

Report from National Community Chaplaincy Peer Support Meeting 6/10/15

Contents

Page 1 – Delegate list

Page 2 – Agenda

Page 3-5 – Reflection

Page 5 – Round Robin Summary

Page 6 – Hope Into Action

Page 7 – Workshop 1 – Internal Change tool

Page 8 – Workshop 2 – Learning as Mentors + Workshop 3 – Burning Issues

Appendix – Internal change tool

Delegate list

Andrew Cooper	Feltham Community Chaplaincy Trust
Bob Payne	Supporter
Carl Reynolds	Facilitator
Caroline Mayhew	CCA Board Advisor
Caroline Stevens	New Leaf + CCA Trustee
David Elwin	Inside Out
Emma Wells	Futures Unlocked
Ian Cockram	Peninsula Initiative
Jackie Oglethorpe	Futures Unlocked + CCA Trustee
James Thorne	Yellow Ribbon
Jane Barkes	Footprints
Jane Daguerre	WYCCP + CCA Trustee
Kate Edgar	Release Lincs Community Chaplaincy
Kirstie Clarke	Release Lincs Community Chaplaincy
La'Chique Mason	Hebron House
Lorraine Street	Canada
Lorraine Street	Taylor Centre for Chaplaincy and Spiritual Care
Mark	C2C
Matt Wall	CCA
Matthew Devlin	CCA
Matthieu Lambert	Hope Into Action
Paul	Eden Network
Pauline Mack	Yellow Ribbon
Tim Lucas	Saltbox
Tresetta Prentice	Hebron House

Venue:

Carrs Lane Conference Centre & Church, Carrs Lane, Birmingham, B4 7SX

Agenda

<i>Time</i>	<i>Activity</i>
10:30am	Arrive – Tea and Coffee
11:00am	Introduction from Carl Reynolds, facilitator
11:10am	Reflection – Led by Rev Prebendary Bob Payne
11:20am	Round Robin – updates from all
12:45am	Hope into Action presentation – Matthieu Lambert
1:00pm	Lunch (provided)
1:45pm	Workshop 1 – Internal Change – with into by Matt Wall
2:55pm	Break
3:10pm	Workshop 2 – Learning as mentors – led by Carl Reynolds
3:45pm	Workshop 3 – What are the burning issues for Community Chaplaincy?
4:45pm	Action Plan
5:00pm	Finish

Opening Reflection - The Reverend Prebendary Bob Payne

“It is really very good indeed to be with you today for, as some of you know, Community Chaplaincy has had a special place in my heart and mind for twenty-five years. Before you seek to work through your agenda today I would like to begin for a few moments to adjust your mind’s lens and pull away from the immediate and the details of today to the wider picture.

I have been deeply moved, as I am sure you have, by the sight on TV of so many refugees walking hundreds of miles to try to find a place of safety and hope for the future. The distances involved are vast for to walk from Belgrade to Vienna via Croatia is the same as walking from here to Dover and then back on down to Exeter. It became closer to my experience as I recognised the places along the way, the park in the centre of Belgrade, Keleti Railway station in Budapest and the Vienna Hauptbahnhof, places that I know well.

It jolted me into reminding me that this is not just another TV story, but that these are people just like you and me with the same hopes and fears, and I wonder how on earth they can keep going mile after mile not only in physical miles but also in their life journey. I can only imagine that one of the reasons is maybe that they are not alone, they are with others, sharing the journey, helping each other to cope with the many ups and downs and that can make a massive difference.

The same ideas can be seen in many different areas of life, for example in the TV adverts for Macmillan Nurses as they try to support Cancer Patients, you hear the words “you do not have to be alone”. Even though I am not a Liverpool Football Club Supporter I still get goose pimples when I hear the song “You’ll never walk alone” for it is true for all of us whether the journeys are physical, emotional, psychological or spiritual. I expect that all of you could probably point to people in your own lives who are or have been important for you, in good times and in bad. For me that has certainly been an important factor in my faith journey, and the recent 50th Anniversary of my Ordination has prompted me to revisit and remember those people in my mind and give thanks for their companionship.

