

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 on behalf of the Diocesan Faith and Justice Board. It is subsidised by the Diocese.

QUOTE FROM THE FORMER BISHOP OF SHEFFIELD, STEVEN CROFT

"This interactive course helps churches to explore the unique contribution that they can make to improve the lives of individuals and families facing mental health issues. It would be great if every parish could send at least one person on it."

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

Meredith Evans is a Methodist Deacon in Sheffield and a former chaplain with the Prison & Mental Health Services and supporting carers

Sarah Tipper is an Occupational Therapist with Sheffield Mental Health Trust (Sheffield Health and Social Care)

Gemma Graham is a Clinical Psychologist with Rotherham Mental Health Trust (Rotherham, Doncaster and South Humber NHS Foundation Trust)

Carol Arber is a member of the Mental Health Working Group (Diocese of Sheffield) and 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 BY PEOPLE WITH LIVED EXPERIENCE OF MENTAL HEALTH ISSUES

9.30 am - 4 pm

Saturday 16th September 2017

All Saints Ecclesall Parish Church
Ringinglow Road
Sheffield, S11 7PP

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, 16th September, 2017 (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 should 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

☎ 0114 245 0980

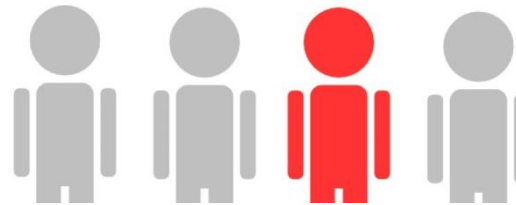
Disability needs - please let us know if you have any disability requirements you will need help with on the day

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

OUTLINE OF THE AWARENESS DAY

SATURDAY, 16th SEPTEMBER, 2017

All Saints Ecclesall Parish Church

Ringinglow Road

Sheffield, S11 7PP



- 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?
- Explore what we can do in our own community and what we can do to help
- Opportunity to talk to the leaders afterwards
- PLEASE BRING YOUR OWN LUNCH