

## **ANNUAL REPORT OF THE DIOCESE OF EXETER MENTAL HEALTH ROUNDTABLE OCTOBER 2018 – WORLD MENTAL HEALTH DAY**

### **FOREWORD**

The Diocese of Exeter Mental Health Roundtable is an initiative established in 2016 by Bishop Sarah Mullally, formerly Bishop of Crediton, now Bishop of London. It is both ecumenical and strategic, drawing on informal partnerships with the NHS, Devon and Cornwall Police, local partnership Boards, Councils and Public Health, as well as third-sector organisations and fellow churches. This report, launched to coincide with World Mental Health Day, shows how much good work has been achieved over the past year across a wide range of issues. This alliance is now formalising a two-tier approach to strategic planning and local delivery: a strategic group with wider membership enabling us to link in more effectively with partner organisations and other denominations; a local delivery platform for education, prevention schemes such as ASIST, Mental Health First Aid and mental wellbeing training; a link to the new clergy wellbeing forum; and Deanery mental health Champions - all of which would provide a county network of strategic support, delivery programmes and local expertise.

Poor mental health and wellbeing is often accompanied by acute feelings of isolation. The Roundtable is striving to bring light and knowledge into dark places, to make known God's love and acceptance and to support communities to build resilience.

The 2018/19 programme looks support the Church's national initiative on mental health by working together with partner organisations, training, awareness and prevention programmes, engagement with rural and farming communities and good practice guidelines for clergy.

All this springs from John 10:10 and the promise that with Christ we may live life abundantly. We also remember the assurance of God's love expressed in Isaiah 43:1 'Fear not, for I have redeemed you. I have called you by name. You are mine.' Senior leadership and support for this work has been highly valued.

Martyn Goss, Director of Church and Society  
Marisa Cockfield, Interim Chair

### **Bishop Robert:**

The Diocese of Exeter has been encouraged by the progress made in this area, and is grateful to those whose vision and commitment have developed the work that Bishop Sarah began. As Christians we have the opportunity to make a distinctive contribution to the lives of our people in Devon and to the wider national debate on improving mental health provision.

## **PRAYER**

Blessed are those who don't have it all together  
Blessed are those who have run out of strength, ideas, will power, resolve or energy  
Blessed are those who ache because of how severely out of whack the world is  
Blessed are those who on a regular basis have a dark day in which despair seems to be a step behind them wherever they go  
Blessed are you, for God is with you  
God is on your side, God meets you in that place.

By Jonathon Blundell

## **DEVON DEMENTIA NETWORK**

### **Devon Dementia Network – sharing ideas, learning together**

**1-3pm Wed 17 October, Pearson Room, Exeter Cathedral**

(accessible room on the right on the way to the Cathedral Café)

Everyone welcome - do come and share experiences, celebrate our successes, pose our problems, ask questions and learn from each other. Over our first lunch together, contributions will include:

Val Lambirth – Hosting a memory café in church, Exmouth

Tracey Vosey – Dementia Friendly Seasonal services, Axminster

Christine Westlake – opportunities and challenges of volunteering as a Dementia Friends Champion, Heanton

Chris Forster – Dementia Friendly Carol Services, Plymouth and Paignton

Update from 'When friendship matters most' Barnstaple Churches day in July

And any news you wish to bring too!

We'll provide drinks and a simple bread, cheese and fruit lunch. Kindly book with Joanie Harris so we have an idea of numbers, thank you, [Joanie.harris@exeter.anglican.org](mailto:Joanie.harris@exeter.anglican.org), 01392 294940.

We're planning further days in February and May 2019 and will try and choose different days of the week and venues so that we can include as many as possible. Everyone welcome.

### **Kingsbridge Churches – Dementia Awareness**

9.30-1pm Tue 16 October, Kingsbridge Methodist Church (followed by a soup lunch)

Join us for a special morning for churchgoers in Kingsbridge and the South Hams to learn more about dementia and how to support people living with dementia. Book stall and free resources to help you make your church more dementia-friendly. All welcome.

