

Dear friends in South East Derbyshire Deanery,

This is the first newsletter for some time and so much has happened. None of us thought this year would turn out like this and the marathon is not over as it is likely that life will be different until a vaccine for Covid 19 is found.

I have been amazed at the creativity, compassion and care that has been seen in the deanery; from retreats online to creative ways of continuing worship. Thank you for all you have done and continue to do.

Now as we look to reopen churches slowly and carefully, I am conscious that this has come at a cost, as expectations are managed, truths are distorted (people have a tendency to hear what they want to hear) and people try to bend rules. Many clergy have not had a break and have been working hard since the pandemic started, volunteers have worked in new ways and are equally tired, lay leadership has had to find new ways of working to which also brings with it fatigue.

In these circumstances, can I encourage you to think about a few things.

Firstly, self-care by taking a break. You might need to be creative and you might need others to respect the boundaries but do take time for yourself. None of us can keep going for ever. The Bishop has encouraged clergy to take holiday not taken even if it means carrying forward into another year.

Can I also encourage you to think about what you have learnt and not rush back into doing church as you always did. There are things that may never restart in some of our contexts and new things that need to spring up. Life and community are different, and our expectations need to adjust to a new context.

Finally, as we emerge from lockdown, take things slowly and carefully. Look at your context. What works for you may not be possible in a neighbouring parish. What happens in your context needs to consider not just the building, but the people resources you have to open safely. It is better to take things slowly and carefully rather than rush and make mistakes.

As a ex nurse from an infectious diseases unit, I remember that, when a patient emerged from isolation following a long infectious illness; it took time to adjust to being with people, to living without restrictions and to reenter the wider world. The church is no different.

Please be assured of our support and prayers, do contact us if we can help. Our contact details are included later in this newsletter.

Karen

Deanery Synod elections and APCM's will not now take place until the current crisis abates but should be held by 31st October if possible. This has been authorised via a Bishop's Order, applicable in all Dioceses.

Therefore, existing PCC members will remain in office until the date of the APCM or 31st October whichever is sooner. **Existing Deanery Synod members will remain in office until 30th November and remain part of their PCC until that date** and new members, voted for at APCM, will take up office on 1st December. Wardens will remain in office until 31st January 2021 unless their successors (voted for at APCM) have been 'sworn in' before that date. Usual rules apply for any member wishing to resign before these dates and any queries can be addressed to Karen or Nadine Waldron (Diocesan Registrar).

No official deanery synod meetings can happen for the time being as there is no facility at the moment for deaneries to conduct meetings electronically. However, a zoom get together of Deanery members was held on 1st June and a total of 42 people took part online or by telephone (slightly more than attend usual meetings) Members took the chance to hear what was happening in parishes including short talks on

- Streaming services
- Children and Youth work via Zoom and WhatsApp
- Dial a sermon – from Reverend Olaf Trelenberg (see below)
- CD recordings for those who do not have internet access

Plans had been made for Bishop Libby to address synod members at a meeting in June, this will hopefully now be later in the year when physical meetings can be held

Dial a Service – With Reverend Olaf Trelenberg

Sandiacre Rector, Rev. Olaf, has set up a phone line Service on **0115 871 1891** which you can listen to any time and it is changed weekly on Wednesday and Sunday. It is charged at local rate and was originally set up for congregation members who cannot access the internet. It has been so successful that many from the community and other parishes ring in to listen- why not give it a ring!

Communication and support during the current emergency

Church house staff are now mostly working from home but are still in communication and have limited access to systems Do continue email people and they will help. If you are unsure or are unable to get hold of any usual contacts at the Church Support Office, please contact Angela who is able to find out who is available to answer your query

The Safeguarding Department has had to cancel all face to face training but still has the usual email contact for urgent enquiries and the emergency contact line is still diverted to a member of the team on duty 24 hours a day **01332 388678**

Reverend Cannon Ian Gooding

It is with sadness that we report the death of Ian Gooding, Rector of Stanton by Dale, Dale Abbey and later of Risley for 35 years up to his retirement in 2012. Ian was also rural dean of the Erewash Deanery from 1998 to 2012 and an honorary canon of Derby Cathedral.



Ian will be fondly remembered by deanery members- several clergy remember playing cricket with him in the diocesan team, he was very involved with links to local business and instrumental in setting up our links with the Erewash Partnership and has, over the years, been a faithful leader who helped many come to faith and directed them in the service of Christ. Sadly, due to the restrictions of funeral sizes, only family will be able to attend the church service at his funeral. However, there was a live zoom link to the service on Thursday 9th July and a Youtube video available from Friday 10th July. Details available from Angela

Congratulations to Father Giles Orton who has been appointed Priest in charge (SSM) of Derby St Anne. He will be sadly missed at Long Eaton St Laurence and Ilkeston Holy Trinity.



