



Whole Health

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I can't wait to tell you about...

Elaine Tyrell's medal

In the June celebrations of the Queen's Birthday Honours in New Zealand, Elaine Tyrell received the Queens Service Medal for her role in working with Christian nurses over the past 13 years to develop the nursing speciality of parish nursing [faith community nursing] in New Zealand. Elaine is a current Board Advisor to the NZ Faith Community Nurses Association and the nurse who commenced the FCN role there.



Bishop Richard Elena said:

I am thrilled the parish nursing conference is returning to where it all began 13 years ago. It was an ambitious vision birthed in the hearts of two nurses who were active in the ministry of the Nelson Cathedral—one of them the Dean (Elaine's husband the Very Rev Charles Tyrell is the patron of the NZFCNA).

If our parishes are taking the call to mission seriously they will be engaged in their local communities and will be very aware of the many needs that exist in these same communities today: in particular, the isolation and loneliness that many people experience. We can't be immune to these real issues, not if we wish to be authentic expressions of the Body of Christ.

The parish nurse is able to offer professional care alongside the pastoral care implicit in our faith and this is a powerful combination. It is an incredible missional opportunity.

As Mother Theresa once said, 'Go out into the world today and love the people you meet. Let your presence light new light in the hearts of people'. Parish nurses are trained, inspired and positioned to do exactly this.

AFCNA wants to congratulate both Elaine Tyrell and Valerie Sirett, the parish nurses who commenced the role at the Nelson Anglican Cathedral, and the NZFCNA on the receipt of this recognition and trust that it will continue to advance the opportunities of more FCNs across the country.

There is no doubt Bishop Elena's words are true, the need in our countries is great. The opportunities are there for the FCN role to grow and become an authentic expression of the love of Christ in this world. The FCN role should not be underestimated and we trust the spirit of God to continue to use it for the healing of the nations.



Anne van Loon RN PhD
Chairperson AFCNA 2016

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Hope and a future

In May 2016 AFCNA partnered with Baptist Care SA to host 60 people at a residential retreat/conference and what a blessing it was! The feedback has been exceptionally positive with many people saying they wanted to attend again and soon! It was wonderful to hear from three different FCNs about their programs:



Retreating to Jesus with Rev Jenny Pryor

- Anne Ranse from Holy Covenant Anglican Church in Canberra shared about her day hospice program *Day with a Difference*
- Angela Uhrhane from the Lutheran Church in Wodonga Victoria, spoke about her role between Lutheran Aged care home and her Lutheran parish
- Millie Davey discussed the expansion of *Share*, a social inclusion initiative that is changing the lives of people living with mental illness, with several churches from Christian denominations in the Mt Barker region of SA being involved.

These are just three ways that Faith Community Nursing is changing the lives of some of the most vulnerable people in our community by keeping them integrated (or reintegrating them) into the love of the church family where they can find hope in Jesus and experience his love for them. We urge you to get in touch with these three FCNs if you want to know more about what they are doing and look at ways you can 'be love' through the FCN role within your own community. Email afcna@afcna.org.au and we can put you in touch with them.



'Prayer without words' by Dr Di Shearer

I was delighted to hear Rev Dr Lynn Arnold embrace the perspective we have been advocating for some time at AFCNA regarding the focus of the FCN role. We believe the Christian response to a world in need of hope is to respond effectively via pastoral health and care ministry and the FCN role within that should be:



Rev Dr Lynn Arnold sharing insights on HOPE

Proactive: seeking to promote the health and wellbeing of others, preventing disease, abuse and injury because it is a fundamental part of the Christian's call to live a just and righteous life that is characterised by good stewardship and compassionate support of our most vulnerable community members.

Reactive: providing quality, hopeful and loving care to people when disease, injury, abuse, strife and relationship breakdown occur, and to meet those needs in ways that empower the person to recover their health, wellbeing, dignity and quality of life.

Prophetic: To speak the living word of Jesus into the life situations we find ourselves in as FCNs, speaking in both deed and in word as the opportunity arises. As 1 Peter 3:15 says "...in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect..."



