

# WITH FAITH IN MIND

## Partners working for better mental health

Whalley Abbey, The Sands, Whalley, Clitheroe BB7 9TN

Thursday 26<sup>th</sup> May 2022 10am to 4pm (Ascension Day)

A free one day workshop including tea, coffee and a picnic lunch for churches in Lancashire interested in the importance of improving mental health and wellbeing in the community and the opportunities for local churches and faith groups to work with partners in health and voluntary sectors.

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### HEAR

Inputs from expert speakers on the importance of good mental health, the opportunities to work with the Health Sector and the importance of this for people of faith.

Speakers include Dr Sakthi Karunanithi (Director of Public Health in Lancashire), Alex Heritage (Deputy CEO of LSCFT) and Rachel Lampard (former Vice-President of Methodist Conference).

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### LEARN

Many faith groups are already working with Health and Voluntary Sector partners to support good mental health in their communities. Through a series of short showcase presentations throughout the day, you will learn more about this work and understand more about the opportunities for your church.

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### EXPLORE

Through facilitated workshops and panel discussions, you will have the opportunity to explore practical aspects of this work depth.

Opportunities will include sessions on Social Prescribing, Mental Health First Aid, Spiritual Care, Working with Partners, and Managing Volunteers

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### To BOOK

**Places are free but numbers are limited**

**Booking in advance is required by email to [ctlsj22@gmail.com](mailto:ctlsj22@gmail.com)**

More information contact Mike Hart or Peter Lumsden, Churches Together in Lancashire: Working for Social Justice [ctlsj22@gmail.com](mailto:ctlsj22@gmail.com)

With thanks for their support of this workshop to: