

CHCC Mental Health Chaplains' Annual Study Conference 2014

Journeying Outside the Walls

What lies beyond a traditional understanding of Spiritual Care?

High Leigh Conference Centre, Hoddesdon, Hertfordshire

Tuesday 2nd – Thursday 4th September 2014

For cost options see booking form

Last year we reflected together on where power lies in the brave new world of CCGs and the Health & Social Care Act. What sources of power do chaplains have and represent, and how might we work in such a way as to enable people to tap into the sources of power within themselves?

This year, we are focusing on the boundaries we encounter in our work – physical walls between hospital and community, psychological walls between realities that we are invited to enter but which we do not embrace, and spiritual walls imposed by cultural differences and misunderstandings. How much do those walls restrict the way that we approach the process of spiritual care and affect our practice, both consciously and unconsciously?

With a multi-cultural community within the hospital and beyond, together with the constraints of a western medical model, there are often cultural barriers to the language of mental health and spiritual care. **BENSON KIMARU** and **JOSIAH MURAGE** will explore something of this, drawing on their experience of a Kenyan context.

ISABEL CLARKE, a clinical psychologist who has written extensively on psychosis and spirituality, will invite us to think about the phenomenon of shared and unshared realities. How do we understand them? What resistances do we encounter within ourselves? And how and why do we work with or avoid them?

GILL EVANS is an English teacher and an editor with the Oxford English Dictionary. She is also a consumer of physical and mental health services. So her twin perspectives offer us a unique opportunity to reflect on how the walls of the language we use, not least in the spiritual arena, affect the way we think and act as chaplains.

Our conference this year is run in parallel to that of the acute chaplains, and begins with a shared session to hear **CHRIS SWIFT** speak on the distinctive role of the chaplain, set against the broad canvas of our diverse working contexts. There will also be opportunities to share prayer and meditation together, to experience worship from a variety of faith backgrounds, and to informally get to know colleagues from other healthcare environments.

As usual, we have incorporated times and spaces during the programme to engage in the reflective practice that underpins our ministries around the impact of what we have heard from our speakers in the context of our work.

CPD Points will be awarded, and this page may be useful to show to your Learning and Development Department if applying for Trust Funding of your place

SO COME AND BE PART OF IT!

THIS YEAR'S CONFERENCE PROMISES TO BE STIMULATING, ENJOYABLE AND INFORMATIVE

Please give at least an expression of interest to William as soon as possible, followed swiftly by the booking form and fee

Mental Health Resource Group (MHRG) Conference Programme

Tuesday 2 September

12.00	Arrival & Registration	
13.00	Lunch	
13.45	Welcome and Introduction	Led by the organisers of both conferences
14.15	Session 1 (Joint session)	<i>Locating and promoting the distinctive role of the chaplain</i> Chris Swift (see speaker details)
15.15	Comfort break	
15.30	Reflective space 1	As in previous years, we offer spaces for the reflective practice that is central to our work. Last year, the triad model was widely appreciated, so we are continuing with it. Full details will be given prior to the conference.
16.30	Refreshment break	
17.00	Session 2	<i>Journeying outside the walls: cross-cultural approaches to chaplaincy</i> Benson Kimaru & Josiah Murage (see speaker details) <i>From their own direct experiences, Benson and Josiah will begin by taking us outside the walls of most of our experiences by reflecting on the approach to mental health in Kenya and the part that chaplaincy can play.</i>
18.00	Prayer/meditation	
18.30	Dinner	
19.30	MHRG Annual Meeting	This year we are holding our annual meeting on the first evening so that the new Chair and Task Group will be elected before the College AGM. We aim to make the format 'lighter' than usual.
20.15	Social space	

Wednesday 3 September (morning)

07.30	Worship/Meditation	
08.15	Breakfast	
09.00	Session 3	<i>Journeying outside the walls: shared and unshared realities 1</i> Isabel Clarke (see speaker details) <i>Isabel will draw on her work in the field of psychosis, the way that it challenges our boundaries and calls us to journey outside our walls of comfort and safety.</i>
10.15	Comfort break	
10.30	Reflective space 2	Following the same format as Tuesday
11.15	Refreshment break	
11.45	Session 4	<i>Journeying outside the walls: shared and unshared realities 2</i> Isabel Clarke <i>Isabel's second session will take the form of an interactive discussion on the issues that her first session has raised.</i>

Wednesday 3 September (afternoon)