Further info: 01548

288008, [info@kingsbridgedementia.co.uk](mailto:info@kingsbridgedementia.co.uk), [www.kingsbridgedementia.co.uk](http://www.kingsbridgedementia.co.uk)

### **Lack of Dementia Awareness in rural areas**

Parishes have an opportunity to engage and serve their local community by hosting a Dementia Friends Information Session. This positive, helpful session gives people confidence in supporting one another. Shopkeepers, GP surgeries, local gardening groups – get everyone together and invite them to the session and help your community refresh your understanding of how to help each other. You can find a volunteer Dementia Friend Champion to do this session for you via the Dementia Friends website or contact Sally Farrant, Church and Society, at:

[sally.farrant@exeter.anglican.org](mailto:sally.farrant@exeter.anglican.org)

### **Worship in Care Homes with people with profound dementia**

This can be a lonely and exhausting ministry - how can we encourage and support each other? Advice from a colleague working in another diocese:

‘This is a more complex area of spiritual care where ministers and chaplains need to be more flexible and intuitive to respond to people’s individual capacity. A formal structure for a service with a message may not be possible. However, the Lord’s Prayer is something to which people in very late dementia respond. Singing familiar hymns and songs from childhood also elicits a response in people who have become almost ‘locked in’.

Silence and sitting with the person prayerfully is powerful when all else seems to fail, and non-verbal communication skills are key (eye contact, touch, tone of voice). Sensory stimuli are known to engage people in later dementia, so essential oils or scents and sounds that may remind the person of being in church, such as incense, are particularly useful.

We need to encourage colleagues not to give up, as we do not know how God is working through our ministry to bring comfort and reassurance.’

### **Christmas**

Dementia Friendly Carol Services are planned for Plymouth and Torbay again and probably in other areas too. Take a look at how they made a start in the attached introduction/sample ideas.

A creative idea for Dementia Friendly Carol Service

<https://www.cuf.org.uk/news/review-of-dementia-friendly-carol-service-tmc>

General advice for church services at Christmas

<https://brightshadow.org.uk/dementia-friendly-christmas-church-services/>

### **Other initiatives**

MHA Live at Home scheme

This scheme at helps older people continue to live independently at home by providing activities, clubs, events and outings. In Barnstaple the scheme is based at Norah Bellot Court in Vicarage Street, Barnstaple, 01271 379 787

<https://www.mha.org.uk/live-home>

### **Host-led day-care**

The Filo Project is a local Devon project co-ordinating care and company for people based in a host's home. People with moderate dementia are welcomed into the day's activities. Professional support co-ordinates this from an Exeter base, 01392 982138. <http://www.thefiloproject.co.uk/>

Boxes for conversations

<https://brightshadow.org.uk/resources/buy-a-bright-box/>

### **SCHOOLS AND MENTAL HEALTH AND WELLBEING**

From this September all Church of England Schools will be inspected on how well *leaders ensure there is support for good mental health in children and adults and a sense of belonging that embraces and celebrates difference?* To support this Tatiana Wilson one of the Diocese's Education Advisers has drafted national guidance for schools to help them think through what they might do <https://tinyurl.com/y7ahrzo4> to support this.

In addition there are two pilot projects happening in local schools in partnership with their local churches that aim to support primary aged children and their families establish habits that support good mental health and to appreciate that when we talk about mental health we do not mean mental illness.

Both projects are story based. The largest of these is the We Eat Elephants a programme developed by Professor Chris Williams and is being piloted in partnership with the Devon EH4MH team and is being evaluated with support from Exeter University. 44 church and community primary schools across the Diocese are involved with this. The second is Heartsmart a project being trialled by six schools which tells the story of Boris the Robot as a vehicle for exploring how to look after your mental health.

