

WEBINARS HOSTED BY THE 'MENTAL HEALTH AWARENESS' GROUP

JULY – DECEMBER 2020



For the past three years, the **Mental Health Awareness Group** in the Diocese has organised an annual event on subjects combining mental health, spirituality and theology; these events have been well attended and, feedback tells us, appreciated. At the beginning of this year, the Group was planning something for World Mental Health Day, Saturday 10th October 2020; - then Covid-19 struck and lives changed for ever.

So instead of a single day conference, we are now planning to host monthly webinars via Zoom, between July and December. They are intended to offer times to reflect on and discuss together:

- the effects of coronavirus on our mental health and spiritual wellbeing, both as individuals and church communities
- the place of grief, loss and trauma, and our responses to it as people of faith
- the impact of isolation and loss of community on our own mental health
- making theological sense of Covid-19 and its effect on our mental health
- what the future might look like

These webinars are 'open to all' with 'no need to book in advance' – the webinar Zoom links are included in our publicity (*this will be reviewed, and may change if necessary – we will of course keep you posted!*).

The Group hopes this programme and the format proposed will be helpful to many.

1) Wednesday 29 July 11.00 – 12.30

Mental health during Covid-19: a space for reflection

An open session to reflect, share & discuss what it's been like:

- a) Have we noticed behaviours – ours and other people's - have changed?
- b) Have depressive feelings been more prevalent?
- c) What about loss and grief?
- d) What have been the implications for the church community?
- e) What's it been like for ministers at this time?

Join Zoom Webinar 29-7-2020:

<https://us02web.zoom.us/j/82437714650?pwd=UmUyZm51NFprNnR3WUdSTIRQek1udz09>

2) Tuesday 25 August 19.30 – 21.00

Mental health issues coming out of lockdown

An evening session, making it a more suitable time for those who have returned to daytime work, with prepared reflections, then opening up for discussion:

- a) Have anxiety and stress gone away, or are they becoming heightened?
- b) As churches have started up again, how do we mark what has happened to us? Or maybe we don't?
- c) How do we cope as a church community with loss and grief?

Join Zoom Webinar 25-8-2020:

<https://us02web.zoom.us/j/81028416410?pwd=RG1VUHNNYjFEcGVdZGV2TmFOT05Fdz09>

3) Monday 14 September 11.00 – 12.30

Delayed trauma

At this stage in the year, it is likely that effects of trauma will be revealing themselves:

- a) What is it?
- b) How do we recognise it?
- c) What is appropriate for church communities to be or do?

Join Zoom Webinar 14-9-2020:

<https://us02web.zoom.us/j/83349568876?pwd=ZDU5bEcwd1p2NmNsRUw4ams5QVBldz09>

4) Saturday 10 October 10.00 – 12.30 (*World Mental Health Day*)

Safeguarding and Mental Health

A joint morning with Jeremy Hirst – Diocesan Safeguarding Officer, hopefully with some introductory presentations:

- a) exploring the safeguarding issues that arose out of lockdown and the lifting of it
- b) explaining the twin pathways to follow when safeguarding and mental distress seem to arise , often at the same time

Join Zoom Webinar 10-10-2020:

<https://us02web.zoom.us/j/81070511526?pwd=aXNkdlliQmVoV0tUM0hxRWpQQVVuUT09>

5) Thursday 19 November 14.30 – 16.00

A theological and reflective space

A space in which to reflect theologically about the mental health aspects of Covid-19

- a) As we approach the end of the church's year, how might we describe the year?
- b) In all of this, where and what is church?
- c) How has our personal and communal mental health been affected by the events of 2020?

Join Zoom Webinar 19-11-2020:

<https://us02web.zoom.us/j/84333716786?pwd=OVRvWGIDTmVHSIhGeHJjZFgrWWhmUT09>

6) Tuesday 15 December 19.30 – 21.00

Incarnation and Covid-19

An evening theological retrospective in Advent, anticipating Christmas and incarnation

- a) A 'where was, and is, God in all this?' approach
- b) Can incarnation help us understand the experience of Covid-19?
- c) What might the future look like, and how robust or fragile are we feeling about it?

Join Zoom Webinar 15-12-2020:

<https://us02web.zoom.us/j/87953791056?pwd=WHVqekZQRkdtQ1ZBSWh2TWtabXR3QT09>