

Cowley Deanery Synod

Draft Minutes of Synod on Tuesday March 6th 2018

At St James Church Centre, Cowley

Supporting Mental Health in Parish Life

Apologies:

David Knight	Jim Cocke	Martin Loudon
Margreet Armitstead	Al Horn	Nick Dewey
Skye Denno	Dave Reid	Janet Proudman
Eric Bossward	Graham Collins	
Phil Ritchie	Rob Horner	
Darren McFarland	Bethan Willis	

The meeting was chaired by Tim Stead and opening worship led by Geoff Bayliss.

1. Deanery Finance: Trevor Jones (treasurer)

- 2017 accounts: the deanery account shows a large surplus which will be used for mission within the deanery in 2018 and beyond. The deanery qualified for the full rebate of 3%.

Acceptance of the accounts for 2017:

Proposed: Trevor Jones. Seconded: Patricia Michaels. Passed unanimously.

- 2018 share and deanery funds: the deanery share for 2018 is less than in 2017, and so with increased funds, there is the opportunity to support mission within the deanery as a result.

Acceptance of the budget for 2018:

Proposed: Trevor Jones. Seconded: Tony Phelan. Passed unanimously.

- It was proposed to reappoint Mr. Alan Martin as Independent Examiner for 2018: Trevor Jones. Seconded: Hubert Allen and passed unanimously.

Tim thanked Trevor for all that he does with deanery finances.

2. Area Dean's notices: Tim Stead

Deanery strategy update:

- Due to the reduction of clergy by one in the deanery, there has been a small but significant change in finance which has allowed for a small amount to be made available for deanery-wide mission. This is something that can be reversed or accelerated in the future.
- Some good projects in various churches in the deanery have also been funded by the Archdeaconry Mission Fund.
- Deanery poverty project: Elaine Bardwell and Max Butron are doing a poverty audit in the deanery in order to identify a possible future deanery project.
- A Mental Health First Aid course – with the aim of someone in each parish doing the training in order to have some basic information around the issues of mental health to support their

church. HTHQ can offer support with finding out more about this course (for further information, see below).

- 'Home'- an important Fresh Expression based in Cowley: the Revd. Matt Rees is stepping down in June and so Tim asked the deanery to support them where possible as they look for a replacement.
- Young people: is there a possibility for young people to meet in larger groups across the deanery? Funding perhaps available for this.
- Future: to think about the communities we serve and how we can work together.

Deanery confirmation:

It is planned for these to take place once every three years. The first one will be in Blackbird Leys on November 14th 2018. Where possible, candidates should be steered towards this.

Quarterly deanery service:

Tony Phelan proposed the idea of a deanery event once a quarter with the aim of sharing our gifts and talents in encountering each other and God in worship. Further information to be emailed when available.

Mindfulness teaching:

Tim spoke about the benefits of Mindfulness and outlined his and Susie's plans to develop this in Oxford – and for anyone to be in touch if they see a context where this could be helpful.

Mental Health First Aid training:

Susie Stead spoke about the Mental Health First Aid course held at Restore, Cowley. Cost: £220 for a two-day course (four three hour sessions). mhfa.trainers@restore.org.uk

Another possibility might be some training with the speaker, Polly Falconer, tailored for our parishes. Also see: www.omhn.org

Thanks

Tony Phelan thanked Tim for all that he has done in the deanery – specifically for his creativity, energy and vision. Tim replied that he has enjoyed being Area Dean and that the deanery is a great group of churches in good shape to move forward.

3. Supporting Mental Health in Parish Life. Speaker: **Polly Falconer** – the Service Manager at Sevilles, an organisation specialising in home care and support for people with mental health needs.

Polly spoke about her experience with working with those with mental health needs and emphasised the necessity of understanding, care and acceptance. Through a quiz, a lively role play and questions and answers, various aspects of mental health were discussed. For example, reasons for mental illness, the current situation nationally and what churches and the deanery might be able to do in small ways to help and be more welcoming of those with mental health issues – for example by increasing our levels of awareness and empathy we can play a supportive role.

The synod closed at 9.30pm.

Next deanery synod: Monday June 11th 2018 at St Andrew's Church, Old Headington *Minutes:*

Felicity Wallendzus 8.3.18