congregation with mental health problems to think again. And why? Because all people have a right to feel and to be included in the whole of life and all that life offers at its best. But if, despite longing to explore and acknowledge that deeper part of you in a form of religious affiliation, you only find that you have to hide something about your identity, experience and knowledge which could be used in service of others, what good is that? It certainly diminishes the quality and nature of your recovery.

It's the same with human sexuality. We're called to give and to experience love, sometimes intimately. But for some of us we experience this kind of love within a gay relationship, for example. And whereas that can be as good, exciting and life-affirming as any solid attachment to a loving partner, it can be a struggle bringing all that is good in this to the people and places we work, caring for others, or indeed being cared for ourselves. Whether deliberately or not, people, places, policies and practices exclude some people or leave them feeling unwanted and unaccepted and unable to share most of what makes them the valuable, unique, loving and loveable person they are.

For these reasons CPFT has set up a small working group to meet regularly and look at how the workplace can develop to better support - and inform others - of Lesbian, Gay, Bisexual and Trans (LGBT) staff in the workplace and those accessing services. Unlike other LGBT groups, this is for anyone with an interest in helping develop better support for LGBT people in CPFT rather than exclusively being for LGBT people. This is developed along a model launched by Stonewall entitled 'LGBT and Straight Allies Working Groups'. If you're interested in being involved, contact [irfaan.arif@cpft.nhs.uk](mailto:irfaan.arif@cpft.nhs.uk) or call 01223 884245.

*John Nicholson*

MH Chaplain



### OUR VALUES

Oct 19<sup>th</sup> 2011  
11-3pm

Peterborough City  
Hospital &  
The Spiritual  
Healthcare Network

To book a free  
place, call John on  
07771 787249  
or email  
[john.nicholson@cpft.nhs.uk](mailto:john.nicholson@cpft.nhs.uk)

# Mental Health Chaplaincy

## in Cambridgeshire, Fenland and Peterborough

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### Peterborough News and Events

**29<sup>th</sup> September - St Johns, Peterborough.**  
**Meeting of Faith Leaders:**

A meeting to acknowledge the work of faith leaders in supporting the chaplaincy service. Stuart Whomsley, clinical psychologist, is providing training on Mental health Awareness as part of this event and a peer support worker will talk about Recovery. This will be followed by net working and lunch.

**2<sup>nd</sup> October - Harvest festival** at the Cavell Centre. Donations of non-perishable food items can be left in the box at reception during September. These are donated to St Teresa's hostel for the homeless in Peterborough

**5<sup>th</sup> November - College of Ministers**  
The College of Ministers has invited The Mental health trust to present a mental health awareness training session for clergy and lay ministers in Peterborough. Stuart Whomsley will lead on the training and chaplaincy will support a question and answer session.

**24<sup>th</sup> November 7pm - A multifaith celebration** at the Cavell Centre.

**1<sup>st</sup> December 2pm - Carol service** at the Cavell Centre. The Salvation Army will lead the music.

### Your Peterborough Chaplains



Rowena Bass  
M 07749 828652  
rowena.bass@cpft.nhs.uk



Mary Hanna  
M 07887 655713  
mary.hanna@cpft.nhs.uk

**Mental Health Chaplaincy Training**  
*A free training programme for local people*  
Six monthly sessions [6-8.30pm]  
*in Fulbourn Hospital Chapel, Cambridge.*

**Beginning on January 23<sup>rd</sup> 2012**

- What is mental health?
- What is mental illness?
- Why do some people break down and what can we do to help?
- What good is psychology and psychiatry in mental healthcare?
  - What happens on the hospital ward?
- What is the place of spirituality in mental healthcare?
- What does a mental health chaplain do?
  - Can I be a volunteer?

**To book your place call or email John**  
**07771 787249**  
**john.nicholson@cpft.nhs.uk**

**Friends of Fulbourn Hospital & the Community & CPFT Mental Health Chaplaincy**

### BEREAVEMENT PROJECT TRAINING

The Chapel, The Resource Centre, Fulbourn Hospital

***"How will they cope when the Carers go?"***

What might be done to help people with a mental health problem during a period of bereavement, following the loss of one or more of their significant carers, perhaps a parent?

**4 sessions**

**November 9th 2011**  
**January 11<sup>th</sup> February 8<sup>th</sup>**  
**March 14<sup>th</sup> 2012**

***This training is free of charge***

To reserve a place on the course please **email** **ginajolley@hotmail.co.uk** with your details.