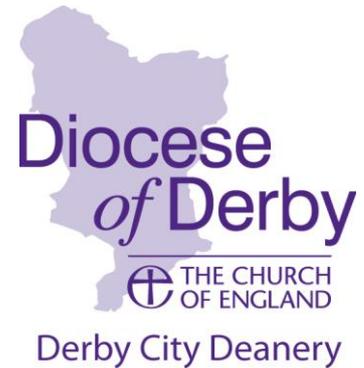


Derby City Deanery NEWSLETTER

March 2017 /#005



From the Area Dean, Revd Canon Dr Simon Taylor:

Dear friends,

I would like to take this opportunity to thank all those who have been Deanery Synod representatives for their parishes over the past few years. It is not a glamorous role, but it is an important one. So, for all you have given to the Deanery in the year that we have been formed, and to your former deanery in the previous three years: thank you!



Derby 'Ashes to Go' on Ash Wednesday, with ministers from the Cathedral, St Peter's, St Alkmund's and St Luke's.

It is, of course, time for new elections to the Deanery Synod. Whilst these remain elections to the old Deaneries, we will meet as Derby City Deanery. I do hope that people will stand and help us to form a vision for how we serve the city of Derby and proclaim the Good News, and support one another in doing so. We need people from all traditions in the church, and people who are excited by the challenges ahead of us. The last Deanery Synod looked at new housing that is coming into Derby. With 17,000 new houses planned and around 40,000 new people coming into Derby as a result, the need for us to work together is ever more important.

This issue of the Deanery Newsletter focuses on mental health. This is something that affects all parts of the city, all age groups and a huge number of people. I hope that the first newly elected Deanery Synod will look at how we as a Deanery can respond to this important challenge.

Please pray for parishes as they have APCMs and elect officers and Deanery Synod reps. Please pray for all suffering from mental illness and all who support them. And please continue to pray for one another.

With my love and prayers,

The information in this bi-monthly newsletter, focusing on Derby City Deanery's support for people with mental health issues, comes from Derby City Deanery – the group of Anglican parishes which fall within the city boundary – and is for sharing around churches and communities. Please see the back page for details of future publications, deadlines, etc.

Area Dean: Canon Dr Simon Taylor simon.taylor@derby.anglican.org
Deanery Administrator: Ms Jo Simister jo.simister@derby.anglican.org

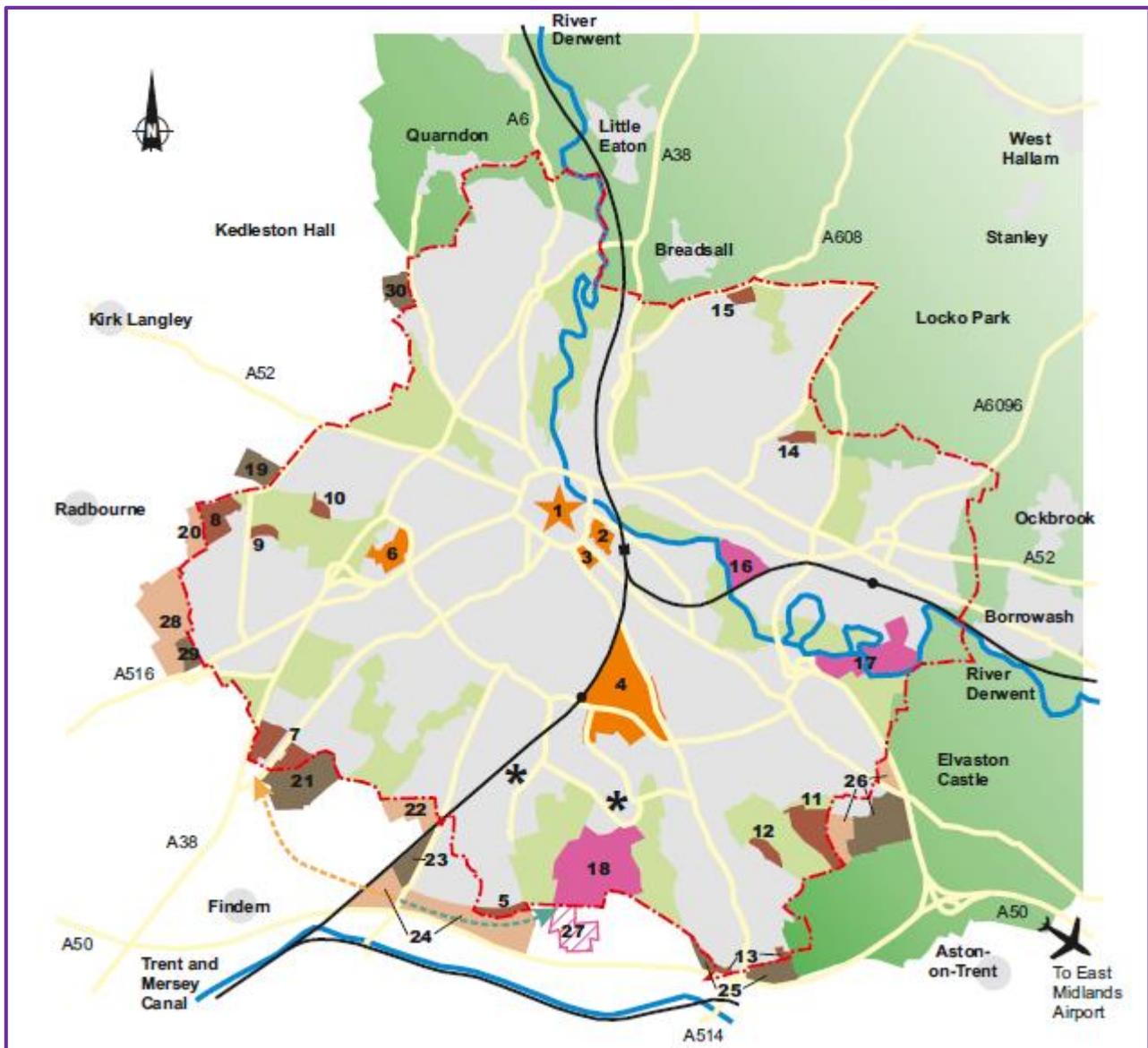
Deanery notices:

