

"With Faith in Mind" invites you to.....

"More Tea Vicar?"

Identifying & addressing the stresses and strains facing church leaders and workers in mission.

Wednesday October 10th Thornton Methodist Church 5-7pm

60 Victoria Rd E, Thornton-Cleveleys FY5 5HQ



"With Faith in MIND" is a collaborative programme between Lancashire MIND & Churches Together in Lancashire

To Book a place:

By phone: 07919 438413

Email: antonmuller@ctlancashire.org.uk

Eventbrite:

<https://www.eventbrite.com/e/more-tea-vicar-tickets-50489801355>

An opportunity for Church ministers, pastors leaders and other church workers to equip themselves with tools and resources to support other leaders or members experiencing or engaging with Mental health Issues. This pilot even will offer practical support and guidance to church leaders and workers across the Christian denominations to promote and nurture the spiritual and mental health of the whole church community so that they are able to reach out effectively to the communities they serve.

"More Tea Vicar?" is timed to coincide with World Mental Health Day and recognises that Church Leaders can be just as challenged mental health issues with many facing immense levels of stress and anxiety.

The evening will begin with a time to connect with one another over a light buffet supper together. This will be followed by:

A Biblical View of Mental Health The Revd Anton Müller, County Ecumenical Officer, Churches Together in Lancashire

A personal stories from leaders and workers

Lancashire MIND – A resource for all by Paul Smalley

Responding to suicidal thoughts – Carmen Matadigo

Time to talk - sharing experience and wisdom

This event will provide resources and materials to support all those that attend with information on the local provision and support for mental health issues in Blackpool and the Fylde.

There will be details on free training on Mental Health and Suicide First Aid.

Lighthouse (formerly Phillipi Counselling Trust) will be joining us on the night to talk to people about the support they have on offer.

We will also be joined by a CLC who will have resources available on the night.