

REFRESHING YOUR SPIRITUAL LIFE

Saturday 26th January 2019

9.30 am – 12.30 pm

(Coffee from 9 am)

Led by Andy Peck

Many of us fail to live and enjoy the abundant life that Jesus promises, but it is not always easy to figure out why. The morning will look at the foundations for a vibrant walk with God and provide some key tips to ensure that we consciously spend every day with Him. Come for yourself and those you seek to help.

Topics include:

- Why your I.D. is central
- Renewing the mind
- Saying goodbye to the hindering past
- Daily habits to keep you on track
- Becoming who God intended you to be

Designed for those looking to review their walk with God, or feel weary in service or life, and long for God to refresh and renew them. It is a taught course with some times for personal reflection.

Cost of the Course £7

Please book a place by Friday 18th January

MANAGING ADOLESCENCE

Saturday 23rd February 2019

10 am - midday

(Coffee available from 9.30 am)

Led by Suzette Jones

Surviving adolescence! Can we recognise anxiety, depression, stress in our young people?

Are bullying, alcohol, drugs, eating disorders and self-harm inevitable in today's world? Confused? Need help?

A practical and informative talk for parents and those caring for adolescents.

Cost of course £6

(after administrative costs, 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 15th February

WAVERLEY ABBEY AWAY DAY

A day of refreshment and encouragement
(for women), in the peace of Waverley Abbey

Monday 4th March 2019

10.00 am - 4 pm

Speaker: Rev Sandra Platford

Cost £28 per person (to include lunch and refreshments)

Please reserve your place by Wed 20th February

MENTAL HEALTH AND THE CHURCH

Saturday 2nd March 2019

10 am – 12 midday

(Coffee available from 9.30 am)

Led by Dr Jenna McKeown

What are some of the key mental health issues faced within our communities today? How might these present in church and what might we notice?

Resources are available within the community, but how do we know when it is appropriate to point people towards these and what is available?

This training event will involve a teaching component, but will also be interactive and involve some small group discussions as difficult questions are tackled.

The morning will also consider what support churches can offer, and what more may be needed both practically and emotionally, as well as looking at the challenges faced in doing this kind of work.

Cost of the Course £6

Please book a place by Friday 22nd February

DIVORCE, FORGIVENESS AND RECOVERY

Saturday 23rd March 2019

10 am – 12 midday (times TBC)

(Coffee available from 9.30 am)

Led by Ann and David Hodson

Most of us have either gone through, or know others who are facing, the trauma of long-term relationship breakdowns or divorce. The heartache of separation and divorce brings many challenges and sometimes

unexpected emotions, including shock, anger, pain, hatred, grief and hopefully, ultimately, acceptance.

This morning's session will aim to bring some insight into, what can be, stages of divorce and will consider forgiveness, healing, moving on and new relationships.

Cost of the Course £6 TBC

Please book a place by Friday 15th March

WOMEN'S HEALTH THROUGHOUT THE AGES

Saturday 27th April 2018

10 am – 12 midday

(Coffee available from 9.30 am)

Led by Dr Karen Jones, Dr Sarah Pidgeon and Dr Clare Grove, GPs at Binscombe Medical Centre

Focusing on gynaecological issues for girls, teenagers and older women and also covering social media and psychological problems. There will be the opportunity for questions and answers.

NB: This session is free of charge, but there will be an opportunity to give a voluntary donation, towards the Farncombe Community Garden Project - a place for those living with cancer and depression to find peace and rest

PERFECTIONISM

Saturday 11th May 2019

9.45 am – 3.30 pm

(Coffee available 9.15 am)

Please bring your own lunch

Led by Chris Ledger

Perfectionism is a personality trait characterized by a person's striving for flawlessness and setting high performance standards for themselves and/or others with an underlying fear of failure. It is invariably accompanied by critical evaluations of themselves and others, and perfectionists often assess their self-worth on the basis of performance.

The day will cover:

Understanding of perfectionism

- A spiritual insight into perfectionism
- The physical & emotional impact of perfectionism
- Overcoming perfectionism with strategies

- How we can nurture our spiritual life as a perfectionist

NB: The session will be led from a Christian & Biblical perspective, but the principles & material covered are accessible & useful to those with any or no faith

Cost of the Course £12

Please book with payment by Friday 26th April

**LIVING WELL WITH DEMENTIA -
UNDERSTANDING AND MANAGING
DIFFERENT BEHAVIOURS**

Wednesday 12th June

10 am - midday

(Coffee available 9.30 am)

Led by Penny Giles

Come and join us to explore in more depth some of the issues and choices which can arise as the course of Dementia progresses. Topics considered will include:

- Supporting Carers, as well as those living with Dementia
- How to get more support
- Meaningful occupation for someone with Dementia
- Care at home or Care Home?
- Choosing a Care Home
- Visiting and supporting loved ones in Care Homes