DEANERY SYNOD – serving the Derby communities

The Deanery Synod on 21st February received a comprehensive overview of the housing developments planned for the Derby area over the coming decade. Your Synod representative will be able to report some of the specifics for your parish, but the map of the main developments, and the key, are shown below. [These will be easier to read on the colour version of the newsletter which will be posted on the Deanery web page <http://www.derby.anglican.org/en/about-us/deaneries/derby-city.html>]

The Deanery Synod Laity voted unanimously for the Deanery Clergy Chapter to consider ways in which we might meet the challenge of planned growth of some 16,500 dwellings, that is a population increase of, at a conservative estimate, 40,000. There will be further reports of the discussions in the next newsletter, and at Deanery Synod in June.

Derby Urban Area Strategic Growth



NEWSLETTER HEALTH WARNING!

We consider it quite normal to discuss our physical health. We don't usually feel shy to admit we have had a cold, or the old arthritis is playing up. Yet very often we are diffident about admitting we are feeling low or lonely or anxious. Often when we are feeling down we can't find the energy to face walking into a strange place, or we are embarrassed to be tearful in church. But feeling bereft or despairing is part of being human, though it's not as obvious as coughing and sneezing, or walking with a stick.

This issue contains a variety of articles which explain the ways modern life and our city demographics can have a detrimental impact on some vulnerable groups. On the page of statistics about Derby you will see quite a lot of negatives in comparison with the shire and England in general (though not with many other cities).

BUT: fewer people are anxious and depressed, and where people engage in some kind of therapy, their rate of recovery is higher, in Derby than in the region or country in general!

Key		Derby City	
Strategic housing site in Derby		Site	Dwellings
Strategic employment sites		1 City Centre*	1000
Regeneration priority area		2 Castleward*	800
City Centre		3 Former DRI*	400
Mixed use regeneration site		4 Osmaston Regeneration Area*	600
Green Wedges		5 Wragley Way*	180
Green Belt		6 Manor/Kingsway*	700
Indicative line of South Derby Integrated Transport Link (Phase 1)		7 Rykneld Road	900
Indicative line of South Derby Integrated Transport Link (Phase 2)		8 Hackwood Farm*	400
Strategic extension to land south of Wilmore Road in South Derbyshire		9 Onslow Road	200
South Derbyshire - housing allocations		10 Former Mackworth College*	220
Housing sites outside the City with planning permission or under construction		11 Boulton Moor	800
		12 Fellow Lands Way*	200
		13 South Chellaston*	100
		14 Brook Farm*	275
		15 South of Mansfield Road*	200
		16 Derwent Triangle	Employment (28ha)
		17 Derby Commercial Park*	Employment (64.7ha)
		18 Wilmore Road/Infinity Park*	Employment (86.8ha)
		Amber Valley/South Derbyshire Urban Extensions	
		Site	Dwellings
		19 Radbourne Lane*	620
		20 Hackwood Farm*	290
		21 Highfields Farm*	1040
		22 Primula Way*	511
		23 Stenson Fields*	487
		24 Wragley Way*	1950
		25 South Chellaston*	620
		26 Boulton Moor*	1948
		27 Wilmore Road/Infinity Park	Employment (30ha)
		28 Newhouse Farm	1350
		29 Newhouse Farm*	300
		30 West of Kedleston Road*	400
		*Indicates that site partly or wholly has permission or is underway	

What is Mental Health?

'Mental health is the emotional and spiritual resilience which enables us to enjoy life and to survive pain, disappointment and sadness.

'It is a positive sense of wellbeing and an underlying belief in our own worth and the dignity and worth of others.'

(Church of England, Archbishops' Council, 2004, p. 29)



Our mental health affects how we think and feel about ourselves and others, how we interpret events, how we learn, how we cope with life events and how we develop and sustain relationships.

Like physical health, all of us need to take our mental wellbeing seriously and take steps to protect it, whether or not we currently have a mental health problem – one in four of us will experience some type of mental health problem at some stage in our lives.

Everyone has mental health needs, whether or not they have a mental health diagnosis. We can think of mental health as a continuum with people positioned at various points along that line at different points in their life.

A variety of factors are known to influence our mental wellbeing. These include genetic inheritance, childhood experiences, life events, individual ability to cope and levels of social support.

Key protective factors for good mental health include:

- Individual factors – problem-solving skills, good coping skills, optimism, moral beliefs, values, social competence, feeling respected, valued and supported, having a sense of hopefulness about the future;
- Family/social factors – good parenting, secure stable family, strong family norms and morality, supportive relationship with another adult;
- Life events and situations – good physical health, positive school experiences, financial security;
- Community and cultural factors – strong community networks, participation in church or other community group, strong cultural identity and pride, access to support services, sense of belonging.

Individuals with positive mental health show a number of characteristics:

- feeling of some control over their life
- an ability to learn, grow and develop
- feeling loved, trusted, understood, valued
- having an interest in life
- autonomy (independence)
- self-acceptance and self-esteem
- optimism and hopefulness
- resilience

Positive mental health depends on whether people feel respected, included and safe, or on the margins, afraid and excluded. Mental health is not simply a characteristic of individuals. Whole neighbourhoods, organisations such as schools or workplaces, or specific groups of people, for

example asylum seekers, may have low levels of mental health. Also, there are many different definitions of mental wellbeing and these are influenced by individual experiences and expectations, as well as by cultural and religious beliefs.

Key risk factors detrimental to good mental health include:

- Individual factors – poor social skills, low self-esteem, poor physical health;
- Family/social factors – marital discord, lack of warmth and affection, or substance misuse;
- Life events and situations – divorce or family break up, bereavement, physical illness, job insecurity, long term caring responsibilities, moving into residential care;
- Community and cultural factors – deprivation including unemployment, homelessness and poor housing, neighbourhood violence and crime, racism, lack of support services.

So, we can see that broader socio-economic and cultural factors influence mental health e.g. adequate housing, employment, financial security, access to appropriate health care. Gender, ethnicity, social class and age are also crucial to mental health. In addition, racism, homophobia and other forms of discrimination also affect mental health and can be an underlying cause of mental health problems.

A local community may have a number of features that promote the mental health and wellbeing of the people who live or work there, and it may be that we in Derby City Deanery are in a position to influence some of these:

- Equitable access to resources and services
- Support for parents and carers
- Activities that bring members of the community together
- Effective sharing of local information
- Tolerance and trust
- Friendly physical environment
- Dealing effectively with crime and anti-social behaviour
- Robust local democracy and opportunities to participate

Finally, the extraordinary protective effects of religion and spirituality are just beginning to be recognised:

- **In general, about 25% of women and 12% of men suffer major depressive disorder during their lifetime. But people with a spiritual or religious affiliation are up to 40% less likely to get depressed than people who do not have such affiliation.**
- **When they do get depressed, they recover faster.**
- **Where psychotherapy is offered, those receiving religiously orientated therapy sensitive to their religious beliefs score best on post-treatment measures.**
- **Depression affects up to 35% of patients who are medically seriously ill. However, an increased commitment to religion was strongly linked to an increase in the lessening of depression.**
- **Religious/ spiritual commitment correlates with lower levels of substance abuse. The risk of alcohol dependency is 60% greater when there is no religious affiliation.**

The main references for this and the following article are:

1in 4: Mental health and your church: A resource for church communities. (Chester Diocese, 2011) – http://www.chester.anglican.org/dev/docs/social/110505_1in4_mhfparishresource.pdf
Promoting mental health: A resource for spiritual and pastoral care (Archbishops' Council, 2004) – <https://www.churchofengland.org/media/45468/parishresource.pdf>

How parishes can promote mental health:

Offer friendship: informal neighbourly care, openness and friendship to people who may be vulnerable; be welcoming but not intrusive – kindness can be overwhelming, and some people are afraid to show any vulnerability, and some are fiercely independent and private.

Value people with mental health problems: provide a safe and welcoming community and help to improve quality of life; people with mental health problems can offer a valuable contribution to the life and work of the church by sharing their experiences and participating in communal and spiritual life.

Promote the mental health of the whole community: youth groups, older people's groups, drop-in centres, mother and toddler groups, user and self-help groups and other community activities can contribute to mental wellbeing and help reduce social exclusion.

Raise awareness about mental health and challenge stigma: talk openly about the mental health needs of the whole community; run training or discussion groups, accept and welcome all people – this sends a powerful message to those who fear or mistrust others.

Support people at key points in their lives: at times of great change or crisis, or to mark deeply significant events like birth, marriage or bereavement. In the case of bereavement, be aware that not everyone grieves in the same way, give time to grieve, and in assist with access to practical help and support during bereavement. Seek to strengthen the wellbeing of individuals, families and communities.

Link people to mental health services: a church may be a first point of contact and can act as a link and referral system to statutory mental health services and other sources of support in the community. [see Talking Points on the next page]

Offer emotional, social and practical support: provide an informal setting for vulnerable people and carers to meet with others – the church may be the only place where they can meet socially and one of the few sources of information and support, so keep a range of help and advice leaflets.

Provide spiritual resources: spiritual resources can play an important role in the survival strategies by providing:

- Wider feelings of sharing and community.
- A source of personal inner strength, fostering both perseverance and forgiveness.
- Faith as a source of comfort and support.

Offer the sacred space of a church building: Some find a church has a special positive atmosphere or aura. It might bring back particular memories of baptisms, weddings or funerals which connect them with significant others. Many churches are symbolic in their design, pointing to possibilities beyond themselves. The size of a building can encourage a sense of the transcendent. Art, artefacts and music, may provide encouragement and inspiration. The sense of 'connectedness' to other people, to tradition, to oneself or to 'God' or 'Other' may be achieved more readily in a church building for some people. Thus churches, particularly OPEN churches play a part in promoting mental health.

Support Carers: Churches can have a role in supporting Carers. Very often they are family members, but may also be neighbours or other friends, who give help and support in a wide variety of ways. Many Carers experience isolation, physical ill-health and a sense of having to put their own life on hold. Their needs are often overlooked. A church community can be a safe place where they can express their feelings openly.

Talking Points and the St Edmund's Allenton & Shelton Lock experience:

We are already familiar with the pilot at St Edmund's Allenton and Shelton Lock, which was adopted as a Social Services Talking Point Hub last October. Justin Worton of Derby City Council (01332 642 908; Justin.worton@derby.gov.uk) explains more about the programme:

"The idea behind Talking Points is to bring social care workers out into the community, to be more accessible and offer the opportunity to have a face-to-face chat with a social care worker in a convenient location in your community. We do this without going through a lengthy assessment but by simply talking through what your strengths are and what support, if any, you have in place at the moment. Then we look at what is missing and work with you to find locally available support. There has been overwhelming support for our decision to do this work, both within and outside of the council, with people coming forward to get involved. The programme which started in the Alvaston area has quickly expanded."

Revd Trudie Morris explains how it has worked out at St Edmund's:

"Social Workers set up on Wednesday mornings and see clients who have made appointments and others who drop in. This follows our Wednesday morning Eucharist so we have coffee time and plenty of 'meeters and greeters' to welcome visitors. We have changed the venue to the Vicarage next door to enable Shelton Lock Pre School to use the church's West End Room. The effect has been amazing. We now have Adult Mental Health workers with us too and increasing numbers of clients who find the low key and homely atmosphere really helpful when taking about difficult topics. Alfie the dog and Sally the cat play a significant part in this! The evaluation forms the clients complete are full of praise for the care and advice they receive.

"We are also able to give out literature of events at church and in the local community that the clients and their families might find useful. The next step is Wednesday morning talks organised by Derby Social Service on specific topics for anyone to come to."

Talking Points Hubs:

MONDAY:

- Sinfin Library Sinfin District Centre, Arleston Lane, Derby, DE24 3DS; 11am to 1pm

TUESDAY:

- The Phillip Whitehead Memorial Library, Chaddesden Park, Chaddesden, Derby, DE21 6LN; 12.15pm to 1.15pm
- Village Community Medical Centre, Browning Street, Derby, DE23 8AL; 9am to 11am on the 1st and 3rd Tuesday of the month.

WEDNESDAY:

- Filbert Walk Community Room Off Second Avenue, Chellaston, Derby, DE73 6UG; 1pm to 3pm
- St Edmunds Church Vicarage (to the left of the Church) Sinfin Avenue, Shelton Lock, Derby, DE24 9JA; 10am to 12pm

THURSDAY:

- Alvaston Library 1252-1254 London Road, Alvaston, Derby, DE24 8QP, 11am to 1pm

FRIDAY:

- Creative Carers, Haven House Carers Retreat, 31 Charnwood Street, DE1 2GT; 10am to 12pm
- Nottingham Road Fire Station, Nottingham Road, Chaddesden, Derby, DE21 6FP; 12pm to 1pm
- Parklands View Extra Care Scheme; Bath Street, Derby, DE1 3FG; 9am to 12pm.

Mental health in Derby: some statistics:

- The estimated registered population of Derby City is 295,900
- It is a young population: the proportion aged 0-19 is higher than the England average
- Deprivation in Derby City is higher than the England average
- Life expectancy for both males and females is lower than the England average
- The percentage of 16-18 year olds not in employment, education or training (NEET) is significantly lower than the England average
- The rate of homeless households is significantly higher than the England average
- The percentage of people with a limiting long term illness is higher than the England average
- The estimated prevalence of common mental health disorders* in Derby City is the highest in Derbyshire, with the most common diagnosis being mixed anxiety and depression [1] BUT this is lower than the England average
- The most common primary diagnosis on mental health admissions in Derby is mental and behavioural disorders due to psychoactive substance use [1], and the rate of hospital admissions with drug related primary diagnosis and another mental health condition as a secondary diagnosis is significantly higher than the Derbyshire average [1]
- Hospital admissions for intentional self-harm (aged 18+) in Derby City are significantly higher than the Derbyshire cluster average [1] and significantly higher than the England average
- The rate of section 136 police detentions (whereby individuals are judged to be in need of “immediate care or control” in a public place) by Derbyshire Constabulary (covers Derbyshire County and Derby City) is higher than the England average* [4]
- The directly standardised rate per 1,000 population for hospital admissions for alcohol attributable conditions is significantly higher than the England average
- The directly standardised rate for emergency hospital admissions for Alzheimer’s and other related dementia is significantly higher than the England average
- The directly standardised rate for emergency hospital admissions for schizophrenia, schizotypal and delusional disorders is significantly higher than the England average
- Hospital admissions to acute and specialist care for both eating disorders overall and anorexia specifically, are significantly higher than the East Midlands average
- The percentage of patients referred for treatment who actually began receiving treatment was lower in Derby City than both England and Derbyshire County [6] BUT the rate of recovery assessed between first and last therapy session was higher in Derby City than both the national and regional average [6]

* Common Mental Health Disorders include different types of depression and anxiety; they cause appreciable emotional distress and can interfere with daily function, but do not usually affect insight or cognition; whereas psychoses include more severe mental health problems such as schizophrenia and bipolar disorder that stop the person from thinking clearly and often cause hallucinations and/or delusions.

References:

Derby City Mental Health Profile

https://observatory.derbyshire.gov.uk/IAS/Custom/resources/HealthandWellbeing/Mental_Health_Profiles/Derby_City_Mental_Health_Profile_Overview.pdf which uses the following sources:

1. *Derbyshire Mental Health Needs Assessment, December 2011*
4. *Eating disorders; A Health Needs Assessment, NHS Derby City and NHS Derbyshire County, 2011*
6. *Improving Access to Psychological Therapies Data, NHS Information Centre, 2010/11*
7. *Derbyshire Community Mental Health Profile, NEPHO, 2012*

A closer look: Student Chaplaincy *Adam Dickens* A.Dickens@derby.ac.uk

One of the main issues facing university students is their poor state of their mental health, with anxiety & depression being at the top of the list. I often speak with colleagues working in the field of student support and ask ‘why are there so many stressed out young people? Is this a new situation or have we simply changed the definitions so that what now counts as poor mental health in our time might previously have been seen as part of the rough & tumble of life? The answer is never straightforward but here are a few factors that form part of it.

Today, far more students go to university than ever before; many are the first person in their household to have entered Higher Education, with little sense of what to expect. The whole process of moving away from family and things familiar and left to fend for yourself, when you’re used to Mum or Dad sorting it out, can be a disorientating experience.

Fear of failure also looms large, especially as students take on a great debt to be at University, so questions like - what will happen if I don’t get through, or if I do, but can’t find a job afterwards, what then?

And there are also those little devices called the i-phone. It’s an extraordinary gadget with many merits but many students aren’t good at regulating their use of it. Rather than it being a very useful technological tool, it becomes instead an enslaving addiction that sits on the pillow at night, in case there’s a call or piece of information sent through.

The knock-on effect is that the brain becomes over-stimulated, sleeping becomes more difficult, and when you’re not resting properly, all sorts of other things ensue; lack of concentration, keeping up with course work, and this then can generate stress from getting behind, with increased levels of anxiety, spilling over into depression. It can leave people in a mess, quite a lot of people, in fact.



Recent headlines in the Metro – 6 March 2017



Finding ways of responding to this seeming epidemic in poor mental health is a challenge, and certainly there are students who need expert professional support. And the university has a whole raft of counsellors and specialist mentors. But as many of them tell me, in quite a lot of cases, the solutions are not rocket science.

Good mental health relies on a sense of being loved and understood with the security accompanying that experience, and the Gospel of a God who loves us, whether we succeed or fail, speaks directly into the crisis.

In my Chaplaincy role, there is something about reminding students that life is lived in the presence of God, a God who loves them, and to whom they matter, and to try and reveal something of that love in the attention & encouragement I offer to them. I may not always use religious language, as such, though sometimes I certainly do, but in the midst of their struggles, to communicate that they are a valuable and valued child of God. But more than that, in the work with students, it's often about helping them to see things in a way they'd not seen before. For example, when students are experiencing poor mental health, there is a tendency to withdraw, to disconnect. So sometimes, it's simple things that can make a big difference, like encouraging a student to join a group or society, or to go for a walk in the park, where you can breathe some fresh air, be aware of what's around, listen to the birds sing. God is ultimately relational, and as creatures made in his image, our health lies in connecting with others, and with his creation. Experiences that place us within a bigger picture, a wider story, help to liberate us from a closed-in world where all looks bleak, an offer instead a glimpse of something hopeful.

A closer look: Young people

One in ten children needs support or treatment for mental health problems. This means in an average class of 30 schoolchildren, 3 will suffer from a diagnosable mental health disorder*.

And yet fewer than 25% – 35% of those with a diagnosable mental health condition were able to access any support, and three-quarters of children and young people with mental health issues did not have appropriate mental health services. Clearly “the human case for striving to reduce this distress and suffering is overwhelming”.

Failure to support children and young people with mental health needs costs lives and money. Early intervention avoids young people falling into crisis and avoids expensive treatments and detrimental outcomes later on: 75% of mental health problems in adult life (excluding dementia) start by the age of 18.

Mental health problems in young people can result in lower educational attainment - for example children with conduct disorder are twice as likely as other children to leave school with no qualifications and are strongly associated with behaviours that pose a risk to their health, such as smoking, drug and alcohol abuse and risky sexual behaviour – and their needs also impact on those around them, such as fellow pupils and teaching staff, as well as their own families and friends.

GPs, schools and other professionals such as social workers and youth workers often feel as frustrated as the children and their parents. They want to do the right thing, but have not necessarily been equipped to play their part or been provided with clear access routes to expertise and for referring to targeted and specialist support.

* Examples of the diagnosable mental health disorders prevalent in school age children:

Conduct Disorders: 5.8% or just over 210,00 children and young people have a conduct disorder

Anxiety: 3.3% or about 290,000 children and young people have an anxiety disorder

Depression: 0.9% or nearly 80,000 children and young people are seriously depressed

Hyperkinetic disorder (severe ADHD): 1.5% or just over 132,000 children and young people.

Specific groups of young people are at higher risk from developing emotional and behavioural disorders:

- Children in care.
- Young offenders.
- Children living in poverty*.
- Children excluded from school.
- Children with physical illness.
- Teenage parents.
- Young carers.
- Children with special educational needs.
- Children with parents in prison.
- 16-18 year olds not in employment, education or training (NEET).
- Children who are misusing substances.
- Children whose parents are divorcing.
- Children living with parental mental illness.
- Children who run away from home.
- Children living with domestic violence.

Factors promoting childhood resilience can be divided into the following categories – and all fall within domains of individual and parish ministry:

- The physical and emotional attributes of the child.
- The child's family.
- The immediate environment in which the child lives.

Children and young people, when asked to describe what 'made them feel good inside' or what things they thought were important for children and young people's well-being, consistently mentioned:



- having good support networks – across family, friends and school
- being able to do things they enjoy – ranging from sports and community-based activities, to having time with family and friends, and time to relax
- building self-esteem – in particular by having their achievements recognised and by having goals to work towards.

In school and other formal environments, this might translate into:

- A key adult to talk to.
- Distraction/confidence building activity.
- Support to make friends.
- A safe/quiet/calm space.

* The level of child poverty in Derby City is significantly worse than the England average and the County level, as is the rate of family homelessness.

References:

Derbyshire County and Derby City Future in Mind Transformation Plan 2015 – 2020

http://www.hardwickccg.nhs.uk/resources/uploads/companies/Docs_Future_in_Mind_Derbyshire_County_and_Derby_City_main_plan_-.doc

Future in Mind Report

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/414024/Childrens_Mental_Health.pdf

<https://www.specialneedsjungle.com/camhs-future-in-mind-will-it-really-mean-a-change-for-the-better/>



Parish profiles Z-A: St. Peter's in the City, Derby

St. Peter's Street, Derby, DE1 1SN

01332 360790

office@stpetersderby.org.uk

Revd Canon Paul Morris (Vicar)

Revd Anita Matthews (Associate Priest)

Revd Darren Howie (Pioneer Curate)

History and Location

St. Peter's is an ancient parish, dating from (at least) 1042, covering much of the south side of the city of Derby. During the expansion of the city in Victorian times it was divided into several new parishes. In the late seventies, two adjacent parishes, Holy Trinity and Christchurch, were merged together, and some time later were amalgamated with St. Peter's. The full name of the parish is "St. Peter's and Christchurch with Holy Trinity", worshipping at St. Peter's church. We have no responsibility for the other two church buildings. The church is known as St. Peter's in the City.

The parish is very diverse. The major part of it contains businesses, commercial and entertainment areas, including the Intu Shopping Centre. The railway station and London Road Community hospital are in the parish. Recent developments include the Riverlights complex by the bus station. It has a variety of housing accommodation, from bed-sits, small flats, starter homes, terraced housing, larger Victorian houses, and a growing number of "luxury" apartments to encourage "city living". The new Castleward development between the city and the Station is a significant complex of houses and flats, along with a school, gym and restaurants.



The City Centre, however, is not the only context in which we serve. Our parish is made up of a number of different contexts, and along with exploring ways of engaging with the new Castleward community (see inset), we are focussing on developing mission in the part of the Stockbrook estate which falls within our Parish (Boyer Street and the surrounding areas).

Castleward development © Compendium 2017

Our challenges

One of the biggest challenges is the diversity of our context – Jesus tells us to 'Love our neighbour', and yet we have a number of different 'neighbours' (the business and retail community, the residential city centre community, and the 'street' community of those struggling with homelessness and addiction) whose needs and concerns are often in conflict. We try to reach out to all the different sectors, as well as to work closely with the Police, City Council and other stakeholders in addressing the challenges of the city centre.

Another challenge is that we are a seven day a week Church, with an average of 500 people passing through our Centre each week. Having developed St. Peter's Centre in 2012 and reordered the Church (removing the pews and relocating the font) we now see the building used for a wide range of activities – from Conferences and wedding receptions, to community arts groups and business management training. This is a central part of our mission, generating income for other mission projects and developing good networks and relationships within the city centre – but it involves a lot of work!

Finally, reaching out to into the workplace community (rather than waiting for them to come to us!) is a challenge for the church, not least because many of our own congregation are at work during the week. St. Peter's has therefore become a hub for Derby City Centre Chaplaincy, a voluntary ecumenical movement of some 35 chaplains (mainly lay people) in workplaces throughout the city.

Our mission

Our mission is to be 'a Community of Faith, Hope and Love in the Heart of the City', and to share the good news of the gospel to those whom we encounter in ways which speak to their particular lives and circumstances. John 10:10 is a key verse for us, as we seek to express 'life in all its fullness' – spiritually, physically, economically, and mentally. Mission activities (alongside regular services on a Friday lunchtime and Sunday morning) include:

- A weekly debt clinic run in partnership with Derby City Mission.
- A weekly drop in centre for Refugees and Asylum Seekers, in partnership with the British Red Cross.
- Enrichment activities and food provision for homeless and disadvantaged.
- A monthly afternoon tea for older people
- A missional hub meeting weekly to pray for and discern vision for mission in the Stockbrook area of the parish.
- The 'Grieve Inn', which offers a drop in space on Boyer Street for those experiencing grief and loss.
- Annual 'Christmas Lunch on Jesus' project in partnership with local churches and businesses, providing Christmas Lunch boxes for those in need
- A Business Innovation Centre which is currently 'on pause' as we explore transitioning into a project mentoring young people at risk of offending, and helping them into work.

"A Community of Faith, Hope and Love in the Heart of the City"



Holy Week and Easter

RETREAT IN DAILY LIFE

during Holy Week at Spondon: St Werburgh.

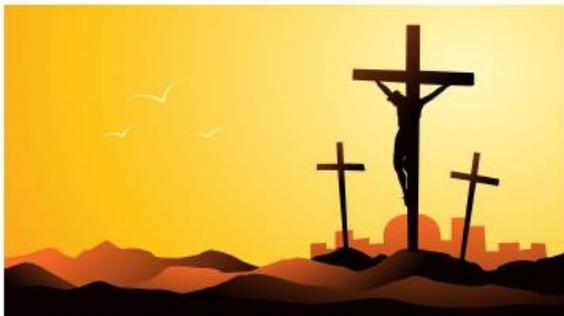
If you would like to take some time out, be guided in prayer and receive the fellowship and support of a retreat but cannot afford either the money or the time to go away this may be for you... go on retreat, at home!

It's simple: During Holy Week (the week before Easter) join a small group undertaking a retreat in daily life from Palm Sunday (9th April) to the Easter Vigil (15th April) – each day you meet to pray / talk with a retreat guide for half an hour or so at a time convenient to you and then we gather to pray together as a group and celebrate a quiet Eucharist in the evening - joining with the Parish for Maundy Thursday, Good Friday and the Easter Vigil.

There is no financial cost and it's open to anyone. For more information contact Fr Julian Hollywell 01332 673 573 fatherjulian@btinternet.com.



The Parish of St Matthew
Darley Abbey



Good Friday

14 April 2017, 7.30 pm
in St Matthew's Church, Darley Abbey

The choirs of St Matthew's, St Edmund's
Allestree, and other friends sing

The Requiem
by Gabriel Fauré

All welcome. Admission free, retiring collection



The Parishes of St Edmund, Allestree
and St Matthew, Darley Abbey



Easter Sunday

16 April 2017, 6.30 pm

Festal Evensong

from the Book of Common Prayer
will be sung at St Edmund's Allestree
by the choirs of St Edmund's and
St Matthew's, Darley Abbey

St Edmund's Allestree usually has BCP Choral Communion on the first Sunday and BCP Choral Mattins on the third, both at 11.15 am. If you would like a traditional, musical, service, you are very welcome. Are there any readers or clergy who would like to come and lead it occasionally during the year? Please give the Reverend Peter Barham a ring on 01332 551404.

Dates for your diary:

Deadline for the next issue: 27th April, 2017, and the main content will focus on Pentecost and early summer events. Items to: jo.simister@derby.anglican.org.