12.45	Comfort break	
13.00	Lunch	
13.45	Reflective space 3	Following the same format as Tuesday
14.35	Comfort break	
14.45	CHCC AGM	This year, we have the opportunity to be present, as individuals and as a Resource Group at the College AGM. By placing it on the middle day, we hope that it will attract day delegates as well as those attending the whole of conference.
15.45	Refreshment break	
16.15	Session 5	<i>Journeying outside the walls: a view from a service user</i> Gill Evans (see speaker details) <i>Gill's experience of physical and mental ill-health gives her a unique perspective on the core questions of self-identity and meaning, which are often at variance from our own. In her presentation, she will challenge us to journey beyond our walls of experience into her own and reflect on what it means to us as chaplains in the context of spiritual care.</i>
17.15	Prayer/meditation from the Baha'i, Jewish, Muslim and Christian traditions	
18.30	Reception	
19.00	College Dinner	
20.30	Social space	

Thursday 4 September

07.45	Worship/Meditation	
08.15	Breakfast	
09.15	Session 6	<i>Journeying outside the walls: a view from a service user</i> Gill Evans <i>As with Isabel's format, Gill's second session will take the form of an interactive discussion on the issues that her first session has raised.</i>
10.15	Comfort break	
10.30	Reflection space 4	Following the same format as Tuesday and Wednesday
11.15	Refreshment break	
11.45	Session 7	<i>Where to from here: group reflections on the conference issues</i> Jack Creagh & Stephen Willis (see speaker details)
13.00	Lunch and depart	

Our speakers/facilitators (in chronological order of delivery)

Revd Dr Chris Swift

Chris has been a healthcare chaplain for 20 years and is a past President of the College of Health Care Chaplains. Currently, he is Chair of the Health Care Chaplaincy Appointment Advisers.



He is Head of Chaplaincy Services at Leeds Teaching Hospitals NHS Trust and a Visiting Fellow at the Institute for Spirituality, Religion and Public Life at Leeds Metropolitan University.

He is the author of *Healthcare Chaplaincy in the Twenty-first Century*, now in its second edition, which was published in February 2014 by Ashgate.

Most recently, Chris has led the process of drafting the new NHS Guidelines on healthcare chaplaincy and is therefore very well placed to open our conference, survey the current scene of healthcare chaplaincy (with its challenges and opportunities) and offer insights as to where we might locate, and how we might promote, ourselves most effectively.

on discharge followed up in the clinic. But because it is one of the very few hospitals offering such care, it finds it immensely difficult meeting the demands placed on it. To put it in some kind of perspective, Benson's village of Gacharu is 85 miles away, and that's on the doorstep in Kenyan terms!

Based on his experiences, Benson established the Mindcare Foundation, details of which can be found on gacharu.yolasite.com/mindcare-foundation.php. Amongst other ideas, he is hoping to establish a day care centre where mentally ill people would be welcome, receive therapy and be rehabilitated.

Revd Dr Josiah Murage is a lecturer in the School of Education and Social sciences, Karatina University, a little north of Gacharu, and a colleague with Benson in his initiatives. The two of them will speak from their own direct experiences about the cultural attitudes towards mental health in Kenya, the state and other provision for engaging with it and the Mindcare Foundation's specific contribution.

Without doubt, they should take us on a journey beyond most of our usual walls!



Revd Benson Kimaru and Revd Josiah Murage

Benson Kimaru

Based at the Newsam Centre at Seacroft Hospital in Leeds, Benson is part of the chaplaincy team at the Leeds and York Partnership NHS Foundation Trust. He is a current member of the Task Group of the CHCC Mental Health Resource Group.

Originally from Gacharu, a village on the slopes of Mount Kenya, he writes:

'In Gacharu mentally ill people are treated as outcasts by the family and other members of the community. Such is the stigma attached to mental ill health that family members have been known to resort to extreme behaviour such as physically containing the mentally ill person indoors by use of ligatures or taking the person hundreds of miles away and dumping them in another village or town.'

Mathari Mental Hospital in Nairobi, the Kenyan capital, is the main national referral hospital in the country where patients are admitted, treated and

Dr Isabel Clarke

Isabel is a Consultant Clinical Psychologist with an NHS Trust in the South of England. Of herself she says:



'My work spans two areas: psychosis and spirituality, and clinical psychology. Both draw on the research based Interacting Cognitive Subsystems model of cognition, and both seek to bring spirituality into centre stage, founding it in cognitive and other research and theory, and regarding it as a central part of what it means to be human.'

She edited the book *Psychosis and Spirituality*, now in its 2nd edition, which brought together a variety of approaches to the phenomenon of psychosis from the perspectives of psychology, psychiatry, theology and philosophy. In so doing, Isabel invites each group to step outside its own walls of professional protection and find a common language through which to communicate with each other.

Our speakers/facilitators (continued)

Gill Evans

Gill Evans has been an NHS mental health service user for a number of years, both as an inpatient and a community patient. As an underlying cause of her depression, Gill also suffers from neurological illness, and throughout her involvement with mental health services, she has been under the care of consultant neurosurgeons and has undergone a number of pioneering surgical procedures. Sometimes communication between the two schools of medicine has been quite difficult. Gill's engagement with mental health chaplaincy began during a prolonged inpatient stay on a psychiatric unit and has continued over the years.