A fond farewell to Father Tom Barnfather who has retired from his post as Associate Priest at St Laurence Long Eaton and Holy Trinity Ilkeston. He and his wife, Rosie, have moved away from the area and we wish them every happiness in their retirement

Reverend Caro Hemmings is starting an extended placement based at Christ Church, in Cotmanhay and Shipley, with Reverend Christine French still as her Training Incumbent, for the remainder of her curacy. She will still be continuing her links with the Kirk Hallam Academy School, and will also take weddings at Kirk Hallam too. Please hold her in your prayers as she supports Christ Church during their interregnum.



Can you Help?

Bishop Libby is setting up a 'diocesan gallery' in the hallway of Bishop's House. The thought is for a diocesan gallery that changed regularly (3 times a year, perhaps) as a prompt to prayer, a signal of mutuality and commitment, a talking point - something beautiful.

There are 12 frames in the display, so she would like images from every deanery, the cathedral, schools – plus some extras. From time to time the photographs might be 'themed' eg photos to reflect hope, courage, justice, love ..., or seasonal, such as Lent or Harvest and to reflect all aspects of life – the church dispersed as well as gathered, and hints of the Kingdom that may not even know they have anything to do with church. If you have anything for our deanery frame or any other ideas, please send to Karen or Angela in the first instance.

assist with physical and mental wellbeing of clergy, is relevant for all living in traumatic and stressful times. Please visit the site for a set of weekly topics. Printed below is a particularly relevant article for everyone

Covid-19, crisis fatigue – and you – by Peter Wells

Psychotherapist and priest Peter Wells shares his insight on living long-term with a pandemic.

However resilient I consider myself to be, there is always the possibility, often subtly felt and cumulative, that this 'thing' just gets too much to handle. It's too much to think about, too much to live with, just too much. And this is not just for a couple of months, this is a marathon, and I've not been in training for such a marathon. This virus attacks health, my health, however old I might be, whoever I am.

As a human being I require, to a greater or lesser extent, social interaction, and now, because I am spending more time with those I usually live with, I might have too much or, because I am more on my own, too little!!

Why does crisis fatigue occur?

* I am not in control and I feel confused, baffled and vulnerable a lot of the time * The cumulative effect of endless news updates on TV and radio, and a bombardment of comments on social media, texts, emails and phone calls * A lot of uncertainty as to exactly what is going on, what is required by me, what can I do, how do I help others * There is no space left to think of anything else, or manage anything else, or be interested in anything else * How can I not feel under siege, how can I not feel fatigue!

What to look out for

* I can become distracted or disinterested in other aspects of life * Because I don't know what to do or how to respond, I get fearful and express it in anger or go silent. I sulk, I don't want to talk to anyone * I might not notice that I'm less interested in eating because I am anxious, or I am over-eating because I'm trying to soothe myself * My sleep pattern becomes disturbed * If I'm at home so much, either alone or with others, I get bored, I don't know how to express my frustration - except towards others or the cat! * I find myself ruminating about what might or might not happen to me, to others, to the world

What can I do?

ACCEPT that this crisis is going to last some time and prepare myself.

A: acknowledge that I am not in control and I need to find ways of coping

C: compromise on what I would like to do and work out what I can do

C: know that there will be consequences that are out of my control

E: show empathy to others because this shows that I and they are not alone

P: be passionate about caring for myself and those around me

T: trust in myself that I am doing all I can

Create a routine.

- Prioritise what needs to be done each day
- Plan out my day to give it a structure
- Pace myself so that I don't do everything at once
- Permission to know I can only do so much, and seeking help and support is not weakness

Take a break

We all need time off from the news and worries.

- * Give myself 'news' breaks - I can catch up with the news later
- * Create distractions that I enjoy, such as books, games, tv, radio, films, online games
- * Make sure that I video-link with others so that I can see faces, not just words in a text or voices on the phone
- * Include some meditation, mindfulness, prayer
- * Create an exercise programme that I enjoy, even if simply walking up and downstairs and some stretches or online yoga sessions
- * Set meal and sleep times

And remember ...

- I, and those I am in contact with, are going to have days of sadness and frustration
- I need to be honest about how I feel and not hide or deny it
- I know others will be feeling the same
- I need to be kind to myself, and those around me.

If reading this has led you to want to seek additional support or signposting please contact either the person in your diocese responsible for clergy wellbeing or St Luke's via its website or on 020 7898 1700.

St Luke's thanks Peter Wells for permission to use their work as part of its Virtual Clergy Wellbeing Programme.