Tues 21 st Mar 7.00pm	Lent Project: Film Night. 'God is "not" dead'. All welcome. Watch & discuss!	St John the Evangelist Mill/Bridge Street
Sun 26 th Mar 9.45am	Mothering Sunday: Family Eucharist and distribution of flowers.	St John the Evangelist, Mill/Bridge Street, Derby. DE1 1DY.
Tues 28 th Mar 7.00pm	Lent Project: Film Night. 'Bruce Almighty'. All welcome. Watch & discuss!	St John the Evangelist, Mill/Bridge Street, Derby. DE1 1DY.
Fri 31 st March 7.30pm	The Passion according to St Luke: After lying undisturbed in an archive for over 60 years, this work by Cecil Armstrong-Gibbs was painstakingly transcribed for its first performance tonight. Free to attend, retiring collection.	Derby Cathedral DE1 3GP by Derby Cathedral Voluntary Choir, conductor David Johnson; Organ accompaniment Hugh Morris (Cathedral Director of Music).
Sat 1 st April, 10.30am to 4 pm	The Stations of the Cross : A Quiet Day for Passiontide led by Sister Theresa Margaret CHN Suggested donation for the day: £15	Convent of the Holy Name, Morley Road, Oakwood, DERBY DE21 4TB Bookings/ more info 01332 671716 (ext 6) or email assistantprovincialchn@yahoo.co.uk
Sun 2 nd April 9.45am 6.30pm	Passion Sunday: Sung Eucharist Choral Evensong	St John the Evangelist, Mill/Bridge Street, Derby. DE1 1DY. Preacher at 9.45: The Venerable Christopher Cunliffe (Archdeacon of Derby)
Sun 9 th April 9.45m 3.00pm	Palm Sunday: Distribution of Palm Crosses at the Headless Cross in Friargate, followed by procession to church for Sung Eucharist. Holy Week Messy Church - All ages. Tea and cake to follow	St John the Evangelist, Mill/Bridge Street, Derby. DE1 1DY.
Mon 10 th - Weds 12 th April, 7.30pm	Sung Compline and Address A peaceful sung evening service followed by a reflection on the theme of healing and health. The speakers are people with experience of working in medicine, nursing, counselling and bereavement care.	Derby Cathedral DE1 3GP
Thurs 13 th April, 11 am	Maundy Thursday: Diocesan Eucharist and Blessing of Oils	Derby Cathedral DE1 3GP
Thurs 13 th April 6.00pm 7.30pm	Maundy Thursday: Passover Supper. Experience the Passover Meal as Jesus did. Shared meal, shared friendship, shared worship. Sung Eucharist (Feet washing)	St John the Evangelist, Mill/Bridge Street, Derby. DE1 1DY.
Thurs 13 th April, 7.30pm	Maundy Thursday: Eucharist of the Last Supper	Derby Cathedral DE1 3GP

Dates for your diary: Continued

Deadline for the next issue: 27th April, 2017, and the main content will focus on Pentecost and early summer events. Items to: jo.simister@derby.anglican.org.

Fri 14 th April 10.00am 2.00pm	Good Friday: Informal Family Service A service to deepen our understanding of the meaning of the day with final act of worship around the cross in the garden. Good Friday Communion with Veneration of the Cross.	St John the Evangelist, Mill/Bridge Street, Derby. DE1 1DY.
Fri 14 th April 12 noon 1.30 pm	Good Friday: Preaching of the Cross Liturgy of the Passion	Derby Cathedral DE1 3GP Preacher at 12 noon: The Revd Canon Dr Simon Taylor, Area Dean, Derby City Deanery and Canon Chancellor, Derby Cathedral.
Fri 14 th April 7.00pm	Good Friday: Bob Chilcott, St John Passion Free to attend, retiring collection.	Derby Cathedral DE1 3GP Derby Cathedral Choir, directed by Hugh Morris.
Sat 15 th April 7.00 pm	Easter Eve: Easter Vigil and Diocesan Confirmation Service	Derby Cathedral DE1 3GP
Sun 16 th April 8.00 am 10.45 am	Easter Day: Holy Communion Cathedral Eucharist	Derby Cathedral DE1 3GP The Rt Revd Dr Alastair Redfern, Bishop of Derby to preside and preach at 11am.
Sun 16 th April 9.15 am	Easter Day: Sung Eucharist (Bridge Chapel)	Sowter Road Derby DE1 3AT
Sun 16 th April 9.45am 6.30pm	Easter Day: Lighting of the New Fire and Family Eucharist Choral Evensong.	St John the Evangelist, Mill/Bridge Street, Derby. DE1 1DY.
Sun 16 th April 6.00 pm	Easter Festal Evensong.	Derby Cathedral DE1 3GP
Weds 26 th April, 10.30am to 4 pm	Who is the God to whom we pray? Study Day led by Revd Sister Rosemary CHN. Suggested donation for the day: £15 (payable on booking). Hot drinks and biscuits provided – please bring a packed lunch	Convent of the Holy Name, Morley Road, Oakwood, DERBY DE21 4TB Bookings/ more info 01332 671716 (ext 6) or email assistantprovincialchn@yahoo.co.uk
Fri 5 th – Sun 7 th May 2017	Beginners' Retreat: led by Sister Edith Margaret CHN Suggested donation for the weekend £100; £20 deposit payable on booking.	Convent of the Holy Name, Morley Road, Oakwood, DERBY DE21 4TB Bookings/ more info 01332 671716 (ext 6) or email assistantprovincialchn@yahoo.co.uk
Sun 4 th June tbc	Thy Kingdom Come events	Around the deanery and in the cathedral
Thurs 8 th June 7 for 7.30pm	Derby City Deanery Synod	Venue tbc

Newsletter 7: available early July 2017, deadline 29 June, covering summer activities.

Newsletter 8: available early September 2017, deadline 31 August, covering autumn.

Newsletter 9: available mid November 2017, deadline 26 October, covering Advent, Christmas and Epiphany.