Cost of course £6

(after administrative costs,

the proceeds will be donated to 'The Alzheimer's Society')

Please book a place by Wednesday 5th June

**ANXIETY, PHOBIAS AND
CONDITIONING - LEARNING TO TAKE
CONTROL**

Saturday 28th September 2019

10 am – 12 midday

(Coffee available from 9.30 am)

**Led by Dr Martin Brunet, GP at Binscombe
Medical Centre**

Anxiety is a bit like pain - we need to be able to feel it to keep ourselves safe, but too much can become overwhelming. We naturally try to avoid pain, but

avoiding anxiety can be more difficult and more of a problem if avoidance behaviour starts to restrict our lives. What makes us anxious can be unpredictable, and seem irrational, but understanding the nature of anxiety can help us gain control of something that so easily threatens to control us.

Dr Brunet is a GP and GP Educator and will be sharing from his experience in the doctor's surgery, and will explore the nature of anxiety and the overlap between medicine and faith in this important area in mental health.

NB: The session will be free of charge, but there will be an opportunity to give a voluntary donation, towards the Farncombe Community Garden Project - a place for those living with cancer and depression to find peace and rest

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

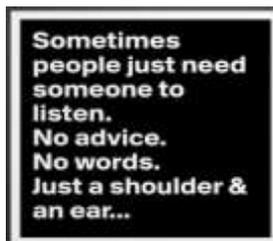
*(although unfortunately a couple of them
are for women only - sorry gents!)*

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'*

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



**Programme of
Life Issues Sessions
and Reflective Days in 2019**



Topics covered:

**'Refreshing Your Spiritual Life',
Managing Adolescence,
Waverley Abbey Away Day (for women),
Mental Health and the Church,
Divorce, Forgiveness and Recovery,
Women's Health Throughout the Ages,
Perfectionism,
Living Well with Dementia -
Understanding and Managing Different
Behaviours,
and Anxiety, Phobias and Conditioning -
Learning to Take Control**

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

LIFE ISSUES EVENTS PRIVACY POLICY

Introduction

As joint leaders of the Life Issues Events (held mainly at Godalming Baptist Church), we are very concerned about your privacy and we want to assure you that, although we do need to share personal data between ourselves so that we can carry out our responsibilities and roles effectively, we never share your details with anyone else.

In the case of the Life Issues Events, the only data we store is your name and email address, but so that you realise just how seriously we are taking the new GDPR Regulations, we are providing information on when and why we collect your personal information, how we use it and how we keep it secure.

Who are we and how do we collect your personal data?

This Privacy Notice is provided by Sally Pollard and Janet Fry, the joint leaders of the Life Issues Events, and in the past we have collected and added your name and email address to our database when you have shown interest in, or attended, one of the events we have organised.

How do we process and use your personal data?

We comply with our legal obligations by keeping personal data up to date; by storing and destroying it securely; by protecting personal data from loss, misuse, unauthorised access and disclosure, and by ensuring that appropriate measures are in place to protect your details, for example password protection.

We use your personal data for the following purposes:

- To send out the annual programme of Life Issues Events;
- To inform you of our forthcoming Life Issue Events;
- To provide posters and fliers to you about Life Issue Events, which you can use personally or as a means of encouraging others to attend if you think they may find it useful;
- On occasions to send notes or powerpoint presentations provided by speakers, following one of the Life Issue Events;

- To occasionally inform you of other events taking place at Godalming Baptist Church which may encourage you or be informative pastorally.

Sharing your personal data

Your personal data is treated as strictly confidential. It is never shared with third parties, and we are happy to remove you from our database at any time, if you request that we do so.

How long do we keep your personal data?

We keep your name and email address only for as long as you are happy to remain on our mailing list, after which it is deleted.

Your rights regarding your personal data

You have the following rights with respect to your personal data:

- The right to request a copy of the personal data which we hold about you;
- The right to request that we correct any personal data if it is found to be inaccurate or out of date;
- The right to request that your personal data is erased.

In the event that you wish to be removed from our database, we would be most grateful if you could provide details of your name and email address so that we can ensure your data is accurately deleted from the contact list as we occasionally experienced problems in the past when we do not have both details.

Changes to this notice

We will now keep this Privacy Notice under annual review.

Contact Details

Please contact us if you have any questions about this Privacy Notice or the information we hold about you, and we thank you for supporting the Life Issues Events:

Sally Pollard

Email: pollard3@hotmail.co.uk
janetfry1@gmail.com

Janet Fry

Email:

You can contact the Information Commissioners Office on 0303 123 1113 or via email <https://ico.org.uk/global/contact-us/email/> or at the Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire SK9 5AF.