You can find out more about Peter here: www.psychotherapy.org.uk/therapist/peter-wells/

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Virtual Holiday Club

Reverend Sam Tredwell, Long Eaton St John, Reverend Elaine Jones, Sawley and HOPE Long Eaton have put together an online Holiday Club at Home to run from 3rd to 7th August. All are welcome to apply for a pack to join in the fun. To order a free resource pack go to

<https://www.eventbrite.co.uk/e/long-eaton-and-sawley-holiday-club-online-tickets112351901562>

Or email: Vicar@stjohnslong Eaton.org.uk
or sawleycurate@gmail.com



Brought to you by
Diocese of Derby
St John's Church, Long Eaton, All Saints' with St Mary's, Sawley and Hope Long Eaton

HOPE

Holiday Club At Home

Discover Hope in Jesus the Light of the World through fun crafts, drama, teaching and stories to join in with at home together.

3rd-7th August at 10am

Watch online at
www.saintsandangels.online

To order a free resource pack go to
<https://www.eventbrite.co.uk/e/long-eaton-and-sawley-holiday-club-online-tickets112351901562>
or email: Vicar@stjohnslong Eaton.org.uk or sawleycurate@gmail.com

RESOURCES FOR CHILDREN AND FAMILIES:

Resources to draw on as you are aiming to keep in touch with children and their carers/families from Derby Diocesan Children's Advisor Sarah.brown@derby.anglican.org

CHURCH OF ENGLAND RESOURCES - There are weekly themed Collective Worship times for Primary and Secondary schools available on the Oak National Academy website at this address: <https://classroom.thenational.academy/activity-clubs/faith-at-home/#> There are also resources to support Faith at Home linking with each of the themes on this page of the CofE site. <https://www.churchofengland.org/faith-action/faith-home/i-am-school-leader> (go to the bottom of the page to find the resources)

DERBY DIOCESE RESOURCES - <https://derby.anglican.org/education/children-2/> An A4 sheet for families/ households which is based on one of the Lectionary readings for the week. Sarah will produce a short video clip every few weeks from now, rather than every week. The resources and videos from the beginning of the Lockdown remain on the site and all are welcome to use any of them.

ROOTS - are offering free Worship at Home resources at the moment: <https://www.rootsontheweb.com/i-am-looking-for/public-copies/worshipathome14jun>

MESSY CHURCH - has also added free resources for use at home. Find them here: <https://www.messychurch.org.uk/resources/messy-church-home-ideas>

DIDDY DISCIPLES - has free resources to use at home aimed at Babies and Toddlers, Under 5s and 5-10s. The resources can be found here: <https://www.diddydisciples.org/thechurchathome>
TOGETHER AT HOME - is available on Facebook <https://www.facebook.com/groups/613930636117980/>

GODLY PLAY - YouTube has many films of Godly Play sessions to use. Search for the story you are interested in.

GODVENTURE - <https://godventure.co.uk/>

REFLECTIONARY <https://reflectionary.org/>

MENTAL HEALTH resources are available from Scripture Union, endorsed by the Mental Health Foundation, they can be found here: <https://content.scriptureunion.org.uk/mentalhealth>

BEREAVEMENT RESOURCES Very sadly, there will be those in congregations or local area who have had a bereavement and lost someone they love. The Lockdown circumstances will possibly mean that no goodbyes were possible and people of all ages could be feeling as though they are in limbo and need space and resources to help work through their grief. There is a page on the Derby Diocese website with links to resources which could be useful. <https://derby.anglican.org/education/children-2/2-resources-available-to-you/>

Details of Diocesan and Church of England support resources can be found on this page, as well as links to organisations such as Winston's Wish and Child Bereavement UK.

Ward Volunteers during the pandemic

With the need for chaplains to liaise between patients and their relatives when visits were not allowed, Canon Paul Morris, Derbyshire Chaplaincy, appointed 14 Ward Volunteers in several community hospitals including Ilkeston and Ripley to provide pastoral support to the patient, set up phone and video calls between patient and family members, provide bereavement support, and support staff also. A daughter of one patient wrote to thank the Ward Volunteer: "We really appreciate the help you gave mum. You lifted her spirits when we were unable to see her. At times she was so low we wondered whether she would have any reserves to pull through but to know you were there caring, supporting and encouraging her, and liaising with us, was so appreciated by myself and my siblings. For her to hear our messages and see the photos you printed off and showed her, brought us closer to her as she knew we were there and were missing her."

Recently, one of the matrons confirmed she would advocate Ward Volunteers to continue in the future because they really got on with what was needed, were very interactive with the patients and had the experience and skills to effectively support patients and their families as well as being able to integrate with the ward staff.

