

Church Drive April / May 2017



News from St. Giles Church, West Bridgford

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The Rector Writes.....

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ.

2 Corinthians 1: 3-5

Carers and caring is the theme of this month's Church Drive and we have the moving testimony Eileen Shipp shared at our most recent Healing Service at St Giles. How will I cope? how can anyone cope in difficult times and in difficult situations? – questions that come readily to each of us. The verses above speak of the unique resource available to Christians who seek to comfort and care for others – *'we can comfort those in any trouble with the comfort we ourselves receive from God.'*

In Lent we begin to walk the road to Calvary, and remember again the sufferings of Christ; at times we too will share in those sufferings, but when we do let us remember that the one who died also rose again and lives for us. And through the presence of the Holy Spirit, God will comfort us, and give us the grace to share that comfort with others.

Yours in Christ,
Lee

Are you a Carer? No? Look again!

Carers UK defines a carer as:

“Someone of any age who provides unpaid support to family or friends who could not manage without this help due to illness, disability, mental ill health or a substance misuse problem.”

Caring covers a whole range of activities:

- ◆ Emotional support like listening and talking
- ◆ Household chores like cleaning, cooking, washing, ironing or shopping
- ◆ Medical care such as helping with medication
- ◆ Taking a family member/friend to appointments, perhaps staying for the consultation and explaining what has been discussed.
- ◆ Regularly providing a meal for someone to ensure they have a healthy diet and regular meals.
- ◆ Personal care like feeding, getting to the toilet, washing and dressing
- ◆ Physical care ensuring the person can move around their home
- ◆ Financial support to manage income and bills



Carers might feel that they are doing what anyone else would do in their situation

It's what you do isn't it? You look after a parent, child, grandparent etc. and just get on with it. *If someone looks after a spouse or partner, or a relative or friend who is ill or disabled, they are carers, even if they don't think of themselves that way.*



Both children and adults can be carers.

Carers can be any age from children to the elderly in their 80s or 90s. Carers don't have to live with the person they support to be considered their carer. Nor do they have to be the only, or main, carer - a person may be lucky enough to have several carers amongst their family and friends.

Care needs can vary enormously

So the way carers support and the type of support they provide can vary enormously too. Some carers look after someone 24 hours a day, fulfilling all their care needs. Other carers look after people who are fairly independent but might need someone to help with tasks such as banking, transport, shopping and housework. It may also be that a carer supports from a distance.

There is a lot of information about carers and caring on the CarersUK website www.carersuk.org



A Carer's Story – Eileen Shipp and Godfrey



My husband Godfrey died almost 6 years ago and for 6 years before that he suffered from vascular dementia. When I look back at that time, it seems as though it belongs to another age – or even that we were living on another planet – and I can't imagine how we coped.

My husband's first symptoms were extreme anxiety and short term memory loss. I just couldn't believe this was happening. How could the man I had known for over 40 years behave in this way? He had been so skilled and involved in life. He trained as an architect, he wrote sketches for reviews – even wrote whole shows and if pushed could write some of the music as well. At our previous church he had been a deacon, a youth leader and a Sunday school teacher. Now everything was a worry to him and he could spend an hour or more at his desk in order to write one letter, or one cheque.

I thought by this time if I roll my sleeves up a bit higher and tie my apron strings tighter, I could make things better. But of course I couldn't, the illness progresses whatever you do and you have to come to a point of acceptance. Our doctor was very understanding. 'Do your best and don't put too much pressure on yourself,' he said.

Gradually I was doing everything including the finances and making the decisions concerning us both, which I hadn't done on my own before. Godfrey seemed to find some comfort within the 4 walls of our home, the fewer appointments and visitors the better. He became more anxious with any increased activity. So we became isolated from what you might call normal life.

As a carer you need to 'let it all out' from time to time and I was very grateful to 2 friends who came every Thursday morning. We had a prayer group – now they came to be alongside us and just accepted whatever might be happening at the time. Another friend of Godfrey's came to sit with him while I led a small Bible study group - that group too were always good listeners and supporters.

Every week or every month brought another change and you find yourself taking on more and more duties. But by now it was time to call

in the experts and social services provided 2 sitters who came for 3 hour session each week so I could get out of the flat, to shop, to have a coffee or maybe an early lunch. My treat for the week!