Churches are being trained on how they can add value to either project through supporting parents' meetings; embedding some of the thinking into their assemblies and collective worship; and creating opportunities for connection and belonging; and give pupils the opportunity to share their learning more widely across the community.

These projects will form case studies that will be disseminated locally and nationally.

Two resources that churches have found helpful are:

- <https://www.pinpointdevon.co.uk/> which is a portal that directs you to thousands of services and community groups across Devon that support a huge range of needs. You can search what is local by identifying the need and your town in the search engine. It is a really easy way of churches being able to signpost people effectively for further help or for clergy and church teams to access specialist support as the need arises.

- The Mental Health Access Pack which is a downloadable resource available for churches supporting those struggling with mental health issues  
<http://www.mentalhealthaccesspack.org/>

For more information contact [tatiana.wilson@exeter.anglican.org](mailto:tatiana.wilson@exeter.anglican.org);

## **YOUNG PEOPLE**

Over the last few months, I have completed my mental health first aid as well as a safetalk suicide alertness course. In doing so I was able to network with training contacts which has made the way for four of our youth workers in the diocese also being MHFA trained as well as invite Angela McMillian to deliver a youth mental health overview at a recent youth workers lunch with 10 youth workers in attendance. Angela works across the south-west delivering a number of courses and has expressed a keen interest in meeting with the MHRT as well as exploring the possibility of delivering more MHFA courses from the Old Deanery with a possible quid-pro-quo arrangement in mind.

**Paul Reisbach**

Youth Work Adviser

## **CLERGY GUIDELINES**

Following discussion, the Roundtable acknowledged that there was a clear need to support clergy in engaging with issues of mental health and well-being within their communities, as distinct from mental illness. The majority of us are not trained health practitioners, and should be clear about when to signpost to services where concerns are raised. Pastoral support for well-being should be offered carefully and not as pseudo-therapeutic intervention. It was also felt that this area should be addressed more directly within clergy training pathways. The work will be carried forward in conjunction with the clergy wellbeing service and the Director of Mission and Ministry.

## **NEW DIOCESAN WELLBEING SERVICE**

The Diocese is in the process of refreshing and reframing the professional support for wellbeing offered to clergy, readers and diocesan staff. In the light of new national approaches to well-being and mental health, a more holistic approach to pastoral support is being developed. The new Bishop of Crediton will oversee the development of this programme. Following the retirement of Julia Barrett, if you require support in the interim, please contact (in confidence) Anthea Carter-Savigear, the Diocesan HR Adviser on [counselling@exeter.anglican.org](mailto:counselling@exeter.anglican.org)

## **NEWS FROM PARTNERS**

"As Quakers, we aim to welcome everyone to our meetings. We try to create and offer a spiritual community where all can belong and feel respected, valued, safe and supported. We want everyone to be able to contribute with ministry and service."

As a community without ordained ministers, a Quaker meeting needs everyone to share responsibility for our community and for our spiritual growth. We are exploring how to do this - how to support and empower everyone. We have recently published a pamphlet of information, advice and queries, which is used by every Quaker meeting - the quotation is from the introduction. The booklet is called Mental Health in our Meetings and can be downloaded here: <https://quaker-prod.s3.eu-west-1.amazonaws.com/store/3f62eab3691e71afcdb96a22ebd8ef3169ba874c467a055ab94f2eef7727>. You could pick up a copy in your local Quaker meeting house.

Quakers are also exploring wider issues about our ministry on mental health - considering questions such as whether we should speak out about mental health services or simply focus on being an open, spiritual community. Our thinking about these matters is supported by the Mental Health Development Officer, Alison Mitchell - who just happens to live in Exeter and is part of the Round Table.