For doing something noteworthy and going above and beyond during the pandemic, another Ward Volunteer has received the Covid-19 Colleague of the Month award by the NHS panel.

Reverend Christine French and Reverend Caro Hemmings volunteered at Ilkeston Community Hospital. Christine writes....

'Although I have been a chaplain at a hospital in Nottingham many years ago, I actually hate hospitals, just the smell as you going one makes me feel sick, so I had struggled to agree to be a 'Ward Volunteer' at Ilkeston Community Hospital when the pandemic started. Indeed, if it wasn't for my curate – Rev'd Caro being so eager to volunteer at the hospital herself, I probably wouldn't have agreed to do it. However, it was time for me to put to one side my squeamishness, and focus on how I could help others.

Each week I would chat to a variety of people on the Baron Ward, I loved listening to the various life stories, how they were feeling, what they were missing, and is there anything I can pray for. I would start my shift feeling sick and wondering what I was doing there, and leave giving thanks to God for the lovely conversations I had been privileged to share with the patients.

One morning I was called by a parishioner, his wife was the church go-er rather than he himself; her health had deteriorated, and she had been taken into Ilkeston hospital for tests. He couldn't visit her, but he was so relieved when I said I could. When I arrived at the ward the staff were pleased to see me, Margaret was agitated, she wanted to leave, so a nurse had been sat by the door stopping her, as every few minutes she would want to go again. I don't know if it was because of all the PPE and the uniform of a Ward Volunteer, or because of the dementia, but it took Margaret a few minutes to recognise me. When recounting to her how in previous years, before the service started on a Sunday morning, and before putting on her choir robes, she would always nip round the back of church with Betty for a 'quick ciggie' Margaret's face lit up, and she giggled like a naughty teenager. The nurse relaxed and was now able to go see to other patients, while Margaret and I chatted. Little things are important.

When Margaret got tearful, naturally I reached out and held her frail hand in my gloved hand, it wasn't how I wanted it to be, but it was something. As we read together the order of service for 'Home Communion' I had to speak slowly and in a raised voice, not because she was particularly hard of hearing, but because the face mask and face visor muffled my voice so much, and kept steaming up. Putting the little round wafer into her hand (from its individual sterile bag when it had been kept for 3 days prior) I wanted to cry, something so intensely spiritual, had become surrounding by the functional. When Margaret came back to Ilkeston Hospital from the Royal Derby hospital, the Ward Receptionist called me and asked if I could go in again to sit with Margaret, 'yes of course' I replied. The number of patients is going down, now there are more staff than patients, and the temporary ward will probably soon close. Part of being a priest is stepping out of your comfort zone, trusting that God will be with you, so I am thankful for the time I volunteered on the ward, and seeing God at work, because, quoting the 19th century poem 'Little Things' by Julia Carney '*So the little moments, humble though they be, make the mighty ages, of eternity*'.

Contact Us!

In these difficult times, with information changing daily, deanery officers will do their best to be a point of contact to answer or pass on queries. Please send any email message that is not confidential to Karen, Angela and Brian so that one of them can be sure to pick it up or anything confidential or personal to Karen.

Please remember that Karen's day off is a Friday and she will also be off on the occasional Saturday.

Area Dean: Reverend Karen Padley:

01773 712097

padleykaren@gmail.com

Deanery Administrator:

Angela Clayton:

07939 285394

angela.clayton@derby.anglican.org

Lay Chair:

Brian Parker

brianp103@hotmail.co.uk

Chapter Clerk:

Reverend Bob Short

bobthevicar@gmail.com

Parish Finance Returns

Incumbents, wardens or treasurers in each parish will have access to the Parish Returns site within the C of E Portal and **need to enter financial information for 2109 online**. The portal is now open and information should be submitted of the audited financial report has been passed by PCC. A copy of the report should also be sent to the Diocese and Area Dean preferably by email. **This should be done by 31st July if at all possible**. As APCM's and future PCC meetings are now on hold, if your PCC has not had time to approve the financial report, this can be done via the chair organising online or telephone approval. If this hasn't been possible either, then the audited account details can be entered and a note at the end explaining that they have not been passed by APCM or PCC. Any PCC secretaries or Treasurers with queries please contact Angela, Deanery Administrator, who is overseeing the return for the deanery who will seek information as to what process to follow. She is happy to assist with the process for those who need help with the technology or to add new names to list of those able to access the site in your parish or issue new login and passwords if they have been forgotten!

The latest edition of 'Our Diocese Together' magazine is available online. a feature on Langley Mill Nursery and Infant School And how they are coping with Lockdown

https://issuu.com/togethermagazine/docs/together_8_issuu