My husband became my charge, my child if you like. I washed him and dressed him and eventually spoon fed him. Although by this stage Godfrey was quiet during the day, just sitting on the settee and speaking very little, at night he seemed to find new strength from somewhere and marched around the flat switching on lights and attempting to unlock the door. There seemed no reason for it, no logic, so it was difficult to understand.

At this point our daughter, Diane, came home after working abroad for 10 years, which was a tremendous boost for me – not just because of the practical help she offered, but because she was a wise counsellor and great supporter and still is!

By this time Godfrey would go into respite care for a week at a time and I would catch up on chores, on sleep and on friends. My husband spent the last 7 months of his life in a nursing home as he fell and broke his hip and I couldn't handle him anymore.

As I wrote at the beginning – I can't believe I coped with it all. But then I know the answer really. Jesus said He would walk with us and meet not our wants but our needs. However difficult each day seemed, I believe he was meeting my needs. A song I used to sing sums it up for me:

**God has not promised skies always blue
Flower strewn pathways all our lives through
He has not told us we will not bear
Many a burden, many a care.**

**But God has promised strength for the day,
Rest for the labours, light for the way
Grace for the trials; help from above
Unfailing sympathy; undying love.**

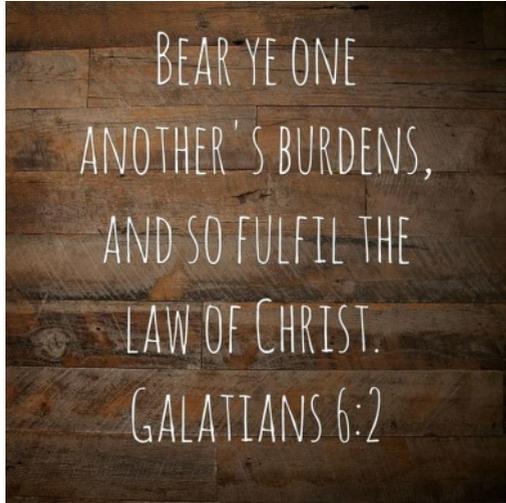
(A minister friend of mine calls the 'but' at the beginning of the chorus a 'glorious but.' The Bible is full of them and gives us all the positives.)

Eileen Shipp

(Testimony given at the St Giles' Healing Service on 16th October 2016)

Spiritual Support for Carers

Being a carer for a loved one can be physically, emotionally and financially draining. However, it can also be life-affirming, joyous and rewarding. At times it can be lonely, especially if the person you are caring for is the one that you would normally share your worries with. Even if you have a great support network, sometimes, perhaps in the small hours of the morning when you are dragging your exhausted self out of bed yet again to respond to the needs of another, a carer can feel



desperate and very alone. But a carer is never alone. A carer is doing God's work, and God is there to hear you and his Spirit will give you strength and renew you when you are overwhelmed. The following prayers and verses may be helpful for carers through the good times and the bad. Where to find help, comfort and hope from the Bible when:

Ill or in Pain: 2 Corinthians 12:9, 10
James 5:14-16
Psalm 69:29-30

Feeling Weary: Matthew 11: 28-30
2 Corinthians 4:16-18

Feeling Lonely: Psalm 23

At your wit's end: Psalm 55: 16,17,22
Psalm 61: 1-4
Psalm 62: 1-2

LET US NOT LOSE HEART IN DOING GOOD, FOR IN DUE TIME WE WILL REAP IF WE DO NOT GROW WEARY. SO THEN, WHILE WE HAVE OPPORTUNITY, LET US DO GOOD TO ALL PEOPLE

Galatians 6: 9-10

Top Tips for Carers from Carers

Know that you are not alone

Carers UK estimate that 6000 people start caring every day. There is a huge number of people of all ages, backgrounds and stages of life sharing your experience. Connect with them, whether through local support groups, through charities, online forums etc. (Ask Daphne, Debbie, or Lucy if you would like signposting to specific organisations) Carers UK is a great start.



Recognise that you are a carer even if you don't like the word (see the article entitled 'Are you a carer? No? look again!'). As a carer your local authority has a duty of care to you as well as the person you care for. You are entitled to a carer's assessment up to once a year which could, for example, fund respite care to enable you to take regular breaks. As a carer you may also be entitled to Carer's Allowance and other benefits and practical support.

Formally Register as a carer with your GP Further to the above, there are various benefits to registering as a carer with your GP practice including:

Access to a carer's champion who can provide useful information and support

Practice staff will be aware of your caring role so you won't need to keep explaining your situation to get appointments at convenient times for either you or the person you care for

Health checks and flu vaccinations for you

Asking the person you care for, for permission to share information with you and noting this on your medical records and involving you in planning the care of the person you look after.

