

## Our Speakers



**Dr Trevor Adams** has 30 years of experience in the field of dementia care, a career which started in specialist nursing, and culminated in the completion of his doctorate. He has written extensively on the topic, having presented his findings in academic settings across the world. More recently, Trevor began leading The Dementia Friendly Church Programme for Livability, helping churches develop practical responses to those living with dementia.



**Jonathan Clark** is Director of Premier Mind and Soul and also Director for Premier Lifeline: The National Christian Helpline. He has a background as a Church Minister and a Mental Health Social Worker specialising in suicide and self-harm. He is an experienced project developer, charity Trustee, broadcaster, speaker and conference host. He has a keen interest in the healing ministry in the UK and overseas and has taught on Prayer Ministry Schools abroad.



**Dr Kate Middleton** is a Psychologist and church leader and one of the Directors of Mind and Soul with a particular passion for applying psychology and faith to real life, she speaks widely on a variety of topics and is the author of several books. Follow Kate on twitter: @communik8ion



**Corin Pilling** spent 20 years supporting homeless people to access employment, before joining Livability to help churches connect with their communities. He is part of a small, diverse Anglican church, where anything can happen. Corin lives on the same estate in King's Cross where he is trying to live like he's staying.



**Mat Ray** has a background in communications and training. He worked in the corporate world and for Tearfund before joining Livability over 10 years ago. Mat is particularly interested in helping churches become places where disabled people can belong; he recently worked with HTB to help them develop an accessible and inclusive children's ministry. Mat is a member of the Borough Common, an experimental church near London Bridge.



**Rev Will van der Hart** is Pastoral Chaplain at Holy Trinity Brompton and a Director of Mind and Soul. His interest in emotional health is wide ranging, reflecting his broad experience in a variety of pastoral contexts. Will is an integrative Bible teacher and author who speaks at a number of national forums. He is passionate about equipping church leaders to look after their own emotional health as well as empowering them to manage the emotional needs of their congregations.



**Dr Rob Waller** is a Consultant Psychiatrist working for the NHS, in Scotland and one of the Directors of Mind and Soul. He is a member of the Executive Committee of the Royal College of Psychiatrists Special Interest Group in Spirituality and an Honorary Senior Clinical Lecturer at the University of Edinburgh. He believes that medical and spiritual approaches to health can be integrated.

# This is your Programme

**THE BIG** Mental Health Day **SAT 10<sup>TH</sup> OCT 2015**

# Welcome to the Day

**livability**

**Premier.**  
**mind&soul**  
exploring christianity and mental health

**#BigMentalHealthDay**

## Our hosts



**Katharine Welby Roberts** is a Livability Mental Health Associate. She is also a Blogger, Tweeter and Freelance worker. She is married to Mike and is passionate about God, seeing mental health freely talked about and community.



**Haydon Spenceley** is an ordained Assistant Curate to the Emmanuel Group of Churches in Northampton. He is also a Speaker and a Blogger and is married to Jo. He has written for a wide variety of publications on issues of disability, mental health and faith.

## Your day looks like this

- 9.00 Registration
- 9.30 Welcome
- 9.45 Worship (Led by Ed Damon)
- 10.00 Interview: Practice examples from across church
- 10.30 Keynote: Rev Will van der Hart
- 11.00 Coffee/Tea break
- 11.30 Seminars
- 12.30 Lunch break
- 13.45 Seminars
- 14.45 Mental Health Access Pack - phase 2
- 15.00 Coffee/Tea break
- 15.30 Interview: Further practice examples
- 15.45 Keynote: Corin Pilling
- 16.15 Panel: Experiences of Church and Mental Health
- 16.45 Close

### Keynote: Rev. Will van der Hart - Your Mental Health

**It's all very well taking time to think about the emotional health of others, but what about our own emotional health?** As leaders what should our understanding of emotional health be – and how should our appreciation of our own interact with the work we do to support those struggling? What should we be doing – particularly those of us who are leaders – to look after our emotional health?

### Keynote: Corin Pilling - Building a Church Where Everyone Belongs

**'A community comes about when people are no longer hiding from one another, no longer pretending or proving their value to another' (Jean Vanier).** Creating an open-hearted church is no easy task. Drawing from real life examples, we look at the small changes that can help us journey to building genuine, inclusive church communities.

### Morning Seminars

#### **Jonathan Clark: Pastoral Care**

What does it look like to lead and pastorally care for those with mental health needs? How can our responses honour those we seek to support? Exploring a model of good practice, we look at language that helps and positive approaches to prayer.

#### **Dr Kate Middleton: Generation Distress**

Emotional and mental health problems in children and young people – how your church needs to respond. This seminar will help you to think about what you can do to make a difference. We will look at the severity of the problem, consider preventative steps, and how we might promote good emotional health. With frontline mental health services in crisis, how can you and your church help save minds and save lives?

#### **Mat Ray: Listen to Us**

It's vital that people with mental health challenges have their voices heard in our churches. This interactive session will be a chance to tell our stories, share experiences both good and bad and imagine what a mental health-friendly church would look like.

#### **Dr Rob Waller: Tablets and Talking Treatments**

Understand the basics about psychiatric medication and psychological therapies. What works for what and what a helpful Christian perspective is.

### Afternoon Seminars

#### **Dr Trevor Adams: Dancing with Dementia**

The seminar will draw on a dance metaphor to help us understand how we can support people with dementia and all other carers. Supporting people with dementia is something that is intimate and personal and calls upon the carer(s) to know all the right steps, like a dance. How can we continue the dance, even when the person with dementia forgets the steps? What is the best response when someone is dancing differently to us?

#### **Dr Kate Middleton: On Fire or Just Burning Out?**

Stress and burnout are major issues in our society today, but how do we balance the demands of our passion and our society to push the limits, with our human needs and limitations? What can the Bible teach us - and those we support - about burnout and how to truly meet our potential?

#### **Rev. Will van der Hart: Called to Leadership**

We know that God has created us all individually, and called many of us to different forms of leadership in the church. But what if some of those experiencing that calling are also struggling with mental or emotional health problems? How can we provide support? Are there ever times or situations where a mental health problem might preclude someone from ministry?

#### **Dr Rob Waller: The Church and the NHS**

How do you get the most from your local mental health services? What do they think of spirituality? This seminar will chart the sometimes rocky path from first symptom to helpful support. The Church needs the NHS, but the NHS also needs the local church.

Check out:

[mentalhealthaccesspack.org](https://mentalhealthaccesspack.org)