

## **FOCUSING ON 'END OF LIFE' CARE:**

### **Part 1 - from an Emotional and Spiritual Perspective**

**Friday 24th February 2017**  
**10 am – 12 midday**  
*(Coffee from 9.30 am)*

**Led by Rev. Dr Steve Nolan**

In the first of our 'End of Life' series, the Chaplain of the Princess Alice Hospice, Esher, will help us think about some of the difficult questions that are faced when life is limited:

What do we mean by 'End of Life'?  
What is it like to die?  
What kind of care to dying people want, need or get?  
How does caring for dying people affect the carers?

**Please book a place by Friday 10th February**

#### **PLEASE NOTE:**

The 'End of Life' Care sessions are both free of charge, but there will be an opportunity to give a voluntary donation, on 24th February, towards the work of the Princess Alice and Phyllis Tuckwell Hospices

### **Part 2 - from a Practical and Medical Perspective**

**Saturday 22nd April 2017**  
**10 am – 12 midday**  
*(Coffee available from 9.30 am)*

**Led by Dr Martin Brunet and Dr Karen Jones**

This session, led by two of our local GPs, will cover some of the questions we might have when coming alongside those who are terminally ill, including better understanding some of the terminology used by the medical profession:

Can you tell if someone is dying?  
What, and who, does 'End of Life Care' involve?  
The importance of a good care plan  
'Not for Resuscitation' - what does it mean?  
How do you have those difficult conversations?

**Please book a place by Friday 7th April**

## **A QUESTION OF GENDER**

**Saturday 18th March 2017**  
**10 am – 12 midday**  
*(coffee available from 9.30-10 am)*

**Led by Suzette Jones**

Pink for a girl, blue for a boy, but what defines our gender? Questions can start for someone growing up and being told how to express their gender when it differs from their own perception.

This realisation can be complicated, and some can feel that they are trapped within the wrong body.

This will be a sensitive, educational, non-judgemental talk on transgender.

#### **Profile:**

*In a career spanning over thirty years, Suzette has worked extensively with a wide variety of people who have severe health problems, mental illness and/or a learning disability in hospital and community settings. In her present role as Guildford Diocesan Health and Wellbeing Advisor, Suzette facilitates and supports projects, offers a range of talks which are, open to all, facilitates 'Awareness days' throughout the year, and is happy to offer guidance and support when required.*

#### **Cost of course £6**

(after administrative costs, the proceeds will be donated to 'The Bishop of Guildford's Fund', a charity which helps to support the most disadvantaged in Surrey and NE Hampshire through church and community projects)

**Please book with payment by Friday 3rd March**

### **WAVERLEY ABBEY AWAY DAY**

A day of refreshment and encouragement (**for women**), in the peaceful setting of Waverley Abbey

**Wednesday 22nd March 2017**  
**10.00 am - 4 pm**

**Speaker: Debbie Laycock**

*(Debbie is on the leadership of a congregation in East Greenwich and manages the Training Programme in Ichthus)*

**Cost £25 per person (to include lunch and refreshments)**

**Please reserve your place by Wednesday 1st March**

## **MANAGING CONFLICT**

**Saturday 20th May 2017**  
**10 am – 4 pm**  
*(Coffee available 9.30-10 am - lunch not provided)*

**Led by Chris Ledger, with Fiona Nation**

Conflict is an inevitable and unavoidable part of life. It can hurt us with quarrels, with the resulting friction often destroying families, marriages, friendships, businesses and church fellowships.

These shattered relationships arise because one, or all parties involved, are ineffective in conflict resolution, or one or both do not want to resolve the conflict.