Most, if not all, faiths have the idea of a journey and mutual care and support written into their scriptures. As a Christian I love the story of the journey on the road to Emmaus when Jesus enlightens and cares for some fellow travellers and a dear Muslim friend has shared with me the following words from the Hadith: “It has been narrated on the authority of Ibn 'Umar that the Holy Prophet (May peace be upon him) said: Beware! every one of you is a shepherd and every one is answerable with regard to his flock. ... Beware! every one of you is a guardian and every one of you shall be questioned with regard to his trust.” (Sahih Muslim 1829)

Pilgrimages are often an important part of many people’s faith journeys and we share the distress caused by the recent events in Mina during the Hajj. I think that an important part of pilgrimage is that you walk alongside people, and that is very different from face to face conversations, for you are both on a journey, and also both facing the same direction. I vividly remember my early days as a priest having to hitch-hike to save money. When the driver found out that I was a priest there was a reaction of immediate silence, but as soon as the conversation continued usually about petty things, the flood gates would often open and amazingly personal issues were shared, not that I could do anything as we would soon leave each other, but the sharing was in itself helpful and a great privilege and learning for me. I think you are very aware of why I have shared these thoughts!

One of the challenges of being a Prison Chaplain is that prisons can become normal, but they are not. And as hundreds of men, women and young people are released every day, release from prison can also become normal, and I am sure that for some it is. However for many,

despite the dream of their release day that is imprinted in their mind and heart; for despite the outward signs of confidence; for many it is really very scary, and I have seen grown men and women crumble when release become a present reality. When the support available in prison evaporates and the offers of support from friends disappear, the world can become a very lonely place, especially where you are really trying to make a fresh start, and that can mean a new place without any familiarity or support.

In such times of loneliness it is easy to respond to "offers of help" that are anything but that. In one major city prison, it was said that any man who managed to get to the Bus or Train Station without accepting "the offer of help" from waiting "friends" usually with some freebee drugs to ease the stress was much more likely to be successful in their resettlement. During my time as a Prison Chaplain I worked for a year in a prison for women and one of the challenges for some of them on release was to enable them to be able to reject the "offers of help" from the pimps waiting outside.

There are hopefully other positive offers of help and support that have been arranged in the prison prior to release, and lots of systems and processes and responses to the need for housing, employment and the myriad of issues that face those released from prison, but often a vital question is "Who is going to be there for me?" "Do I really have any value?" "Do people really care about me or are they just going through the motions?" "Am I just another client?"

That question that was on my mind for many years as a Prison Chaplain. I first heard of the concept of Community Chaplaincy at an International Conference of Prison Chaplains in Geneva in 1990. I vividly remember the words of Pierre Allard, then the Canadian Chaplain General talking about Community Chaplaincy in Canada when he said "Is the community of crime the only community willing to welcome former prisoners." I often recognised that reality outside of prisons, when someone is greeted by his old mates and is whisked away with screeching tyres in a fast car sometimes with a recognisable pungent smell in the air and I wondered how long it would be before I saw him or her again.

But there are good stories, sometimes quite unexpected from our human perspective, and I thank God for all you are doing with partners in NOMS, others and volunteers to improve the chances of people making sense of their lives, feeling valued, and having hope for the future. I am absolutely thrilled that Community Chaplaincy has grown so much and that the Community Chaplaincy Association has grown and matured and I have been very impressed by the contribution that Matt Wall has made as the National Secretary as you grapple with changing contexts with their opportunities and threats.

As you may know I have also tried to enable others in Europe and beyond to catch the vision of Community Chaplaincy and I am thrilled that there has been a healthy growth of similar and allied projects in many different countries. I have a personal involvement with the development of Prison Chaplaincy in Serbia that is not the easiest country in Europe with its complicated history. However a few days ago I heard of a Serbian Monastery that has become very involved with some professional agencies to provide a continuity of care for those leaving prison and needing to deal with various types of addiction.

Community Chaplaincy is not easy and there will be ups and downs. There will be great stories of people making a break from the past and living creative and positive lives, some of whom then become involved in Prison and Community Chaplaincy. Only last week IPCA elected Rod Moore to be their International President. He is the Senior Prison Chaplain in New South Wales in Australia and was formerly himself a prisoner. However there will also be a downside when people, having returned to prison, greet you as an old friend, and you will all have had

those moments when you have different emotions at the same time valuing the obvious friendship but saddened by their return to prison.