Elective on 'Art Therapy' with Jacqui Grace

When we love and speak hope into the lives of others by our actions and our words, we will ignite the hope that they need to face their situation. People will want what we have! Namely a life

of faith, hope, peace and love that effects healing now and salvation for eternity. All of this comes from Jesus. What an amazing gift we have, and what an opportunity to be the purveyors of hope in a world full of sadness, hopelessness and loneliness.

Anne van Loon RN PhD
Chairperson AFCNA 2016

Genuine friendship promotes hope and health



It is well understood and increasingly documented by health research that social isolation contributes to illness.

When people living with any chronic condition become isolated, their health behaviours decline over time. This is thought to be because social networks keep people engaged and active within community life (Reeves et al, 2014).

Poor mental health outcomes are directly linked to social isolation in people living with chronic mental illness (Giacco et al., 2012; Harley et al., 2012; Holt-Lunstad et al., 2014; Wong et al., 2014). In fact, there is a greater risk of negative mental health outcomes and aggressive behaviour of people living with psychosis when they have few, or no friends, making social inclusion an essential recovery goal for people living with schizophrenia (Giacco et al., 2012; Harley et al., 2012; Ammeraal et al., 2013).

Social inclusion and the capacity building that occurs when life is lived within a healthy community promotes recovery (Tew et al., 2011; Pearson et al., 2013; Holt-Lunstad et al., 2015; McCauley et al., 2015; Rohde et al., 2015;). Therefore, social inclusion is an important recovery goal, in fact some say it is the most important recovery goal for people living with mental illness (Ammeraal et al., 2013).

Add to the recovery imperative the health economics imperative and we can see still more reason for faith communities to invest in friendship initiatives. It is estimated that a ten percent reduction in social isolation would translate to an annual reduction of \$3B (Au) health dollars just in the area of mental illness (Rohde et al. 2015)! With Australia's health budget under serious strain one has to think that supporting social inclusion will become an essential mental health goal moving forward. At AFCNA we believe the faith community is uniquely placed to drive such initiatives because it reflects the Christian commitment to just living, responsible stewardship, transformational service, compassionate care and healing outreach.

One initiative reflecting this commitment is the 'Share' group commenced by FCN Millie Davey in the Adelaide Hills. We have discussed it before, but we reiterate that it continues to demonstrate that friendship promotes health and wellbeing, heals illness and saves the health system HUGE amounts of money on repeat hospitalisations due to mental illness relapse. It transforms lives by bringing people into the faith community where they can develop quality friendships with others and with Jesus, which brings healing now and for eternity.

Almost all the *Share* participants have significantly reduced their dependence on health services and many have had NO hospital admissions since they have been participating in a genuine community of friends via *Share*. It's really not difficult for churches of any size to promote friendships with the more vulnerable people in their community.

The churches are looking for affordable ways to connect with their community and there is no easier way than encouraging friendships. In 2011 the Australian National Church Life Survey found that 81% of newcomers to the church said it was 'important/very important' that their faith community was friendly and that they experienced a sense of community when they were at church, making this the number one issue for newcomers to come and then stay in a church (Powell & Hancock 2014).

Additional factors influencing the decision to stay in the church include how the church cares for the wider community (63%) and having a friend or acquaintance within the church (59%) (Powell & Hancock 2014). God created humans as relational beings, so our wellbeing depends on right relationships with each other, with God and with the creation. It does not take much money, it is fun, it is healthy for both parties, and it can be achieved by even the smallest of churches! The Health System cannot simulate community. It cannot wrap friendships around a person living with mental illness, because friendship is based on genuine reciprocity and not service delivery. Faith communities are the only groups in Australian community life which meet together regularly, voluntarily, across the life span, for the long term, and this enables us to offer something that cannot be simulated, namely genuine, life-enhancing, healing relationships.

