

ST CHAD'S CHURCH, BAGNALL —NEWSLETTER 15.10.23

Great minds think alike.....

I couldn't believe my email inbox when I opened it this morning. I was expecting an article from Esther and there it was, almost an exact duplicate of the one that I'd written on the front page but in more detail. So, here I am at 7.30am on Sunday morning with a blank page to fill!

The only extra bit to Esther's article is my own personal feelings:

I welcome any insight in helping to cope with any mental health problems. It can have quite a drastic effect on our everyday life. For me, sometimes I really struggle with leaving the house, my comfort zone. I've always been a bit of a home bird, my one and only trip out of the UK was to Spain when I was about twenty, but we've been all round this country in the past and enjoyed some wonderful holidays in Wales and Scotland. Unfortunately not any more. We took a trip out to Tittesworth on Tuesday for some fresh air, exercise and lunch and I was so close to refusing to go. Yet when I'm there I really enjoy it—crazy!

It really helps me to talk (or in this case write) about how I feel, so thank you all for listening (reading)!

Wanted—memories of Bagnall school:

Anne and I have an idea about collaborating on an article about our memories of Bagnall school.

I was a pupil there in the 50s, my dad was a pupil there in the 20s and 30s and my great uncle Charlie was headmaster during the first part of the 20th century.

Did you, or anyone you know attend the school? Did you ever go there for any other reason? Do you have any photographs of the original buildings?

Let me know if you can help.

(this photo is of Josephine Hedley as retiring queen and Ann Brayford as the new queen)



Safeguarding

I have just completed my basic safeguarding awareness training over two weeks at St Chad's led by Claire. Both she and Kath have completed the Safeguarding leadership course and Claire has been appointed as St Chad's Safeguarding officer. I had to do my training as a member of the PCC., but also anyone involved in church services or carrying out a position on behalf of the church e.g. Pastoral care also has to complete the course.

There was a good turnout and. I'm sure. We all found it very informative as well as harrowing in parts. Once our Safeguarding policy has been approved by the PCC it will be available to read in the newsletter and on the website.

World Mental Health Day

Tuesday 10th October 2023



This week I seem to have come face to face numerous times with notifications and adverts relating to World Mental Health Day. It is SUCH an important subject matter that I felt the need to once again flag it up here.

World Mental Health Day is a day to talk about mental health and show everyone that mental health **MATTERS**. It's also a day to let people know that it's okay to ask for help, no matter what you're going through.

Mental health is a universal human right. However...

- ◆ It is 2-3 times more likely for children and adults in the lowest income bracket to develop mental health problems than in the highest.
- ◆ 38% of people with severe symptoms of mental health problems also have long-term physical conditions.
- ◆ It is 5 times more likely for asylum seekers to have mental health needs than the general population.

Inequalities in mental health lead to certain groups facing disproportionately high rates of mental health issues.

GET HELP!

If you or someone you know is struggling with their mental health, you are not alone, and there are places you can go to get help.

- ◆ Samaritans Call 116 123 - it's FREE or email jo@samaritans.org.uk
- ◆ Text SHOUT to: 85258 Find out more at <https://giveusashout.org/get-help/>
- ◆ Speak to a trusted friend or family member
- ◆ Speak to a faith leader or teacher/tutor
- ◆ Specialist Mental Health Services—Stoke on Trent area—self refer by ringing: 0300 303 0923
- ◆ Consult your own GP or other medical practitioner—they will be able to signpost you
- ◆ Citizens Advice — <https://www.citizensadvice.org.uk>

Follow this link to find out more about World Mental Health Day:

<https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day>

“Talking is good for your mental health. And talking *about* mental health is important. But starting a conversation isn’t always easy. Whether you’d like to talk to someone about how you’re feeling, or check-in with someone you care about, here are some tips that can help. “ **Mental House Foundation 2023**

TALKING ABOUT YOUR OWN MENTAL HEALTH

1. Choose someone you trust to talk to

This might be a friend, family member or a colleague. Or you might be more comfortable talking to someone you don’t know, for example, through a support helpline. It can help to do a pros and cons list about talking to someone.

2. Think about the best place to talk

It’s important to choose a place where you feel comfortable enough to open-up. You might want to choose somewhere private where you’re less likely to be disturbed. You also might want to talk while you do an activity, like walking together.

3. Prepare yourself for their reaction

Hopefully, you will have a good experience when you open-up to someone. But there’s a chance that they may not react in the way you hope. This may be for different reasons, like they may be worried or not fully understand at first. If that’s the case, try to give them time to process what you’ve told them. It might help to give them information to read to help them understand. And don’t forget to be kind to yourself and practise self-care.

TALKING TO SOMEONE ELSE ABOUT THEIR OWN HEALTH

1. Find a good space to talk without distractions

If you’re worried about someone, try to find a place where you know you can have a conversation without being distracted. Make sure to give them your full attention. It might help to switch off your phone.

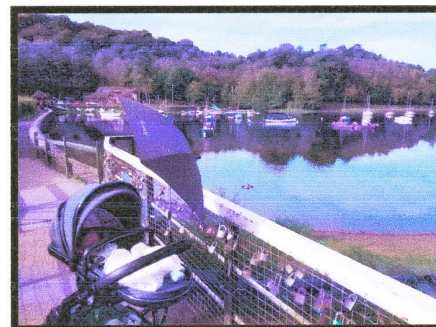
2. Listen and ask questions

Listening can be one of the most valuable ways to be there for someone. Show them that you’re actively listening by facing them, making eye contact, and not interrupting. Questions can help you clarify what they mean and also show that you’re actively listening. But make sure the questions are relevant to what they’re saying, and not changing the subject.

3. Ask how you can help

Ask how you can help or make suggestions, rather than telling them what to do next. They might want support with making a GP appointment, help around the house, or just for you to keep things normal and chat about what’s going on in your life.

We are very lucky to live in an area where there is no shortage of beautiful outdoor spaces and in my opinion, somewhere like Rudyard Lake, where I was strolling the other day, is a perfect place to unwind. It is such a relaxing location (especially on a sunny day like this) and speaking from experience, is a perfect spot to sit down, relax and maybe have a heart-to-heart. Being surrounded by nature helps us ground ourselves, allows us to let the stresses and anxieties of life ebb away and can enable us to put things in perspective and see things more clearly.



Esther xxx