However as we also engage with what seems to be success focussed culture I share the words of Charles Taylor who was a pioneer in Prison Chaplaincy in Canada and wrote "This is God's ministry, not ours. This conviction protects us from the pride of success and the despair of failure." Finally I end with the words of a well known Christian song that is true for all faiths:- "Ubi caritas et amor, Deus ibi est" "Where there is charity and love, there is God. That is what you do day by day and I say Thanks be to God, and may He richly bless in your thinking this day and in your ministry in the future."

Round Robin themes

Community

Local and collaborative
Network organisations
Local mentor networks
Community hubs
Mentor from the inside to the outside
How to keep the family feeling in big projects – the local can get lost

Contract issues

Paucity of contract – not enough resources to enable proper job to be done
Fitting in as a sub-contractor can mean difficult admin, but can also reap benefits
TR – can reduce service if stick to just contract; tick box culture; contracts not being implemented; shifts and changes to contracts

Wider context

Understanding wider strategies by potential partners
Impacts on housing, welfare, family support, changes to prison regimes, lockdown, lack of youth provision...impact of austerity and wider discourse against those with less?

Funding

Approaching funders for interim funds
Uncertainty between contracts
Willingness and capacity to work for no or less resources

Service ideas

Prison chaplains promoting mentoring by community chaplains
Using specialised mentors to support those with particular needs eg sex offenders
Extending mentoring support time before release

Hope Into Action presentation – Matthieu Lambert

Hope Into Action works with local churches to provide housing and support to vulnerable people including those with a prison history. Their model has the following steps:

1. The church gets in touch with Hope into Action who support every stage of the process.
2. Using the investment capacity of the church, church members, or from elsewhere, one house is bought in a reasonable area of their community.
3. The house is used to support 2 (or maybe 3) people in a vulnerable situation. (Ideally the church chose which need to target (male, female, ex-offender, younger, those coming out of re-hab etc)
4. The rent/ housing benefit pays a return on the investment.
5. Hope Into Action provide: the professional support (referrals, needs assessments, key working, sign-posting, tenancy, benefits, rent collection etc).
6. The church provides: community, non-judgemental relationships, mentoring / befriending, practical support and prayer.

To find out more go to: <http://hopeintoaction.org.uk/>

Or email: Matthieu.Lambert@hopeintoaction.org.uk

Workshop 1 - Internal Change tool

Matt Wall explained that the Internal Change tool (attached in appendix) has been developed by a Community Chaplaincy working group to dig deeper on some of the issues that clients are facing and aims to measure some of the factors that Desistance theory has highlighted to us as being so crucial to the change process.

In pairs we tested the Internal Change tool with each other to get to grips with how it feels to complete this as a client. Here is the feedback received after completing sections of the Internal Change tool:

- found it useful, but needed to build trust before using it with a client;
- could take more time than is available to complete in one session
- gives the chance to reflect – ‘I only know what I feel when I listen to what I say’
- helps get to know the person
- themes pull together to give holistic answers
- mentors would need to be trained in its use
- literacy issues may be a barrier
- intermediary guidance on each area is helpful
- on point 6, stage one, take out the words ‘help me’ from ‘I always look to others to help me make a decision.’
- Would be good to reword the ‘why do you say this’ section
- it’s OK to not score a ‘10’
- doing the assessment encouraged goal setting about where the person wanted to be in the future
- the data analysis will need to be cognisant of shifting attitudes from scores (eg start saying very good, as it’s expected of me, but later get honest and score lower) – is this reflected in qualitative feedback?
- it could be adapted for mentor to mentor support;

Matt Wall then went on to explain that the Internal Change tool forms part of the CCA’s pilot Impact Project which is currently being tested in four Community Chaplaincies (New Leaf, Open Gate, Peninsula Initiative and Yellow Ribbon). This and other assessment tools are recorded on a new bespoke database for Community Chaplaincy. These resources will be made available to the wider network in the spring time once they have been fully tested, but if anyone wants to find out more before that they are welcome to contact Matt to discuss. We are hoping that most Community Chaplaincies will start using them once they are fully operational.

Workshop 2 – Learning as mentors

Carl Reynolds stressed the importance of reflecting on how we do things and learning from that. We divided into small groups and explored how Community Chaplaincy might be seen from the following perspectives:

- Organisational structures and context
- Systems
- Modelling
- Discourses
- Congruence
- Mission
- Metaphor and Narratives
- Reflexivity

Workshop 3 What are the burning issues for Community Chaplaincy?