### **MINDFUL EMPLOYER**

Richard Frost has been working at 'Workways' since 2001 as part of the NHS providing free mental wellbeing support to employees in Exeter, Mid-Devon and East Devon. He is a Reader in the Totnes team, married to Jane, who is at the end of her curacy in the Totnes Mission Community. Clergy and staff living in these areas can access Workways for support if they have discussed their mental health with their GP - [www.workways.org.uk](http://www.workways.org.uk)

Workways also promotes Mindful Employer. Developed, led and supported by employers, MINDFUL EMPLOYER® provides businesses and organisations with easier access to information and support for staff experiencing stress, anxiety, depression or other mental health conditions. The initiative provides mental health awareness training, a range of publications and other support. Employers can sign up to the 'Charter for Employers who are positive about Mental Health' and demonstrate their commitment to work towards better practice. Further details can be found at: [www.mindfulemployer.net](http://www.mindfulemployer.net)

### **MENTAL HEALTH FIRST AID**

The Roundtable is exploring how training in mental health first aid can be provided in order to develop Deanery Champions as a resource for parishes. A pilot will be run in North Devon later in the year.

Further details can be found at: <https://mhfaengland.org/>, where you can also find details of #HandsUp4HealthyMinds campaign:

<https://mhfaengland.org/mhfa-centre/campaigns/world-mental-health-day-2018/>



## ASIST (Assisted Suicide Intervention Skills Training)

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. Developed by LivingWorks, the programme delivers training in Canada, the US, Australia, New Zealand and UK and trains trainers to take the programme to a wider global audience. Their aim is to create a suicide-safer world by empowering participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model. The Roundtable is working towards providing training within the Diocese in 2019. Those who have been trained in this programme have found it both helpful and effective when presented with the need for intervention.

Truro Cathedral held a service of reflection for those affected by suicide on World Suicide Prevention Day (10<sup>th</sup> September). See:

<http://www.trurocathedral.org.uk/whats-on/a-service-of-reflection-for-people-affected-by-suicide>

## RURAL CHURCH AND SOCIAL PRESCRIBING

### Devon Churches Rural Forum – Community Activities Project - Linking church based community activities with those who need them

In all our communities there may be people who are lonely, socially isolated, or otherwise in need, with whom we, as churches, are not in contact. However, it is possible that such people are in contact with practitioners from other agencies including local health care or social services.

In very many towns and villages in Devon, our churches are providing activities such as coffee mornings, lunch clubs, knit and natter afternoons for and with the whole

community, but without detailed local knowledge, practitioners in the other agencies (which may be based some distance from where a person lives) may not be aware of their existence.

Our aim is to provide a bridge between the activities our churches offer and the people who may benefit from them, but who are not already doing so, by making information about them available to those in the caring agencies via our website and also by uploading to the Devon County Council “Pinpoint” website of community activities <https://www.pinpointdevon.co.uk/>

In this way (sometimes known as “social prescribing”) a person may be “referred” to join in with one of our lunch clubs or coffee mornings and make new friends and join in with community activities. Often members of churches are also able to offer a lift to someone wanting to come and will always offer a special welcome and help a new person meet and feel relaxed with others.

If you have any questions, please email [info@devonchurchesruralforum.org.uk](mailto:info@devonchurchesruralforum.org.uk).

If you are a church that has a social activity, please contribute to our work by completing our on-line form <http://www.devonchurchesruralforum.org.uk/directory-of-projectsactivities/submit-information-on-your-activity/>

As a Forum we are also exploring with other agencies in Devon how we can best support each other’s work to care for all in our rural communities especially in the areas of dementia awareness and building dementia friendly communities and in combatting loneliness and social isolation.

With many thanks for your assistance with this project.

Penny Dobbin  
Secretary Devon Churches Rural Forum and Rural Dean of Hartland

### **Work being done by partner organisations:**

#### **Churches generally – Dementia Awareness and Dementia Friendly communities**

Sally Farrant is leading a session at Hartland Deanery Synod on October 24th, (7pm at St. Mary’s, Appledore) with Dementia Friend training to follow.

#### **Devon WI**

Devon WI is beginning a major programme on dementia awareness to encourage all branches to become dementia friendly in their work and activities.

