

## Additional help available



While many pastoral situations, probably the majority, can be dealt with “in house” there are some which can and will be referred to outside sources of specialist help. Staff members or team leaders will refer people as appropriate to specialist ministries, pastoral counselling and professional expertise.

We recognise that people suffering from depression, anxiety or acute mental health needs are likely to require dedicated support and help.

Local resources include the Manna House Counselling Service, a Christian counselling service set up in the 1980s. Others are detailed on the leaflet ‘Where to Find Help, Advice & Support’, which can be found on the leaflet stand.

As personal needs are shared, we will minister where we can and signpost or refer on when that would be more appropriate. Confidentiality will be respected. Your permission will be sought before information is passed on or shared unless there are compelling reasons such as child protection, safeguarding or personal safety.

St Giles runs practical courses on a variety of topics such as Bereavement, Wellbeing, Parenting, etc. We also encourage people to attend suitable courses elsewhere.

## Staff & Lay Ministers

We are blessed with having a number of staff and also trained lay pastoral ministers equipped to respond to a variety of challenging situations. In the event of a serious illness or a bereavement, this situation will be brought to the vicar, a senior lay minister or staff member.

Holy Communion at home can be arranged for those who would value receiving it.

## Safeguarding

We are committed to working towards being a church family which ensures everyone is safe and feels safe. Safeguarding is everyone’s responsibility.

If anybody has concerns about the safety of children, young people or vulnerable adults, they should speak to our **Safeguarding Officer, Louise Whaites on 07305 449227.**

Our Safeguarding Policy is available to download at: <http://stgilesnorthampton.org.uk/safeguarding>

## Contact details

Pastoral staff	01604 628623
Church office	01604 628623
Vicar (in emergency)	01604 627680

For further details of anything mentioned here please contact the church office, in St Giles Church Centre.

The office is *normally* open on:  
Monday from 1.00pm to 3.00pm  
Tuesday from 10.00am to 3.00pm  
Wednesday from 10.00am to 3.00pm  
Thursday from 10.00am to 3.00pm  
Friday from 10.00am to 3.00pm

Telephone: 01604 628623  
Email: [enquiries@stgilesnorthampton.org.uk](mailto:enquiries@stgilesnorthampton.org.uk)

Address: St Giles Parish Office,  
St Giles Terrace, Northampton NN1 2BN  
[www.stgilesnorthampton.org.uk](http://www.stgilesnorthampton.org.uk)

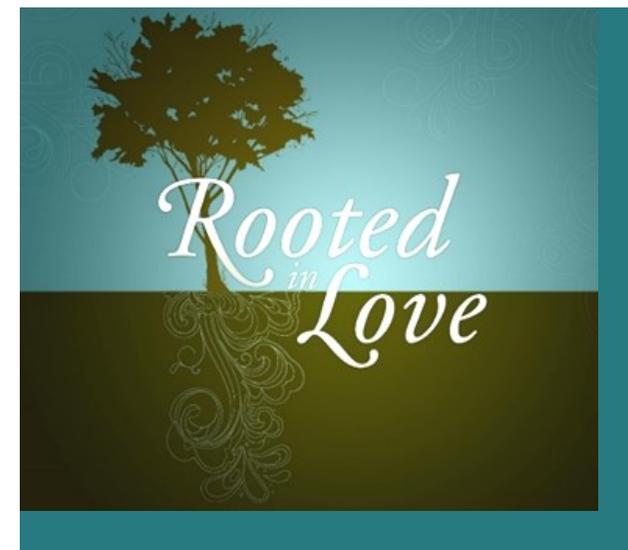
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# Pastoral Care at



# St GILES

*Where lives are being changed*



“And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge — that you may be filled to the measure of all the fullness of God.”  
Ephesians 3: 17-19 NIV



## A Caring Community

Our approach to pastoral care at St Giles Church is built on a number of key values.

**Firstly**, we want to encourage everyone, young and old alike, into a deeper experience of the love of God. God's love is not only the source of forgiveness, peace, healing and wholeness but also provides strength and stability for our lives.

**Secondly**, even though the church is not perfect, it is through the church that we can help each other on the journey towards maturity. It is in community, together with all God's people, that we come to experience the fullness of God's love.

We are a church that revels in the grace of God and is committed to blessing each other in the power of the Holy Spirit. Part of that blessing is through meeting pastoral needs through the ways described in this leaflet.

## Strong and Healthy Roots

Pastoral care begins with the quality of **welcome** people receive when they walk through the church door.

All should feel welcome whatever their background or current circumstances. We can all be part of the welcome team!

We want to help people along the pathway from their first visit to St Giles to feeling that they belong and to growing as a disciple with others.



We encourage people to take **personal responsibility** for their own walk with God, spending time in the presence of God and seeking to grow in grace and in the knowledge of Jesus Christ.

Regular attenders are encouraged to join us at other times: in a home group, prayer duo or triplet, Alpha, or a ministry group where individual needs can be shared in the confidence that **prayer support** and **practical support** will be available. Many pastoral needs will be met as we take time to meet with **praying friends**.

Increasingly as we **serve and play our part**, we will find that God has empowered the church – US! – to be a blessing and support to others.

## Wellbeing

We are committed to supporting one another to improve our mental health and wellbeing. We aim to speak openly and reduce stigma so that St Giles is a safe place to say "I'm not ok". Many church activities have a regular wellbeing focus.

We provide a range of resources at:

<https://www.stgilesnorthampton.org.uk/living-well-at-st-giles>

## Wellbeing Café

On a Monday afternoon (from 1pm - 4pm) in Church we offer a quiet, friendly environment to meet others over tea and coffee and to enjoy craft and board game activities. There will be a time of quiet, reflective prayer to step aside for a few moments and draw close to God.

## Older people

We recognise that older people have particular needs as a result of health, mobility and potential isolation. We have a programme of worship and social events for this group. We also hold a weekly lunch club on Thursdays.



## Pastoral Support

While many pastoral needs can be covered through small groups, situations may arise which need a more rapid response. Our Pastoral teams are trained and equipped to offer pastoral support and prayer.

Members of the Pastoral Prayer team are available at church services to pray for physical, spiritual and other needs.

More in- depth pastoral care and prayer can be offered during the week, by arrangement.

Please contact Serena in the church office or email: [pastoral@stgilesnorthampton.org.uk](mailto:pastoral@stgilesnorthampton.org.uk)



*"Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."*

Philippians 4:5-7