Prioritise your wellbeing A healthy carer is a good carer – if you don't look after yourself then you won't be best able to look after someone else. Beware of "self-neglect" creeping in because of the demands of your caring role. Keep on top of your own health and health checks. If you think you already are or may be in danger of self-neglecting, speak

to your GP urgently. Sadly this is more common than you might think and your GP will know how to help.

Exercise regularly at whatever level is appropriate to you The endorphins released when exercising are mood enhancing. Exercising with the person you are caring for will benefit you both, helping to clear the mind and as well as being physically beneficial.

Knowledge is Power Know about your loved one's condition (associated charities are usually the most informative), be clear on their rights and yours. Be informed, be determined and be persistent.

Plan and make decisions in advance

Depending on your loved one's condition, there may be some difficult conversations that need to be had about future care needs. Decisions about medical interventions, care at home, finding a care home, palliative care wishes, etc are more often than not made in stressful, urgent circumstances which is the worst time to make them. Where possible have those conversations early so you know what your loved ones' wishes are..

A Carer's Prayer

Let me be kind when tiredness overwhelms
my weary brain and turns my legs to lead;
let me brave when truths must be conveyed,
confronting the past and all things left unsaid;
let me fight on for you when various rules
make nonsense of your rights and reinforce your fears;
grant me the stamina to speak and treat with fools,
remaining calm when biting back the tears.
Help me to know somehow that life goes on
beyond this time of stress and sleepless nights;
help me to smile and love you in the midst
of endless pointless and exhausting fights.
And when the caring ends, help me to be
kind, in my guilt and
weariness, to me.

by Heather Smith

If you have been affected by any of the articles you've read, you can talk in confidence to Lee, Tim, Daphne or Lucy Bolt



24-7 Prayer

From 10am on Friday 10th March until 10am on Saturday 11th March, over 40 members of St. Giles, plus many of the Youth, joined together in an amazing 24 hours of prayer. Each one prayed for 30 minutes for St. Giles as a whole, and specifically for the Church Weekend Away. Here's what our faithful prayers heard that God is saying to us as a church family. If you'd like to see some of this in a great, short film, go to the St. Giles' YouTube channel, at <http://stgil.es/streamstgiles>.

Isaiah 40: 28 -31

Strength will rise as we wait upon the Lord
Are we so full of the things of life/world that we have no room left for God? Are we tired?

Examine our hearts – What is the soil like? Is it prepared?

LET GO

Repentance
Relinquishing Control

Don't just drip your toes in the water, wade on in. Take off the wellies! No Fear!

RECEIVE

Showers of blessing and promises of new growth

Joel 2:28-32

Dreams and vision for young and old – cross generational unity.

WADE IN

Overcoming Fear of the Holy Spirit

Stand on his promises

1 John 4: 15 – 18

'Perfect love casts out fear'
'I am loved'

Spring buds and new growth

Newness of life – new beginnings - daffodils breaking through long grass one by one, all across a huge garden, making a pattern across the whole garden like stars in a night sky.

“I will pour out my Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions.”

Christian Aid Week is coming!



Christian Aid Week was set up 60 years ago to help refugees in Europe following the Second World War. Christian Aid's focus this year for Christian Aid week is refugees stuck in camps in Southern Europe, unable to return to their home countries due to war or famine, and unwelcome elsewhere.

The **Big Event** will take place in church on **Saturday 20th May, 6.15 – 9.00pm.**

- ◆ Bingo
- ◆ Raffle & auction
- ◆ Bar & food
- ◆ Jazz with Paul Ricard & friends
- ◆ Quiz sheets



The evening is suitable for all ages so do invite your friends along! Tickets are on sale: £7.50 for adults, £2.50 for children.

Come and enjoy a **Friday Cake Break** in church on **Friday 12th May, 10am–12noon.**

Pop in for a well deserved break - tea, coffee and homemade cakes.



The **Plant Sale** will be held as usual in mid May



And there'll be the all important **House to House Collections**



Good Friday Workshop

@ St Giles Church
Friday 14th April 10am - 12pm

Crafts, Fun and Games
Refreshments & the Easter story explained

Cost: £3.00 per child (pay on the door)

School age children can be left at the workshop,
preschoolers are very welcome but must be
accompanied by a parent or carer.