I recently saw a wonderful TED talk by Hilary Cottam who comments on the importance of friendships and the sense of belonging as essential components to support behaviour change, build community capacity and promote health and wellbeing. Cottam (2015) says the impersonal, bureaucratic UK welfare system is failing people, citing the example of Ella and her family who are living in intergenerational crisis and are seen by no less than 73 different services! It is estimated 100,000 such families live in the UK and supporting them costs 250 million pounds per family per year. These social institutions that support families are not working as well as they should because there is so much bureaucracy that frontline workers are stymied by all the reporting requirements, leaving them with less than 20% of their time to work relationally with the person.

Cottam challenged that status quo and workers trialled a system where relational work with families would take up 80% of time and 20% would be on reporting. The positive health changes flowed through quickly (Cottam, 2015). Cottam says relationships are the critical factor in solving intractable social and health problems. The authentic bonds between people are what makes the difference and natural friendships can even replace the need for expensive services. This is what we have found in the *Share* initiative as well.

There are resources that have been created that FCNs can use to foster genuine friendships which develop hope. The first is a workshop outline complete with workbook, power point slides and marketing materials developed by van Loon and Legge (2014) called "Becoming an Informed Friend". It shows pastoral health and care ministry workers how to become a genuine and effective friend to a person living with a chronic condition. The workshop is aimed at helping the friend understand the issues a person with a chronic condition may experience. This will enable them to encourage, support and help them with their self-care goals. The entire resource is available to download for no cost from the Baptist Care SA website www.baptistcaresa.org.au. Everything you need to conduct the workshop/s in your faith community is there. If you have any queries please contact avanloon@baptistcaresa.org.au or vlegge@baptistcaresa.org.au.



The second resource is the Hope Pack (and/or the Share Care Pack) produced by Lindy Gower (2016).

The Hope Pack is a 21 day Christian resource to promote wellbeing and hope in a person living with mental illness. It is a tool used by a friend/buddy who journeys alongside the person living with the mental health disorder to encourage and motivate them on their personal recovery journey.

The Hope Pack supports the development of positive thought patterns and healthy behaviours re nutrition, hydration, movement, fresh air, sunshine, and friendships. It has been developed by Lindy Gower in response to her own lived experience with mental illness and documents aspects of her recovery journey that she found most helpful.



The Hope Pack uses a Christian perspective and Biblical scriptures to encourage the person. [If the person you are befriending does not want a faith-based resource then you can purchase a 'Share Care Pack' which is similar but it does not use any Christian messaging in the pack.] The packs supplement and compliment medical care, they do not replace it.

The full pack is \$44 (inc. GST but Postage and handling is extra). Each pack includes 21 days of letters, and envelopes, encouragers and all the accessories you need to work with one person. The packs include a DVD/CD with all the instructions for

use and the PDF files of the contents for ongoing use into the future. For enquiries or orders please contact Lindy lindygower@bigpond.com.au or avanloon@baptistcaresa.org.au. We encourage people to give it a try and help someone move forward into a more hopeful and optimistic future.

As Christians we are called to be purveyors of HOPE in the world we live in. Never has there been a greater need for hope-filled, genuine, life-giving friendships. Jesus commands us to "love your neighbour" and we often wonder "who is my neighbour?" The lawyer in Luke 10:29 asked this question of Jesus and he replied with the parable of the Good Samaritan. A man walking along the road between Jerusalem and Jericho was beaten and left to die. The very people one would expect to help him ignored him and passed by on the other side of the road, namely a priest and a Levite, people of faith who one could expect would have helped him. They didn't get involved and we too can turn a blind eye and not get involved with vulnerable people we come across. Then a Samaritan stopped and helped the man. He nursed him, transported him, sheltered him and funded his longer term care and rehabilitation needs. Jesus asked the lawyer, "Which of these three do you think was a neighbour to the Samaritan" (Luke 12:36a NIV). The answer is obvious... the person who showed the man mercy. Jesus finished his parable with a command to "Go and do likewise!" (Luke 10:37b NIV). The message for FCNs and Christian churches following Jesus' teaching is crystal clear. The question to each of us is: How will you respond to the person in need? What sort of person will you be?

The packs were launched at the AFCNA conference dinner and everyone attending received a pack for free, so don't forget to give us your feedback and comments about how it went. You can send your comments, queries or orders via email to afcna@afcna.org.au.

