



## Wellbeing Matters

### Newsletter Issue 3

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#### Message from Revd N Loraine Mellor: Joint Chair of the Cornwall and Isles of Scilly District:



Dear Colleagues,

I write this in mid-March when the weather is changing, our gardens are emerging from a long winter and we are seeing all around us the advent of spring. For us in Cornwall this is so refreshing after what has seemed like months of rain. Spring has long been associated with a home spring clean, the newness and brightness of this time of year as the clocks change and the joy of the Easter Sunday resurrection. As well as a house spring clean, I have been wondering about a

personal spring clean and my thoughts turned to my wellbeing.

There are five elements of wellbeing, they are physical, emotional, social, intellectual and spiritual. Wellbeing can be understood as how people feel and how we function, both on a personal and a social level, and how we evaluate our lives as a whole. In other words, wellbeing is not just the absence of disease or illness. It's a complex combination of a person's physical, mental, emotional and social health factors. Wellbeing is strongly linked to happiness and life satisfaction. In short, wellbeing could be described as how you feel about yourself and your life.

At the moment I have to be honest my wellbeing is up and down; we have had a tough year in the district for a variety of reasons, John, Steve and I are house hunting and the last time we did that was 1982! I am preparing to retire in the summer from full time ministry and I have been working since I was 16 when I entered college to be a cadet nurse and this summer I will be 71. With the exception of 3 years when Steve was little I have worked full time, 24 years in the health service and since then ministry, that can't be described as part time! Lots of change ahead.

Wellbeing is important but seems a little hard to come by at times. One American study into mental health found that, while one in four respondents was depressed, only one in five was happy – the rest fell somewhere between, neither happy nor depressed. An Australian consumer study into wellbeing showed that 58% wish they could spend more time on improving their health and wellbeing, 79% of parents with children aged less than 18 years of age wish they could spend more time on improving their health and wellbeing. 83% are prepared to pay more money for products or services that enhance their feelings of wellbeing. I don't think we need to wonder why wellbeing is a multi-billion pound industry around the world and our book shops are full of shelves brimming with wellbeing books and self-help books.

And so to my own spring clean, try to get out on my bike, keep focused, enjoy our beautiful county, read that book I have been promising myself for weeks and to keep praying and spending quality time with God while recognising how blessed I am.

Happy spring cleaning.

**Loraine**

**Revd. Loraine N Mellor**

District Chair

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## Message from Tracey



Welcome to the third 'Wellbeing Matters' Newsletter.

In this edition, we look at two fantastic initiatives taking place in Truro and Plymouth. Mark Dunn-Wilson tells us of a Wellbeing Framework for Mission at Truro and Tresillian Methodist Churches. I recently met up with Darren Middleton who gives us insight into the thinking behind a New Places for New People (NPNP) community project called Revd7 in Plymouth. We also take a look at what Jesus teaches us about Wellbeing and finally we have an interesting report from Sue Vardy and Panda Dooley the leaders of 3Gen Health & Wellbeing Venue who tell us how our Methodist young people can teach us all a thing or two about our Wellbeing. Revd Loraine attended 3Gen last October and put me in touch with Sue. I have been invited by Sue and Panda to help at the 3Gen Health & Wellbeing venue this year, which I am really looking forward to.

Please look at our training opportunities and sign up. Training is vital for us all to engage in and supports our mission and outreach equipping us with the latest up-to-date thinking, plus it's a great way to connect with others throughout the District and enjoy new conversations!

As we approach Easter Sunday, we can take time to reflect on the importance of renewal, hope, and rebirth. It reminds us that no matter how dark or challenging our circumstances may be, there is always the possibility of new beginnings and second chances. What a powerful reminder the Easter message is for us to prioritise our mental, emotional, and spiritual wellbeing, and to focus on our self-care and personal growth. Easter reminds us of the importance of our community and connection, as we come together to celebrate that Jesus brings life in all its fullness and to support one another.

Wishing you all a blessed Easter.

Heavenly Father,

As we come together to celebrate this Easter season, we are filled with thanks for the gift of renewal and the hope that it brings. Lord, we thank you for your unfailing love and the promise of the new beginnings that Easter brings. We ask for your gentle touch on our physical and mental wellbeing.

Help us to remember to care for ourselves with kindness and compassion, knowing that we are all precious to you. Guide us in finding balance and peace in our lives, and grant us the wisdom to ask for help when needed. We also lift up those who may be struggling with their wellbeing.

May they feel your loving presence around them, providing comfort and support and help and strength in their community and be filled with hope for brighter days ahead. As we journey through this Easter season, may we be reminded of your grace and mercy. Fill our hearts with your peace and joy, and guide us in spreading kindness and love to those around us. In your loving name we pray,

Amen.

