



## Spiritual support for the older generation

A new network of chaplains in Cheltenham and Bishop's Cleeve is planned, to provide older people in hospitals and care homes with spiritual support. During the Covid-19 crisis, many of these people have been isolated, with their

family and chaplains unable to visit them. This has prevented the older generation receiving the positivity, companionship, interaction, and comfort that they require, especially during this difficult period.

Gill Ford has been appointed to lead the chaplaincy in the local area and will now work to build a strong network of chaplains and supporters, to provide this vital, positive, support to the older generation. There will be plenty of opportunities to join the rapidly-growing Anna Chaplaincy network. To find out more about joining the team please visit [www.cabic.co.uk](http://www.cabic.co.uk)

## Events and training

More details for all these events at [gloucester.anglican.org/events](http://gloucester.anglican.org/events)

### Engaging with Everyday Faith Loved and Liked Course

Tuesday 19 January and Tuesday 9 February and again on Tuesday 24 May, 7.30pm on Zoom.

Do you have a faith? Does it make a difference to how you live your life day to day? This course will help you to take time out and consider ways that you can make shifts in our everyday lives. With Lyn Weston and Pauline Godfrey. Sign up <https://bit.ly/3oFakxj>

Starts 11 January 2021, 7pm to 8.30pm on Zoom

This six session course is a chance for you to explore how you are uniquely made and that God actually loves and likes all of us. Join Peter Hill, course author for this course to get your new year off to a good start.

Book your place here <https://bit.ly/3ovq0TF>

### Have your say

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## Taking care of your mind, body and soul this winter

A new year and a new start. The Church of England in Gloucestershire is planning to take church out onto the sports fields. Not many young people go to church on a Sunday, but you'll find lots of them out on the football field or the ballet studio or the skateboarding ramps.

So we're going to meet families where they are, with a ground-breaking project called OneLife, which is set to change the way that children, young people and their families can explore faith, through sport.



If you're interested in sports clubs, residential camps, team sports and high quality PE lessons run by professional sports ministers, this could be a game changer for you. Our sports ministers will help local churches with their sports provision and put fun and joy at the heart of all the training sessions.

All the young people who come along will be supported and encouraged to develop leadership skills. What you tell us about your experiences will help us make OneLife the right fit for more families.

[www.gloucester.anglican.org/about-us/our-vision/one-life](http://www.gloucester.anglican.org/about-us/our-vision/one-life)

## Faith and Fitness from the comfort of your home

Bible centred exercise might just be the way to get you physically and spiritually fit this winter. We all loved Joe Wicks, the nation's favourite PE teacher who got us through those lockdown mornings. Now our very own Jon Taylor, the mastermind behind The Armoury, a faith based gym in Cheltenham, is running Faith and Fitness, a new type of online exercise class to get your mind and your body working.



Working with PSALMS and the Diocese of Gloucester, Jon is leading HIITs (High Intensity Interval Training) sessions. Each one lasts between 15 to 25 minutes, meaning that you can easily find time to fit a bit of

exercise into the working or school day. Each session is centred around the Bible and allows people to explore faith and wellbeing. Thinking about the big questions in life is a welcome distraction from the aching muscles and racing hearts!

Jon said, "This is a free resource for people to use to keep mentally, physically and spiritually sharp from home. I thank God for the opportunity to share His Good News via fitness."

Subscribe to the PSALMS YouTube channel on <https://bit.ly/3mZ3yBQ> to be the first to try out the online classes as they become available.

### NHS mood self assessment quiz

[nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/](https://nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/)

## 5 ways to take care of your mental health

### 1. Get up and out

An early morning walk or even a jog will give you a blast of vitamin D, help to clear your head and get your blood pumping around your body. Doing a cardio workout first thing in the morning increases your heart rate and helps you to feel better throughout the day.

### 2. Mindfulness and prayer

Headspace can help you to work through any tricky situations and provide clarity of thought. There are a number of free prayer and meditation apps online which can guide you through a period of quiet in your day and refocus your energies.

### 3. Do something nice for someone else

When you feel like life's out of control, one of the best ways to get back behind the steering wheel is to help someone else. Whether it's paying it forward in a coffee shop, leaving a bunch of flowers on someone's porch or opening a door for someone, thinking of other people helps us to forget our own troubles.

### 4. Be kind to yourself

When you're feeling down and being self critical, keep in mind that you are unique, special and treasured by God. If your inner voice is being unkind, imagine you are speaking to a friend and give yourself the same understanding and kindness you would allow for them.

### 5. Take the NHS mood self assessment quiz (link left)

If you're worried that the winter blues might be turning into something more serious, try taking this simple NHS quiz. It will help you to discover whether you might need a bit of extra help and direct you to the best places to find support. We all struggle with our mental health at times so make sure that your nearest and dearest know that you need a bit of extra love and support.