CEO of Baptist Care (SA) Paul Scully and author of the Hope Pack and Share Care Pack, Lindy Gower, at the launch during the conference dinner in May.



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Anne van Loon RN, PhD & Millie Davey RN, GradDipTheol (FCN)
 Board Members AFCNA 2016



Many people at the AFCNA conference were really blessed by the musical gift and ministry of internationally renowned violinist Niki Vasilakis.

We want to invite you to her upcoming **CONCERT FOR HOPE** 'Inspiring Hymns. Sacred Songs' which will be the world premiere of her new album *Sacred*, featuring Deanna Djuric on piano.

20th August 2016, 2-4 pm

Tickets: \$27pp (general admission) includes afternoon tea
 Purchase online at www.concert-for-hope.eventbrite.com.au

Venue: Immanuel College Chapel, 32 Morphett Road, Novar Gardens SA.

Ticket Proceeds go to Australia Hope International a ministry to abandoned children in Uganda

Free Parking, Wheelchair Access, heating in Chapel



The Anchor—a symbol of HOPE for Christians



We have this hope as an anchor for the soul, firm and secure. (Hebrews 6:19 NIV)

During the Roman persecution of the early Christians, they did not use the cross as a symbol for hope, rather they used an anchor. Christians were burnt and crucified under Emperor Nero so the anchor proved to be a more hopeful symbol than a cross to remind them of the hope they had in Jesus.

It is said that in around 100 AD the emperor Trajan expelled the 4th Pope, St Clement, to Crimea. Upon his arrival there he converted the people to Christianity so Trajan ordered Pope Clement to be tied to an anchor and drowned. His martyrdom inspired the persecuted Christian Church and the anchor was a symbol to inspire them and remind them of their hope.

Ref: Kennedy, CA 1975. Early Christians and the Anchor, *Biblical Archaeologist*, 38, pp. 115-124.

Called to Care

FCN Conference, Nelson, New Zealand, 10-11 September 2016



NZFCNA invites AFCNA to join them at their annual conference in spring in beautiful New Zealand. The theme is *Called to Care*, which is a good description of the FCN mission and ministry, where nurses work with and in their local community providing health promotion, health education, and health support to their community.

The venue is Nelson (top of the South Island) at the MDHB Seminar Centre, Braemar campus opposite the Nelson Hospital. The forms and program are available at NZFCNA website at www.faithcommunitynursing.nz.

Their keynote speakers are Linda Beebe from Southland Hospital who will share her research on compassion in nursing, and Hemaima Hughes, President of the National Council of Maori Nurses who will consider caring from a Maori perspective. Further enquiries to admin@faithcommunitynursing.nz.

AFCNA Board encourage Australian FCNs to attend the NZFCNA conference because these are rich opportunities to share ideas, network, get refreshed and equipped, but above all encouraged!

Nurses Christian Fellowship International (NCFI) World Congress

Editor's note: *I have been to an NCFI congress in Hong Kong many years ago and it was a wonderful blessing to be with Christian nurses from all over the world. Helen Vaughan was invited and sponsored by Nurses Christian Fellowship in NZ to represent NZFCNA at the NCFI World Congress in the Philippines in June. What a force we could be if we all worked together! Here is Helen's report:*

It has been an amazing experience to be with Christian nurses from 34 nations (approx. 400 delegates). Nurses are doing amazing things around the world. I met the head of a nursing school from Ukraine, where they teach nurses to degree level, however they practice as doctor's assistant, and are not allowed to practice independently; please pray for them. There were a lot of students and about 20% of the delegates were male. Papua New Guinea had 23 representatives.

The teaching was an extremely high standard, very professional in every sense of the word. I experienced a little taste of heaven to be praising God with those who love Him from so many nations. I am very grateful for the opportunity that was offered to me to go as a representative of NZ and thank God for that.

NCFI is promoting FCN and there were at least two related seminars on the topic at the world congress. I was able to talk with two Malaysian nurses in depth about it and with others at a less detailed level. While at the congress I met Marabel Kersey, from the USA; she explained how the FCN education is working and presented a seminar on FCN. The *NCFI Journal of Christian Nursing* has at least one FCN item in each issue. (I have a card with a promo code for those outside the US if anyone is interested in purchasing a subscription.)