Gill is a Principal Editor of The Oxford English Dictionary and has also recently undertaken training in journalism. She writes for the Dictionary of National Biography, and has represented the OED as the dictionary checker on Channel 4's *Countdown*. She had a cameo part in the film *About a Boy*.

As well as developing her writing career, Gill currently assists fellow service users in preparing and presenting material for mental health tribunals. Gill is a qualified English teacher, and is graduate of both University College London and also Christ Church, Oxford. She writes:

'Financial cutbacks mean fewer hospital beds, and more patients than ever are being discharged into so-called 'care in the community'. The resources of community mental health teams are frequently over-stretched and service users often feel that the support they receive outside of hospital is poorly organised and inadequate. Many feel traumatised and alienated by their experience within the mental health care setting and this presents a unique challenge to the modern chaplaincy, itself under threat from budget cuts and too-frequent reorganisations within trusts.'

From her direct experiences, Gill will take us beyond our comfort zones through her experiences as a service user and examine how her relationship with the mental health chaplaincy has sustained her on her difficult journey. She will challenge us to wrestle with the question 'where does the work of chaplaincy fit into this picture, especially once patients are discharged into the community?'

Father Jack Creagh

Jack is Secretary to the Task Group and Lead Chaplain at Hillingdon Hospitals NHS FT. Prior to this appointment, he was a chaplain at Oxford Health NHS FT, at acute hospitals in Reading and to a remote-area hospital and a community-based HIV/AIDS care project, both in Kenya.



Jack also provides liturgical help to the Mildmay Hospital in Shoreditch, which offers specialist care for patients with neurological impairment arising from HIV. A psychotherapist in private practice in Reading and London, he also offers supervision to other therapists and ministers.

So Jack knows what it is to journey outside the walls of 'traditional' spiritual care!

With Stephen Willis, Jack is organising this year's conference and will facilitate the final group session looking back on our 48 hours together.



Revd Stephen Willis

Stephen is Lead Chaplain at Northamptonshire Healthcare NHS FT, based at Berrywood Hospital on the outskirts of Northampton and a member of the Task Group. Previously, he was a colleague of Jack's at Oxford Health, prior to which he served as a church minister within his own denomination.

Stephen's involvement with this year's conferences (yes.....'conferences') is very significant. In addition to organising our mental health gathering and co-facilitating the final session, he is facilitating a workshop for the acute chaplains and speaking at a session on the final day of their conference.

In so doing, perhaps Stephen is demonstrating, in a very practical way, an aspect of what it is to journey outside the walls of his usual experience of spiritual care by building a bridge of dialogue with chaplaincy colleagues from different but complementary contexts.

The Venue

Those of us who visited High Leigh last year will probably not need any persuasion to return. The conference centre is set in over 16 hectares of park and woodland and offers a tranquil environment just north of London, in the small town of Hoddesdon in Hertfordshire.



Last years' experience revealed that the facilities are good, with meeting rooms and break-out spaces of varying sizes. Staff are helpful and accommodated our requirements, albeit after a little persuasion; they seem to be more flexible this year. Bedrooms are comfortable, mainly en-suite and with the provision of tea-making facilities. Free Wi-Fi is available throughout the Centre. The food is good and the menu is varied. Special diets can be catered for, but it will be helpful to know well in advance so that arrangements can be made. The bar is open in the evening and seems to meet most delegates' requirements!



Most of all, High Leigh does not have a commercial feel to it. It's been open for over 90 years, catering for large and small residential and day groups, often from backgrounds of faith. It's smaller and more intimate than its sister venue at Swanwick, which we visited in 2012. Its underlying ethos lends itself well as a venue that meets the needs of the Mental Health Resource Group, and we're pleased that our colleagues from other areas of healthcare chaplaincy are going to try it out and share the space with us.

Contact details

High Leigh Conference Centre
Lord Street
Hoddesdon
Hertfordshire EN11 8SG
Tel: 01992 463016
Email: highleigh@cct.org.uk

Travel directions (taken from the venue website)

By road

If you're coming by road, put the postcode **EN11 8SG** into your satnav.

High Leigh Conference Centre is seven miles from the M25. From Junction 25, take the northbound A10 dual carriageway towards Hertford. Leave the A10 at the junction for Hoddesdon and follow the road towards the town. At the roundabout take the third exit signed 'Town Centre' (alongside Morrisons). Turn right at the church into Pauls Lane and bear left into Taverners Way. Take the first right into Lord Street and continue up the hill for just under a mile. High Leigh is on the left.

By rail

The local railway station is **Broxbourne**. There is a regular service from London Liverpool Street, which also connects with the Underground Victoria Line at Seven Sisters or Tottenham Hale. The station is two miles from the Centre, but there are plenty of taxis at reasonable rates (typically £6).