## Farming Community Network

Farming families are under considerable stress arising from financial pressures, working isolation, business uncertainty, inter-generational dynamics and succession planning. The Farming Community Network works directly with farming families, coming alongside and supporting in practical and listening ways. The following is an extract from their website <http://www.fcn.org.uk/>

“The Farming Community Network (FCN) is a voluntary organisation and charity that supports farmers and families within the farming community through difficult times. We have a network of over 400 volunteers across England and Wales, many of whom are involved in farming, or have close links with agriculture, and therefore have a great understanding of the issues farm workers and farming families regularly face.”

Our county co-ordinator is Joanne Jones: email [joannejones.farmer@gmail.com](mailto:joannejones.farmer@gmail.com) and phone 07897 540278

The FCN is always happy to help train churches in the specific needs of pastoral care for their local farming communities and individuals who would like to volunteer as member of the FCN itself.

## Devon Young Farmers Clubs

Devon Young Farmers Clubs have made mental health well-being their main focus for training this year. In conjunction with the FCN they are delivering 90 minute sessions on mental health for the farming community called Rural+. You can find details of this in their latest newsletter

<http://www.devonyfc.co.uk/download/newsletters/DYFC%20News%20OCTOBER%202018.pdf>

Nick Creasy is the Operations Manager running this programme and his contact details are phone 01647 24120 or email [nick@devonyfc.co.uk](mailto:nick@devonyfc.co.uk)

## Devon Living Options

Devon Living Options are launching Time to Talk, a project to tackle loneliness and isolation for people with disabilities and Deaf people.



The poster is for a 'Time to Talk Launch' event. At the top, it features logos for Devon County Council, Devon Young Farmers Clubs, and Devon Living Options. The main title is 'Time to Talk Launch' with the subtitle 'Reducing isolation and loneliness'. The date and time are 'Thursday 25th October: 2.00pm - 4.00pm'. Below this is a photograph of a cream tea. The text describes the event: 'Living Options Devon is launching its Time to Talk project, tackling loneliness and isolation for people with disabilities and Deaf people. Come along to find out more about Time to Talk, listen to our guest speakers, meet the staff and volunteer team and visit our exhibition stands, whilst enjoying a delicious cream tea.' The venue is listed as 'Mercure Exeter Southgate Hotel, Southpenny East, Exeter, EX1 1QF'. At the bottom, it says 'Venue sponsored by the Devongate Hotel' and provides the website 'www.livingoptions.org' along with a registered charity number '1102493' and accessibility icons.

## **LONELINESS AND ISOLATION**

Loneliness is bad for your health, it reduces life expectancy and is not isolated to older people says a report published by Healthwatch Devon, with participation by local churches. See:

<https://healthwatchdevon.co.uk/wp-content/uploads/2018/10/20180927-Healthwatch-Devon-Help-tackle-loneliness-In-Devon-August-2018.pdf>

Bishop Robert's video message for December last year highlighted the challenges of loneliness. Figures showing that nearly a fifth of older people see family, friends or loved ones less than once a week, and some less than once a month are truly disturbing, he warns. And loneliness can affect people, whatever their age, with young adults and those in middle age just as likely to be struggling with isolation.

A new café at St John's Church in Bridgetown, Totnes has opened up to help people who are feeling lonely, under the strapline 'making it difficult to be lonely in Bridgetown'. Curate Steven Jones said the response from all ages has been staggering, with young parents with children just as likely to visit as elderly people.

Christmas is an opportunity to try and banish loneliness in our community, by showing others that they matter to us – and by doing that, we in turn will thrive, says Bishop Robert. We will circulate details of Christmas initiatives shortly.

## **PARTNERSHIP BOARD NEWS**

The North Devon Partnership Board's October meeting will focus on mental health and wellbeing. Members will hear from Rachel Raper at Integr8, a not for profit social enterprise supporting displaced people to identify and develop their true potential and unique gifts through a person-centred approach. There will be opportunities to share good practice and reflect on the barriers that impact on mental health and wellbeing and how these might be broken down.