NCFI has recently commenced the International Institute of Christian Nursing (IICN), <http://iicn.ncfi.org/>, and this is to be the professional arm of the NCFI. One of the training courses the IICN offer is Faith Community Nursing and they have adapted the Westberg Institute of Faith Community Nursing (WIFCN) course, which is designed to be used by FCNs of any faith. Marabel Kersey has reworked that curriculum so it is taught from only a Christian worldview (with the authorisation of the WIFCN) and made it adaptable to local cultural differences. The WIFCN curriculum is also being updated to be adaptable to different cultures and will be available by the end of this year. Either curriculum can be taught to nurses of any faith.

If you want to see a bit of the world and meet like-minded nurses, there is a regional congress in 2018 in Taiwan, and another world congress in 2020 in Colorado, USA.

Helen Vaughan, NZFCNA 13/6/16
Email: helen@faithcommunitynursing.nz

Editor's Response

I wanted to add a few thoughts to Helen's report to keep members abreast with AFCNA's discussions with national and international FCN partners.



Some of you will know the International Parish Nurse Resource Centre (IPNRC) in the USA was moved to the Church Health Center in Memphis a few years ago. It received a new name at the last Westberg Symposium to celebrate the 30th anniversary of the FCN role. IPNRC has been renamed the 'Westberg Institute for Faith Community Nursing' (WIFCN) to honour Rev Granger Westberg the Lutheran pastor who commenced the parish nurse (FCN) role. I had the pleasure of meeting him in 1996 and he was indeed a humble, generous and visionary man, who saw the benefit of the FCN role for his community and had the courage and foresight to make it happen!



Maureen Daniels (WIFCN) who works as the Faith Community Nurse Specialist at WIFCN and coordinates the world forum meetings is eager to see how we can commence a WIFCN regional resource centre between Australia and New Zealand. We will discuss this with the USA WIFCN and NZFCNA and the other Australian delegates on the world forum to see how we can progress this and what it might look like. We will keep you posted about developments, but request your prayers so we can do it in a way that advances the FCN role in all of the nations in this region.

Both countries are looking at what education FCNs need to peak their interest as a starting point, develop the basis for the FCN role, and advance their FCN practice. The curriculum AFCNA has been using for the past 20 years was developed for the Australian setting, is research based, articulates with the IPNRC curriculum to which we have contributed over the years, is prepared at post graduate level, and is taught from a Christian perspective. It has always had excellent reviews from students. However, it may be useful to ensure FCNs world-wide have uniformity in their preparation and we should have these discussions.

If you have thoughts about the way AFCNA should move, please let any Board member know. AFCNA has people who meet the qualifications and significant requirements to teach the curricula of both of these courses. At this point AFCNA is interested in teaching only a Christian FCN course because this is our focus.

Anne van Loon RN, PhD

Get connected

The Westberg Institute for Faith Community Nursing on-line platform connects and serves Faith Community Nurses locally, nationally, and internationally.

Discover and create groups, share resources and meet fellow FCNs in your area. When you visit the FCN platform, you will find a wide variety of groups including new FCNs, denomination and state specific groups, special interest groups such as educators, managers, webinars, and even a group for nurses interested in writing and publication. If you don't find a group you are looking for, create your own. Only the groups whose names begin with "WI" belong to the Westberg Institute. All other groups belong to the moderator who created them. Groups can be open so that anyone can join or closed so that the moderator can approve new members.

In addition, there is a marketplace where FCNs can showcase their sales items. Each group has the capability to share and store files and other materials.

