

CHRIST CHURCH SURBITON HILL - BE WELL HUB

A CHURCH THAT SEEKS TO LIVE LIFE TO THE FULL AND BE THERE FOR ALL

WHY – The effects of mental health problems are huge and given the challenging times we are living in with coronavirus, it's more important than ever that we take steps to support good mental health. At all levels, the Church can be 'a voice for the voiceless', helping to reduce the stigma often associated with peoples' mental health.

John 10 : 10 - The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full

Recognising the deep psychological fallout of the pandemic, NHS mental health trusts, local authorities and Citizens UK set up a proactive response to prevent a mental ill-health crisis. Over 6,000 people from a diverse array of communities have helped shape this work which is called South London Listens. It is an urgent mental ill-health prevention response to promote recovery for our communities based on what people told us matters most to them. By working together, we can prevent people's lives being affected by mental ill-health.



What – This has led to the formation of the Be Well Hubs. The purpose of the Be Well Hubs is to de-stigmatise mental health, to use community organising principles to build strong relationships, and to organise leaders to listen and take action on the barriers and systemic problems impacting people's mental health. Christ Church Surbiton Hill already provides some support for those experiencing or supporting those with depression and anxiety through the Hope in Depression courses run twice a year and therefore we are in a good position to extend this offering. Furthermore, in many other ministries such as small groups, Open Door, Thursday Women and our youth work, we provide safe places to listen and support members of congregation and wider community.

THE AIMS OF THE BE WELL HUBS: Building relationships and providing a place to talk

1	Combating stigma by holding listening circles at our current meetings and/or creating opportunities for people to come and speak openly about their mental health
2	Regularly listening and helping to connect people together with services or other groups for support
3	Train members as Be Well Champions
4	Provide information, resources and signposting to mental health support
5	Build a relationship with your local mental health trust
6	Taking action with the wider community

Who – We all have a part to play in showing God’s love through supporting each other and those in our community. This initiative is being led by a small team of church members **Denise Morris, Catherine Young and Aneal Appadoo** and they need your help. Our aim is that within each church ministry at Christ Church Surbiton Hill there is a Be Well Champion - **Could you consider being a Be Well Champion in your current ministry?**

How – In the first instance, if you would like to get involved and become a Be Well Champion, please speak to one of the team mentioned above.

When – There are training dates being held monthly and the team can signpost you to all the information. We also intend to hold an information session for those interested in this initiative in the next few months.

Web: www.ccsurbiton.org/be-well

Email: bewell@ccsurbiton.org

Matthew 22:37 – 'Love the Lord your God with all your heart and with all your soul and with all your mind.'