

## WHO IS THE AWARENESS DAY FOR?

- People with mental health issues, and those who give support and care
- Those who run groups that may be relevant to people with mental health issues
- Faith and community leaders, pastoral workers



This awareness day is provided by the Diocese of Sheffield's Mental Health Working Group (MHWG) on behalf of the Diocesan Faith and Justice Board (F&JB). It is subsidised by the Diocese.

## QUOTE FROM THE RT REVD DR PETE WILCOX, BISHOP OF SHEFFIELD

"More and more individuals are facing challenges in relation to their mental health, which means that more and more friends and family are supporting them, sometimes in very well informed and skilful ways, but sometimes not. This course offers interested individuals and church communities the opportunity to increase their awareness and confidence in this area and to provide more effective support. I commend it to you wholeheartedly."

INFORMATION AND GUIDANCE ABOUT MENTAL HEALTH IS AVAILABLE ON THE DIOCESAN WEBSITE AT:

<http://www.sheffield.anglican.org/mental-health>

## LEADERS

Any given day will be led by two or more of:-

**Emily Wood** PhD M Med Sci RNMH is a qualified Mental Health Nurse. She is currently a research worker with Sheffield University

**Pete Sandford** is a Licenced Lay Reader/Authorised Worship Leader and is a Mental Health Recovery Worker in the Community Enhancing Recovery Team (CERT) with the NHS Sheffield Mental Health Trust (SHSC)

**Sarah Tipper** is an Occupational Therapist with the NHS Sheffield Mental Health Trust (SHSC)

## FACILITATORS

**Dorothy Cook** is a Member of the DOS F&JB, a former NHS SHSC Public Governor, and an active committee member in developing a Suicide Prevention Plan for Sheffield

**Sheila Barnes** is a Former Lead Governor of Rotherham, Doncaster & South Humber NHS Foundation Trust and is Care for Carers Peer Support Group Chair in Doncaster

**Carol Arber** provides administrative support to the Diocese of Sheffield's MHWG and is a service user



## PARTICIPANTS' QUOTES

"The quality of the presenters was excellent and quite inspiring to have people with so much knowledge."

"A very informative session. I knew nothing/very little when I arrived, going away better informed."

"An opportunity to look at a topic we may rather avoid, but which makes for a better church when engaged with."



## AN AWARENESS DAY PRODUCED AND DELIVERED BY PEOPLE WITH LIVED EXPERIENCE OF MENTAL HEALTH ISSUES

9.30 am - 4 pm

Saturday 22<sup>nd</sup> September, 2018

Church of St. Mark,  
Broomfield Road,  
Broomhill,  
Sheffield, S10 2SE

An introduction to supporting people with mental health issues in faith communities

**APPLICATION FORM**

I would like to reserve one place on the Awareness Day to be held on Saturday, 22<sup>nd</sup> September, 2018 (please complete a separate application form for each attendee)

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Contact Tel. No. \_\_\_\_\_

Email \_\_\_\_\_

Your place on the course will be confirmed by letter/email on receipt of your application form and payment

**COST:** £10 per person or £5 if on low income

**Electronic payments direct to Diocese of Sheffield:**

Sort Code 05-04-38, A/c 54947905,

A/c Name SDBF Gen A/C

Reference: DOS Awareness Days

**Cheques/crossed postal orders to be made payable to:**

Sheffield Diocesan Board of Finance

Please return your completed application form (and cheque/postal order where appropriate) to:

Mrs. C. Arber, 28 Elmfield Avenue, Sheffield, S5 7TF

For further information, contact Carol Arber at:

✉ [jacarber@virginmedia.com](mailto:jacarber@virginmedia.com)

☎ 0114 245 0980

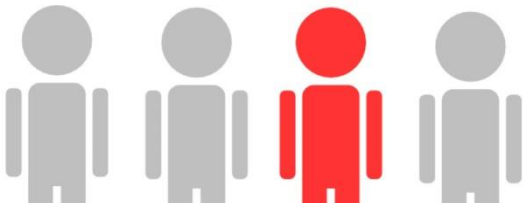
**Disability needs** - please let us know if you have any disability requirements you will need help with on the day

**CONFIDENTIALITY**

Discussions taking place during the day will be regarded as confidential. Under safeguarding guidelines, only in exceptional circumstances will disclosures be made.



We all have mental health, like we all have physical health. Both change throughout our lives. And, like our bodies, our minds can become unwell.



One in four of us will be affected by **mental illness** in any year.  
You can be the **one** that helps.

**THE DAY HAS THE FOLLOWING AIMS**

- To reduce isolation, stigma and discrimination
- To increase the capacity of faith communities to support and value people with mental health issues
- To increase our understanding of what emotional and mental distress is, and of ways in which our wellbeing can be improved
- To be interactive, with discussions taking place within the whole group and within facilitated small groups during the afternoon session (optional)

**OUTLINE OF THE AWARENESS DAY**

**SATURDAY, 22<sup>nd</sup> SEPTEMBER, 2018**

**Church of St. Mark,  
Broomfield Road,  
Broomhill,  
Sheffield, S10 2SE**



- Coffee and arrivals
- Introduction to the day and discussion of participants' expectations
- What is mental ill health?
- What do mental health services do and how can they be accessed?
- Lunch break with midday prayer (optional)
- The Bible - faith and mental health
- Explore what we can do in our own community and what we can do to help by participating in small facilitated group discussions (optional)
- Opportunity to talk to the leaders afterwards
- PLEASE BRING YOUR OWN LUNCH