For more information or to request an invitation for yourself or your network, go to:

www.churchhealthcenter.org/theplatform

Got questions? Contact Sherrie Lemons at lemonss@churchhealthcenter.org

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- AGM on Tuesday September 13th
 - NZFCNA Conference September 10-11
 - Discussion with WIFCN, NZFCNA and Australian partners' re-education and regional resource centre
 - Revitalising of the FCN role and ministry in Australia
 - Thanking God for his work through FCNs worldwide and especially in Australia in our 21st year.
 - AFCNA Board that our decisions, governance, plans for 2016 have integrity, innovation and be in step with God's plan for FCNs in Australian and internationally.
 - Denominational FCN networks (Lutheran Parish Nurse Network and Catholic parish nurses via APNRC and IPNRC in the USA).
 - Westberg Institute for Faith Community Nursing in Memphis USA (formerly IPNRC)
 - Nurse Christian Fellowship in Australia and internationally for vision, partnerships, members
 - Denominational FCN networks (Lutheran Parish Nurse Network and Catholic parish nurses)
 - Christian nursing groups in Australia will work cooperatively to advance the Christian nursing and the FCN role in pastoral health and care ministry of the Christian church.



AFCNA 2016 Annual General Meeting

Shared BBQ at Anne van Loon's home



Triple treat time

Guest Speaker Jo Schwarz



Jo is a current AFCNA Board member and a registered nurse at Royal Adelaide Hospital. Jo will give us a "triple treat" when she speaks about:

1. the most effective ways for church pastoral health and care workers to support a person during admission to an acute care hospital and on discharge from the acute care sector
2. her experiences in her role transferring services the old RAH to and relocating to the new RAH buildings and the lessons being learned from this experience
3. an overview of her recent short term mission trip to Cambodia in her role as an anaesthetic nurse.

Venue 5 Lowan Avenue, Glenalta SA
Phone (08) 8278 8274
Mobile 0409 921 337
Email annevanloon@internode.on.net

Program
Shared BBQ 6.30 pm
AGM 7.30 pm
Guest speaker 8.30 pm
Close 9.30 pm

NOTE:

- AFCNA will revisit the constitution changes that were passed at last year's AGM. Our data base was incorrect at that time so we were unsure if all paid members knew about the changes; we therefore decided to revote this year to ensure due process.
- Please make sure you are a financial member and that we have your correct contact details (especially if you pay by electronic transfer). Membership forms are on the website and in this newsletter.
- If you cannot attend the AGM please nominate a proxy so your vote counts.

Workshops

Baptist Care (SA) conducts pastoral health and care ministry workshops that FCNs and church members may be interested in joining. Semester two focuses on journeying alongside our community's most vulnerable people. There are seven workshops (full day, half day and evening workshops on Monday and Tuesday evenings). All of the workshops are at 130 Rose Terrace, Wayville, SA unless noted otherwise. All workshops require registration for catering and printing of notes. Please register via the links under each workshop:

Thriving after trauma: Effective support using trauma informed care

Mon 8th August 9.30 am-4.00 pm - \$25

<http://www.eventbrite.com/e/thriving-after-trauma-effective-support-using-trauma-informed-care-tickets-26478092688>

Thriving after loss and grief: Providing support when people have experienced significant loss and grief

Mon 15th August 9.30 am-12.30 pm - Free

<https://www.eventbrite.com.au/e/thriving-after-loss-and-grief-providing-effective-support-when-people-have-experienced-significant-tickets-26297931822>

Thriving Inter-culturally: Culturally competent ministry with people from diverse cultures and communities including Asylum seekers, Refugees, Indigenous Australians

Mon 22nd August 9.30 am-4.00 pm - \$25

<http://www.eventbrite.com/e/thriving-inter-culturally-culturally-competent-ministry-with-people-from-diverse-cultures-including-tickets-26478181955>

Thriving with disability: The impact of disability and effective inclusion and support

Tues 30th August 9.30 am-4.00 pm - \$25

<http://www.eventbrite.com/e/thriving-with-disability-the-impact-of-disability-and-effective-inclusion-and-support-tickets-26478546044>

Thriving in recovery from addiction: understanding alcohol and other drug use, and ways to work effectively with people in recovery.