To reserve your place contact admin@stgilesparish.com
or 07948 834250



PCC Update from 15th March

1. Bishop's Initiative

The West Bridgford Youth Hub for 14-18 year olds has begun. Trinity Church, currently at Lenton Abbey, hope to have their first service on Mansfield Road at Easter.

2. Finance

Accounts: Audited 2016 accounts were accepted and signed for presentation to the AGM on 30th April. Accounts for the first two months of 2017 showed a very small surplus. Please talk to Chris Lane if you want further information.

3. Fabric

A pine tree has been felled in the churchyard following high wind damage during Storm Doris! Please talk to Brendan if you want further information, or some wood!.

4. Alterations to the church

Final official approval for audio/visual equipment is still awaited. Final quotes will then be investigated. Please speak to Martin for further information

A faculty is at the same stage for changes to the south porch, with conditions on planning permission. Brendan now has one quote and is waiting for further ones. Please speak to Brendan for more information.

5. The Friary Churches Appeal

Sam Crawford and Helen Jones came to the PCC to tell us about the current funding issues at the Friary and to update us on the current needs of clients. The PCC agreed to make a donation of £5k towards their appeal and to ask them to talk at a service at St Giles.

6. Safeguarding Policy

The policy had been reviewed and was signed off. Speak to Dizzy Prentice if you'd like to know more.

7. Proposed play Easter 2018

The PCC agreed to underwrite this activity. It is hoped many people will be involved, of all ages! Please ask Tony Vokes, John Prentice or Paul Bracken for more information.

Dizzy Prentice, PCC Secretary

Boys Brigade Update



In the Junior Section Isaac Cahill has gained his Bronze badge. The Junior Section had their Bible Knowledge Competition - this year's passage was about Jesus from the time of the Passover to his Resurrection in Mark Chapters 14 to 16. They also had to do a film poster depicting the story. Isaac Cahill and Samuel Kerry took part although on the night Samuel had to drop out with chicken pox. There were 7 rounds with a total of 100 points. Isaac did extremely well scoring 74 points and this was enough to retain the trophy. I was extremely proud of him on the night.

This year only one boy took part in the Junior Company Table Tennis event, Andy Galea played three matches in his league winning one but he did not progress to the semi-final.

The Company First Aid Competition this year covered bleeding, choking, broken bones, unconsciousness, epileptic fits, burns and scolds and head injuries. Nineteen boys took part. Andy Galea gained 43/50 marks and Raphael Galea got 36/50.

Our journey finally ended in the National English Chess semi-final when we were beaten 8-1 (our one point was won by Nicholas Kerry). The boys can be proud of their achievement in progressing so far in the Competition.

This year 10 teams took part in the Company Dodgeball competition and were divided into two leagues of five. In the league matches we won four and lost one and went through to the semi-final, where we were up against the 32nd. This went to sudden death and we won 5-4. Onto the final where we were up against the 17A who beat us 6-0 in the league. It was a much tighter game and we just lost 5-4. Well done to the boys who surpassed my expectations. Team: Kurtiss Baker, Raphael Galea, Andy Galea, Xenis Antcliffe, Sebastian Whitlow and Ray Baker

Jasper Hanson has completed his DofE Bronze Award and his Silver DofE Award.

Keith Whitaker, Captain

Coming up @ St Giles in April and May

Monday 8th May 3.45—5.15pm

Messy Church in church—activities, stories, songs, food
(no Messy Church in April—come to the Good Fri workshop
instead on Friday 14th April!)

Wednesday 5th April, 3rd May 7.45pm

Safe Space in church - group for mutual support and
encouragement for those living with anxiety and depression

Wednesday 12th April, 10th May 8.00pm

Ladies' Evening—please see the bulletin for venue details

Tuesday 11th April, 9th May 10.30am

Seniors' Coffee Morning at Bradmore Garden Centre

Sunday 2nd April, 7th May 8.00pm

First Priority Prayer in church

Monday 24th April, 29th May 8.00pm

Men's Social at the Willow Tree Pub

Thursday 13th April, 7.30pm

Maundy Thursday supper and Communion

Friday 14th April, 10.00am—12 noon

Good Friday Workshop

Friday 14th April, 3.00pm

Good Friday Meditation

Saturday 15th April, 9.00am

Decoration of church for Easter - everyone welcome!

Sunday 30th April, 12 noon

AGM, PCC elections and parish lunch