- We explored ideas for a shop front for a Community Chaplaincy,
- There was a request for more info on housing
- There was a request for shared info for volunteers
- There was a discussion on developing peer mentors – David Elwin and Matt Wall are keen to work together with others to see how we can do more on this.

Matt Wall closed the session by mentioning the following opportunities that were coming up within the Network:

- i) Working Group developing shared training resources for mentors – meeting on 24th Nov in London
- ii) Southern Regions joint Prison/Community Chaplaincy conference on 2nd Dec in Reading
- iii) Possible residential conference in March 2016

Appendix

Community Chaplaincy Internal Change Assessment (*iizuka: Support Tasks, Start Assessment*)

For conducting a baseline assessment and noting actions taken by the Mentor and progress made

Mentor Name		Date of meeting	
Mentee Name		Reviewer	

1. Responsibility I think about the results of my actions.

1	2	3	4	5	6	7	8	9	10
I do things without thinking about the consequences.		I think briefly about the consequences, but end up doing it anyway.			I'm trying to reflect more on the consequences, so I can make positive decisions.			I'm able to think about and understand the consequences, so that I can make positive decisions.	

Why do you say this / feel this way? Can you give me some examples?

2. Support There are people I can turn to when I have a problem.

1	2	3	4	5	6	7	8	9	10
I don't know anyone I can trust to support me in dealing with my problems.		There are a few people I trust to support me in dealing with problems, but I am not sure they are the right people.			I feel pretty confident that I have people I can trust to support me in dealing with my problems.			I feel confident that I have people I can trust and that they are the right people to support me in dealing with my problems.	

Why do you say this / feel this way? Can you give me some examples?

3. Confidence I feel confident in myself.

1	2	3	4	5	6	7	8	9	10
I hardly ever feel confident in myself.		Only some of the time do I feel confident in myself.			I often feel confident in myself.			I almost always feel confident in myself.	

Why do you say this / feel this way? Can you give me some examples?

4. Hope I feel hopeful about my future.

1	2	3	4	5	6	7	8	9	10
I feel pretty hopeless about my future.		I feel a bit hopeful about my future.			I feel quite hopeful about my future.			I have a good deal of hope about my future.	

Why do you say this / feel this way? Can you give me some examples?

5. Self-esteem I feel good about myself.

1	2	3	4	5	6	7	8	9	10
I never feel good about myself.		Only some of the time do I feel good about myself.			I often feel good about myself			I almost always feel good about myself.	

Why do you say this / feel this way? Can you give me some examples?

6. Make Decisions I feel able to make my own decisions.

1	2	3	4	5	6	7	8	9	10
I always look to others to help me make a decision.		Making my own decisions is a problem for me but I am working on it and getting a bit more confident.			Making my own decisions is less of a problem for me and I feel quite confident in making my own decisions.			I feel confident in being able to make my own decisions.	

Why do you say this / feel this way? Can you give me some examples?

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7. Resilience I am good at making it through stressful times.

1	2	3	4	5	6	7	8	9	10
I feel overwhelmed by the problems I need to deal with.		I sometimes feel better able to deal with my problems but still need support during the stressful times.			I often feel better able to deal with my problems and I don't need support as often during the stressful times.			I almost always feel able to deal with my problems and I seldom need support during the stressful times.	

Why do you say this / feel this way? Can you give me some examples?

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8. Motivation I am really working hard to change my life.

1	2	3	4	5	6	7	8	9	10
I don't feel any need to change.		I think that there are things I need to change about my life.			I have been successful in making some changes but I still need some support to keep up the effort.			I am working hard to change my life.	

Why do you say this / feel this way? Can you give me some examples?

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9. Use of time I am making good use of my free time by doing more constructive things.

1	2	3	4	5	6	7	8	9	10
I don't do much except sit around.		I believe I need to get involved in doing other things which will help me improve my life but not sure how to move forward.			I am willing to get involved in doing other things which will help me improve my life and am actively looking around for opportunities.			I make good use of my free time doing things which will help me improve my life.	

Why do you say this / feel this way? Can you give me some examples?