Mon 5th Sept 9.30 am-4.00 pm - \$25

NB Venue Blackwood Hills Baptist Church, 72 Coromandel Parade, Blackwood

<http://www.eventbrite.com/e/thriving-in-recovery-from-addiction-understanding-alcohol-and-other-drug-use-and-ways-to-work-tickets-26478639323>

Thriving with mental illness: 'Prepare to Share' is aimed at preparing churches to welcome, include and support people living with mental illness in their recovery. Topics: promoting mental health, demystifying mental illness, sharing in recovery, being friends who can get alongside and understand, and referral networks.

Monday 12th Sept 9.30 am-4.00 pm \$25 per day

<http://www.eventbrite.com/e/prepared-to-share-a-workshop-to-help-churches-to-welcome-include-and-support-people-living-with-tickets-26478750656>

Thriving with mental illness: 'Sharing Together' focuses on preparing friends/buddies to get alongside a person living with a mental health disorder. Topics: physical issues and promoting health, emotional issues and effective support, social issues and sharing life, spiritual issues and nurturing activities, safe relationships together.

Tuesday 13th Sept, from 9.30 am-4.00 pm \$25 per day.

<http://www.eventbrite.com/e/sharing-together-becoming-an-informed-friend-to-a-person-living-with-a-mental-health-problem-tickets-26478808830>

How to introduce your church to Pastoral Health and Care Ministry' This free, three hour workshop is for people who have completed the two day 'Introduction to Pastoral Health and Care Ministry' and would like to learn how to introduce HCM and develop pastoral health and care volunteers for one another care.

Tues 20 Sept 1-4 pm - FREE

<http://www.eventbrite.com/e/how-to-introduce-your-church-to-pastoral-health-and-care-ministry-tickets-26296756306>

Surviving and Thriving: Suicide Prevention Working with people at risk of suiciding

Mon 26th Sept 9.30 am-12.30 pm – Free

<https://www.eventbrite.com.au/e/surviving-to-thriving-suicide-prevention-tickets-263165>

Surviving and Thriving: Domestic Violence Understanding domestic violence and what to do when this occurs in your faith community

Tues 27th Sept 6.30-8.30 pm - Free

<http://www.eventbrite.com/e/surviving-and-thriving-domestic-violence-recognising-and-working-with-survivors-of-domestic-violence-tickets-26478688470>

Useful Resources

Crossroads newsletter

The Center for Spirituality, Theology & Health at Duke University in the USA publishes a newsletter called Crossroads on spirituality and health:

<http://www.spiritualityandhealth.duke.edu/index.php/publications/crossroads>

Discover newsletter

Free publication to assist seekers in a search of encounters with the Sacred at [*Listen: A Seekers Resource for Spiritual Direction*](#)

Free newsletter ([Discover newsletter](#)) sent by email.

http://www.sdiworld.org/content/subscribe-listen?mc_cid=4d6a531836&mc_eid=b32a9b34b0

Practical guide for working with carers of people with a mental illness

Created by a consortium of experts in mental health care to help people who are caring for someone with mental illness to manage more effectively. To read further download the Guide.

<https://mhaustralia.org/media-releases/practical-guide-working-carers-of-people-mental-illness>

Useful Resources Ageing

My Aged Care helps you find the information you need about aged care services. It is part of the Australian Government's changes to the aged care designed to give people more choice, more control and easier access to a full range of aged care service. Ph. 1800 200 422 or visit www.myagedcare.gov.au

Aged care Alternatives: Face to face and phone help to navigate and connect to aged care systems, info and support www.agedcarealternatives.net.au, Ph. 8271 3888

Aged Care Information Line: Information on fees, charges, programs and procedures for Commonwealth funded residential and community care options. Ph. 1800 500 853

COTA (Council on the Aged): Australia's largest advocacy body for seniors.
www.cota.org.au Ph. 8232 0422

Palliative Care Australia (PCA): undertakes a wide range of activities to help palliative care patients and their families www.palliativecare.org.au Ph. (02) 6232 4433

Palliative Care Council South Australia: Face to face and phone help to navigate and connect to palliative care systems, info and support. www.pallcare.asn.au Ph. 8271 1643

Advanced Care Directives: print off forms and DIY Kits; information and support at www.advancecaredirectives.sa.gov.au

Seniors Information Service Info: re accommodation, aged care facilities, home care
www.seniors.asn.au Ph. 8168 8776