Conflict need not result in catastrophe and when handled creatively can become a growth point. The day will explore these topics:

- Signs of conflict in self and others
- Understanding the dynamics that give rise to conflict
- Identifying our own behaviour patterns
- The spiritual roots of unresolved conflict
- How Jesus handled conflict and what we can learn from Him
- How to create a healthy atmosphere for conflict resolution
- Techniques that can help clarify and resolve conflict

#### **Profile:**

*Chris is a national & international speaker who has worked in the NHS for 18 years as a Counsellor, Supervisor & Trainer, & has a Private Counselling & Psychology Practice. She is a regular contributor to the Bible Reading Notes 'Inspiring Women Every Day' (CWR), a visiting tutor with CWR and has co-authored 10 books for their 'Insights into Life Issues' series on topics such as: depression, anxiety, self esteem, perfectionism, conflict, disappointment, burn out ....*

*Chris' daughter, Fiona is Head of Psychology in a secondary school & has a Diploma in Stress Management. She was a pastor and has two teenage boys & an eleven year old daughter.*

#### **PLEASE NOTE:**

This course will be led from a Christian and Biblical perspective, but the principles and material covered are accessible and helpful to those with any or no faith

**Cost of the Course £12**

**Please book with payment by Friday 5th May**

## **DEMENTIA AWARENESS MORNING**

**Wednesday 21st June**

**10 am - midday**

*(Coffee available 9.30 am)*

**Led by Penny Giles**

Learn more about Dementia during the interactive morning, and find out how to manage some of the more common symptoms, exploring what is involved in becoming a 'Dementia Friend' (an initiative of the Alzheimer's Society, endorsed by the government, to raise awareness about Dementia so that those with the disease and their carers can continue to live well).

### **PLEASE NOTE:**

The 'Dementia Awareness Morning' is free of charge, but there will be an opportunity to give a voluntary donation, towards the work of the Alzheimer's Society

**Please book a place by Wednesday 7th June**

## **THE HUMAN HIGHWAY OF TRAFFICKING**

**Thursday 5th October**

**7 pm - 9 pm**

*(Coffee available 6.45 to 7 pm)*

**Led by Suzette Jones**

Human Trafficking is a serious crime and a grave violation of human rights. Every year, thousands of men, women and children fall into the hands of traffickers, here in the UK and abroad.

Almost every country in the world is affected by trafficking, whether as a country of origin, transit or destination for victims.

Can we recognise trafficking in our community? Is it on our doorstep? Let's raise our awareness to end this modern motorway of misery.

**Profile:** See information above, under 'A Question of Gender'

**Cost of course £5**

(after administrative costs, proceeds will be donated to 'The Bishop of Guildford's Fund' - details overleaf)

**Please book with payment by Friday 21st September**

## **AWAY IN A MANGER FOR ADULTS!**

An opportunity to step aside at the beginning of Advent for quiet reflection amidst the busy preparations for Christmas, rediscovering the season for what it is, without the frills - all welcome!

**Saturday 2nd December**

**10 am - 4 pm** *(Coffee available 9.30 am)*

**To be held at Ladywell Retreat and Spirituality Centre,  
Ashted Lane, Godalming, Surrey GU7 1ST**

**Led by Pam Thorogood**

*(a Spiritual Director with the Guildford Diocese, who is trained in Ignatian Spirituality and Direction, and who also serves as a Chaplaincy Visitor at St Peter's Hospital, Chertsey)*

**Cost £25 per person (to include lunch & refreshments)**

**Please reserve your place by Friday 10th November**



For more details, or to make a reservation, please contact:

Sally Pollard, email: pollard3@hotmail.co.uk,  
Janet Fry, email: janetfry1@gmail.com  
or The Administrator of Godalming Baptist Church,  
(on Monday, Wednesday or Friday mornings),  
tel: 01483 422105; email: office@gbc.btinternet.com

*Please send cheques to Sally Pollard  
at Godalming Baptist Church,  
payable to: 'Life Issues Fund, GBC'*

All Life Issues sessions are held at  
Godalming Baptist Church  
(Queen Street, Godalming, Surrey, GU7 1BA),  
with drinks provided.

*Retreat Days are elsewhere, as stated*

Programme of  
Life Issues Sessions  
and Reflective Days in 2017



### **Topics covered:**

**Focusing on 'End of Life' Care  
(Part 1 and 2),**

**'A Question of Gender',**

**Waverley Abbey Away Day (for women),**

**'Managing Conflict',**

**'Dementia Awareness Morning',**

**'The Human Highway of Trafficking',**

**'Away in a Manger for Adults!' - an  
Advent retreat held at Ladywell Convent**

*Everyone is warmly invited  
to attend any or all  
of the workshops*

**Our aim is to bring  
Life Issue Sessions  
to as many people as possible  
at an affordable price**