

AMERSHAM DEANERY SYNOD

Minutes of the meeting held on 20th September 2018 at the St. Mary's Church, Great Chesham.

Present: House of Clergy:

Ruth Boughton, Simon Cansdale, Susan Gill, John Goodman, Tim Harper, Ben Topham, Martin Williams.

House of Laity:

Janet Allen, Monica Bartlett, Andrew Bell, , Michael Carmody, Zoe Clark, Christopher Cook, Julie Dziegiel (Hon Treasurer), Nigel Edward-Few, Chris Embleton-Smith, Frances Hall, Margaret Gingell, Ian Hamilton, Jacquie Hardman, Michael Hardman, Martin Josten, Stephen Johnson, David Kidner,, Roger Leslie, Keith Lucas, David Mackie, Jean Meakin, Hilary Povey, David Rafferty, James Scorer, Roy Stroomer, Stephanie Summerell, Lawrence Tebboth (Lay Chair), George Thackray, Cobus Van der Walt, Linda West, Martin Williams (Area Dean) Peta Woollett.

Apologies: House of Clergy:

Tim Barnard, Mike Bisset, Jeremy Brooks, Ian Brown, Derrick Carr, Sylvester Liyanage, Cassa Messervy, Sharon Roberts, John Sheppard, Peter Simmons, Jenny Tebboth, John Went,).

House of Laity:

Jan Bartlett, Liz Bell, Linda Bryan, Margaret Carey, Peter Flory, Janna Holder, Sheila King, Judy Knight, Mary Lee, Noel Meredith, Ann Ralph, Deborah Sanders, Maren Saville, Peter Simmonds, Eddie Weiss, Keith Wright.

Visitors: Francesca Hall-Drinkwater, Richard Bolton.

Secretary: Dorothy Potter

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Rev'd Canon Tim Harper (Area Dean) was in the Chair.

- 1) At 8pm Rev'd Tim Harper welcomed the Synod and thanked St. Mary's Church for hosting the meeting and for providing refreshments. Rev'd Simon Cansdale led the opening prayers.
- 2) Apologies – these will be taken from the attendance sheet.
- 3) Minutes of the meeting held 28th February 2018 were agreed.
- 4) Matters Arising: None.

5) Dr. Graeme Fletcher – Mental Health in Schools, Church, and the Community.

Graeme's slides can be viewed on the Amersham Deanery website

Graeme is a retired GP, and agreed to come to talk to Synod about his experience of mental health.

Depression – this is the most common problem – can be seen as ‘fed up with your lot’.

Depression is treated as a medical problem. Anti-depressants are not necessarily the answer.

Depression or mental health problems are identified by using PHQ9 questionnaire. From the answers provided, patients can be offered practical support – GP's can refer to Healthy Minds, listening and support or medication, or referral to mental health team either as a routine referral or to the crisis team. If prescribed antidepressants GP's will see patients 2 weeks after initial prescription and then at 4 weekly – pills can make the patient feel worse, these should be continued for 6 months after the patient is well.

Anxiety – for this GP's use GAD7 to evaluate the patient.

Suicide and Risk Factors – previous self harm, current mental health, unemployment, alcohol or drug abuse, lack of supportive environment. Males are three times more likely to commit suicide. Suicide 12 deaths per 100,00; all deaths have to be investigated by police; inquest is in an open coroners court; is devastating for family, carers and supporters. In order to help potential suicide victims – talk opening about suicide and any plans; be prepared to go for help; do not break confidences; you are not responsible for anyone's actions; you have a strong support network yourself.

Bipolar Disorder – often mis-diagnosed. Mood stabilising medication prescribed.

Depressive – will see GP

Manic – feel good, and will spend money irresponsibly.

Schizophrenia – patient hears voices and has hallucinations. Treatment is to be admitted to hospital.

Borderline Personality Disorder – impulsive and risky behaviour; destructive behaviour; mood swings; anger; inability to control emotions.

Healthy Minds – this is the main way in to services. Healthy Minds have produced leaflets for patients and carers covering the spectrum of mental health problems and help available.

CBT – Therapy used by Healthy Minds

Samaritans – 116123 – Samaritans have prevented more deaths than any GP. Open 24 hours/365 days per year.

Cruse

If you have concern over the safety of anyone call 999 and ask for Police.

If someone has taken too many pills 999 or take to Accident and Emergency. Police have no powers to force someone go into an ambulance.

111 out of hours medical help.

Social Services – including MASH. Emergency information and advice for adults in Bucks.

Talk openly and be supportive with people. Don't make promises you can't follow through, have boundaries. Signpost to GP or Samaritans. Share concerns with trusted colleagues.

A Q & A session then followed.

Medication can mask a problem. Medication first and then deal with issue(s).

Involvement with family. Patient is in charge, and involvement with family improves outcomes.

Mindfulness. Not easily available – can be taking responsibility.

Hypnotherapy. Controversial.

Chronic fatigue. Diagnosed if nothing else available. A label - underlying problem.

Kintsugi Hope – to help church communities. High incidence of anxiety with young people.

Mental Health provision for children is inadequate.

Why are figures going up with young people? Some behaviours can be learned from one another. Schools feel they have a problem.

Rev'd Martin Williams thanked Dr Fletcher for his talk, and spoke about pastoral caveats.

- 6) Deanery Plan. Still in formation
- 7) Diocesan Synod Election Results:
 - a) 3 Clergy – Revd's Tim Harper, John Goodman and Cassa Messervy and one vacancy;
 - b) 6 Lay – Stephanie Summerell, Lawrence Tebboth, Michael Hardman, Eddie Weiss and Nigel Edward-Few with one vacancy.
- 8) Finance: Nothing to report
- 9) AOB: Rethink! – mission run in conjunction with OCCA (Oxford Centre for Christian Apologetics) launches on 6th October in the Denham, Gerrards Cross, Chalfont St Peter, Chalfont St. Giles parishes. See website.

Rev'd Camilla Walton retires at the end of September. Rev'd David Whale has been appointed to the Chenies benefice and will be licensed on Advent Sunday. Two House for Duty posts have been filled at Denham. Rev'd Debbie Oades is on sabbatical. St. Thomas', Holtspur interviewing complete and an offer made.

Rev'd Martin Williams closed the meeting with prayer at 9.15pm