Aged Care Advocacy Services: Able to provide individually tailored advice regarding personal rights and how to exercise them. www.health.gov.au/agedcareadvocacy, Ph. 1800 700 600

Aged Care Complaints Investigation Scheme Initiate: investigations complaints regarding Commonwealth funded aged care services. Free service. www.health.gov.au/oacgc, Ph. 1800 550 552

Office of the Aged Care Commissioner: If the Aged Care Complaints Investigation Scheme was not able to settle a complaint in a satisfactory manner, the Aged Care Commissioner can be contacted as a follow on step. www.agedcarecommissioner.net.au. Ph. 1800 500 294

Aged Rights Advocacy Service (ARAS): provides consumer rights information and support to users of aged care services. www.sa.agedrights.asn.au, Ph. 8232 5377

Membership reminder

AFCNA MEMBERSHIP IS DUE 1st JULY 2016

Your 2016/17 AFCNA membership is due. It's only \$30 again this year and your membership allows AFCNA to keep you networked with newsletters, conferences, develop resources including our new website which was recently upgraded www.afcna.org.au. Your fees enable us to provide scholarships to support FCNs, and keep an ecumenical Christian presence in the profession of nursing via CoNNMO membership.

Please renew your membership and invite others to join us as we seek to develop pastoral health and care ministry via faith community nurses. Your membership is vital.

Australian Faith Community Nurses Association MEMBERSHIP 2016/17

Name Address

..... Postcode Phone (.....).....

Mobile..... Email

- | | |
|---|--|
| 1. I am happy to be included in AFCNA networking via the AFCNA data base | Yes <input type="checkbox"/> No <input type="checkbox"/> (privacy assured) |
| 2. Practising FCN/Health Ministry | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 3. Current AHPRA Registration | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 4. I consent to my details being shared with AFCNA members' prayer network. | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 5. Newsletter: email or Australia Post (please circle preference) | |

Signed: _____

Full membership (\$30.00/year) ☐ **Concession** (\$20.00/year) ☐ **Donation:** AFCNA General Fund ☐

Electronic transfer: Australian Faith Community Nurses Association Incorporated BSB: 704 - 922; Account No. 100012768 Please insert your name as the reference code

Make cheques payable to: Australian Faith Community Nurses Association

Mail to: Treasurer, Australian Faith Community Nurses Association, PO Box 2707, Kent Town, SA 5071



Give me 5

We are asking everyone to take up the 'give me 5' challenge.

It's simple—during 2016...

- 5 newsletters** Give away 5 copies of the AFCNA newsletter each time it arrives in your inbox. There is a PDF link to the newsletter on our webpage (www.afcna.org.au). You can also print five copies and prayerfully place them into the hands of 5 people or in 5 places such as your church, café, hairdresser, GP waiting room, workplace, library, hospital, university...
- 5 members** AFCNA is asking everyone to invite five people to become members during 2016. You can place the newsletter and a membership form in the hands of another potential member that God lays on your heart.
- 5 minutes** Then take 5 minutes each week to pray for AFCNA, the 5 newsletters, the 5 potential AFCNA members and watch God mobilise people by his Holy Spirit to become faith in action, love in expression and hope in motion in their community.

Please submit your photos and stories for *WholeHealth* to afcna@afcna.org.au or send to chairperson annevanloon@internode.on.net.

Ph 08 8278 8274. Deadline for next issue: 1 October 2016

Your snippets and stories are essential for the content of the newsletter to be both informative and share the joys and opportunities of the FCN role.

Disclaimer: In no event will AFCNA be liable to anyone for any decision made or action taken by anyone in reliance on information in this newsletter.

OUR AIMS

- Provide education, resources and networking for nurses working in faith communities
- Provide resources, education and consultancy to faith communities to enable viable health & care ministry
- Liaise with government and other organisations to further the FCN ministry
- Enable FCNs to meet their professional practice requirements

CONTACT US

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Kent Town SA 5071

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Webpage: www.afcna.org.au

Facebook: [Australian and New Zealand Faith Community Nurses Associations](#)