

HILLSBOROUGH PRESBYTERIAN CHURCH MENTAL HEALTH AWARENESS WEEK

Under the umbrella of our outreach group, HOST, HPC designed a range of activities to promote positive mental health and well-being during the **Mental Health Awareness Week 10 -16 May**. The theme this year was **'Nature and the Environment'**.

The rationale for holding this programme stemmed from an awareness that there are people in our congregation who have been affected by COVID in a variety of ways in terms of having been ill themselves, of being furloughed, perhaps having lost their jobs, not being able to attend school or university, on-line learning, having to cope with working from home and maybe also juggling that with home-schooling. A number of families have also been bereaved during this period. Many members of the congregation will have missed attending Church and the fellowship of our organisations, and all of us have missed our usual contact with friends and family due to COVID restrictions, and on top of that, we hear frequent reports on our news bulletins about the impact extended periods of lockdown have had on people's mental health and wellbeing.

The programme was open to any member of the congregation or wider community, and was designed to run online in order to be COVID-safe. Most of the events are still available - just go to the HPC website <https://www.hillsboroughpresbyterianchurch.com/> and click onto the relevant day to find the event you are looking for. Unfortunately the zoom events were not recorded and are therefore no longer available.

- **Introductory Zoom** Our guest speaker, Dr Patricia McClure, will highlight the importance of taking care of our mental health and well-being.
- **Garden Reminiscence Zoom** facilitated by Sandra Leckey of Remember When. This session may be of interest to those who find it hard to recall their own memories and life experiences, and to their carers. It would be useful if participants would have ready a small picnic and some scented flowers to enhance the sensory aspect of this half-hour experience down memory lane.
- **Wednesday Wisdom** : a link will be available on the HPC website to Care4Clergy facebook page where you can select many words of wisdom and encouragement from different speakers.
- **Virtual Prayer Walk around the village:** Join us online to pray for the life of our church and community as we take a virtual walk from the church around the village, pausing at various places to pray.
- **Virtual Hymn Medley:** Singing has proven benefit to our health and wellbeing – see <https://www.openmicuk.co.uk/advice/why-singing-is-good-for-mental-health/> . Carson & Diane McMullan, Jane McKibbin, Rev Orr and Stephen Thompson will lead you in the words of a few of their favourite hymns, which you can enjoy just listening to or sing along to at home! Some have a theme of nature and creation and others have been chosen to enhance your spiritual and emotional wellbeing.
- **Movement Therapy & Relaxation Zoom:** Carolyn Barr will guide us through a taster session of stretching, breathing exercises and relaxation techniques to help us unwind. Please bring a mat, towel and belt.
- **Reading Circle Poetry Zoom:** Allen will share his insights on some poems about Nature. Please come with a favourite nature poem of your own to share.
- **Family Activity Night** : Michael Thompson & Friends will lead you in some fun and games! This event is available on YouTube.
- **Christian Aid Sponsored Walk** : Unfortunately, due to the Covid situation, a sponsored walk will not be possible. Please see the Christian Aid section for alternative suggestions.
- A series of **Virtual Walks** will be posted on the MH page on the HPC website for you to enjoy at a later date when restrictions are finally lifted.
- **Easy Listening.** We have also posted some links to pieces of music and sounds from nature on the website for you to enjoy.
- **Each day** there will be a **Bible Reading** and a **Children's Bible Story** in keeping with the theme of Nature and creation.

- You may find it helpful to join the **Night Prayer** each evening before you head to bed. There is a separate prayer written and recorded by our young people for the younger members of the congregation at an earlier time.
- Sunday Worship on 16th May** will incorporate the theme of Nature and Nurture to round off the week.

Signposting : On the Mental Health page of HPC website and Facebook page there are some contact details of organisations which provide MH help and support.

Mental Health Week 10 – 16 May 2021

Theme: Nature and the Environment

Timetable of events which incorporate the 5 aspects of Take 5 steps to wellbeing.

Monday 10th	7pm Introductory zoom with Dr Patricia McClure
Tuesday 11th	11am Garden Reminiscence led by Sandra Leckey 7.30pm Creative Craft Night led by Anne Poots
Wednesday 12th	10am : link to Wednesday Wisdom 12 noon : Virtual Prayer Walk
Thursday 13th	11am Virtual Hymn Medley introduced by Rev Wilfred Orr. Diane & Carson McMullan, Jane McKibbin & Stephen Thompson will share a selection of hymns for you to sing along to at home. 7pm Movement Therapy & Relaxation Zoom led by Carolyn Barr
Friday 14th	11am Reading Circle zoom Poetry led by Rev Dr Allen Sleith 7pm Activity Night led by Michael Thompson
Saturday 15th	Virtual Guided Walks led by some HPC members Christian Aid Walk co-ordinated by Frances & Michael Francey
Sunday 16th	10.30am Morning Worship : join us for A Nature + Nurture Service
Daily @ 8pm	Bible Reading on theme of nature/creation
Daily @ 4pm	Children's Bible Story & Young people's Prayer
Daily @ 10pm	Night Prayer led by Jim Deeds

Our week coincided with Christian Aid Week which also drew attention to the devastating effects of Climate change and chaos. Members were encouraged to go on a walk of their choice and to make a donation to this worthy charity.

How your donation helps



This is Rose. She lives in Kenya and finds herself caught in a cycle of climate chaos. When Rose was a child, there was plenty of rain that fell at the right times. It provided ample nutritious food to eat. Now Rose's community lives with drought and hunger for months at a time. Women such as Rose, have to walk on long and dangerous journeys for several hours every day, just to collect water. The coronavirus pandemic has only made this lack of water even more critical for families, as hand washing with soap and water is vital to stay safe against the virus. Together, the climate crisis and coronavirus are a double threat to lives and livelihoods. People are struggling to cope.

With a reliable source of water, women such as Rose could grow fresh vegetables to eat, improve their livelihoods and better protect their families from coronavirus. This Cristian Aid week, your donation could help communities withstand climate chaos. With your support we can sink wells, build better earth dams to harvest more water, sow drought-tolerant crops and demand climate justice at the highest level. Thank you for standing with us.