## **TRAINING OPPORTUNITIES**

### **Autism**

Devon Partnership Trust are offering free Autism Awareness Training available from MindEd at: [www.minded.org.uk](http://www.minded.org.uk)

Enter 'Autism' in search bar

## **BISHOP APPEALS FOR DEMENTIA FRIENDS SESSIONS IN RURAL AREAS**

In May of this year, the Bishop of Plymouth, the Rt Rev Nick McKinnel, called for more Dementia Friends awareness sessions to help communities support those affected.

“For people living in Devon’s rural communities, there’s a double impact of living with dementia and rural isolation, where specific services aren’t as accessible. While there’s often a strong sense of community, there’s also a tradition of self-reliance and privacy,” says Bishop Nick, a member of the Prime Minister’s Rural Dementia Task and Finish Group. The group helped put together a new **Dementia Friendly Rural Communities Guide**, launched at the Devon County Show in May this year, to help anyone who lives in a rural community get started on becoming dementia-friendly.

“Many fear what a diagnosis might mean in terms of losing a lifestyle, a home, a farm, everything that’s familiar. So we really need to reach more rural areas with this message that there are ways to help and support each other. It’s important to look ahead and plan for the challenges dementia may bring. And we can all learn how to make ordinary, everyday activities dementia-friendly so that people can still go to the village shop, catch the bus, visit the market, take part in the local gardening group or Mothers’ Union.

“That’s why I’m a Dementia Friend and I encourage everyone to find a Dementia Friends awareness session near them. Our Devon churches in rural communities could help with this by providing a free venue to a local Dementia Champion and hosting a Dementia Friends session for their village,” says Bishop Nick. “We need more volunteer Dementia Champions like Christine Westlake in West Down. She did the free day training and has now done sessions for all her parishes in Heanton Punchardon, Marwood and West Down plus many others across North Devon and as a result more than 300 people have become Dementia Friends.” There are many different kinds of rural area but it is usually defined as a population of fewer than 10,000 people.

To organise a Dementia Friends session for your church or community please email [dementiafriends@alzheimers.org.uk](mailto:dementiafriends@alzheimers.org.uk) or [sally.farrant@exeter.anglican.org](mailto:sally.farrant@exeter.anglican.org).

## DEVON FAITH AND BELIEF FORUM CONFERENCE: DYING MATTERS



## COUNTY LINES



### What is 'county lines'?

County lines is the term used to describe urban gangs supplying drugs to other parts of the UK using dedicated mobile phone lines.

The gangs are likely to exploit children and vulnerable adults in order to move and store drugs and money. To do this they will often use coercion, intimidation, violence and weapons.

The deal line is often treated as a 'brand' for the gangs who generally focus on supplying Class A drugs like heroin or crack cocaine.

An operating base is an essential feature of county lines gangs. They will regularly exploit vulnerable people, by building up a debt or using threats and violence in order to take over a person's home. This practice is commonly referred to as 'cuckooing'.

For more information please see <https://www.devon-cornwall.police.uk/countylines>

For further information about the work of the Mental Health Roundtable, please contact: [martyn.goss@exeter.anglican.org](mailto:martyn.goss@exeter.anglican.org)

### **Contributors:**

The Rt. Revd. Robert Atwell, Bishop of Exeter  
The Rt. Revd. Nick McKinnel, Bishop of Plymouth  
Jonathan Blundell  
Sally Farrant  
Tatiana Wilson  
Paul Reisbach  
Exeter Quakers  
Richard Frost  
Penny Dobbin

### **Partner organisations:**

Devon Dementia Network  
Kingsbridge Churches  
Devon Partnership Trust  
Devon Churches Rural Forum  
Farming Community Network  
Devon Young Farmers  
Healthwatch Devon  
North Devon Partnership Board  
Devon Faith and Belief Forum  
Devon and Cornwall Police