*Tracey Collins Wellbeing  
Officer*

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## Five Ways to a Kingdom Community – A Wellbeing Framework for Mission

Mark Dunn-Wilson (Truro (with Tresillian) Methodist Church



If you were to sit in on a Leadership Team Meeting or Church Council at Truro (with Tresillian) Methodist, eavesdrop on worship or pick up a LINK newsletter, it probably wouldn't be long before you came across the phrase 'Five Ways'. This refers to the principles of our mission framework for everything we do and seek to do as we partner with God to build Kingdom community, and they find their foundation in the wonderful Bible concept of 'shalom' – that deep sense of wellbeing that God longs for people to experience.

In common with so many other groups within the community, the period of Covid-forced lockdown afforded a period of prayer and reflection about the kind of church we were called to become in a changed world.



And amazingly, perhaps we found the start of an answer in an NHS initiative launched in November 2019 and adopted by the mental health charity MIND during the pandemic. It is called "Five steps to well-being" and is described as "a set of evidence-based public mental health messages aimed at improving the mental health and wellbeing of the whole population" (New Economics Foundation).

Jesus declared that he "came to give life—life in all its fullness." God is concerned with the wholeness of a person's life and living, and we as church should be too.

So, taking the 'Five Ways to Wellbeing' principles and adapting them slightly to our mission context – we have grown a framework for personal and community discipleship, wellbeing and growth which we have renamed 'Five Ways to Kingdom Community'.

So

- Be Connected – translated into Worship and Fellowship.
- Be Active to Healthy Living.
- Be Learning to Discipleship.
- Be Generous to Stewardship and Service.
- Be Alert to Spirituality. We are discovering that the 'Five Ways' programme can nurture Gospel conversations and kingdom living as we journey together – whether our heritage is within inherited models of church or outside them.



### WAY 1: BE CONNECTED

*MIND: "It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages."*

#### WORSHIP & FELLOWSHIP

A healthy Kingdom community is a connected community: connected to God and connected to our neighbour. Worship and prayer then, are central to our relationship with God; and fellowship central to our connectedness to each other and those around us. We are not intended to live in isolation: and an emerging Kingdom community takes seriously the commitment to overcome isolation and dislocation in society.

**How can the Church begin to take this sense of dislocation seriously?**

**WAY 2: BE ACTIVE** *MIND: "Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is essential for slowing age-related cognitive decline and for promoting well-being."*

## HEALTHY LIVING

In a Kingdom community, we recognise the need to care for our lives, and so promoting physical wellbeing alongside spiritual and mental health becomes a key Kingdom aim. A healthy Kingdom community will enable people to rediscover space, rest, company and healthy, life enhancing activity – providing not only opportunity for recreation, but quality time to build, rebuild and nurture meaningful relationships.

**How is Church able to encourage healthy living as a kingdom community?**

### WAY 3: BE LEARNING

*MIND: “Continued learning through life enhances self-esteem and encourages social interaction and a more active life. The practice of setting goals, which is related to adult learning, has been strongly associated with higher levels of wellbeing.”*

## DISCIPLESHIP

The concept of ‘life-long learning’ has long been accepted into the secular world but is an excellent model of discipleship within the Christian context too. A healthy Kingdom community will provide opportunities for people to explore faith and to growth in discipleship – but ‘Life in all its fulness’ is so much more than that alone. There is delight and joy not only in learning about our faith, but across the full riches of literature, science and arts. So, a kingdom community is a learning community: always growing; always developing; always discovering.

**How is Church able to encourage life-long curiosity about the world God has given to us?**

### WAY 4: BE GENEROUS

*MIND: “Participation in social and community life has attracted a lot of attention in the field of wellbeing research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy.”*

## STEWARDSHIP AND SERVICE

The LORD longs for his people to “To act justly and to love mercy and to walk humbly”. We are called to stand against injustice, to protect the most vulnerable, and to be the voice of the silenced. We are to be good stewards of the planet, and responsible stewards of the resources God has given to us.

We give of our time, our talents and our money to build a kingdom community in which every life is valued. We honour God as we serve others.

**How do we encourage and enable generous and responsible living?**

### WAY 5: BE ALERT

*MIND: “Reminding yourself to ‘take notice’ can strengthen and broaden awareness. Some people call this awareness “mindfulness”. It can positively change the way you feel about life and how you approach challenges. Take some time to enjoy the moment and the environment around you.”*

## SPIRITUALITY

It was Brother Lawrence, a 17th-century Carmelite Friar, who coined the phrase ‘Practicing the Presence of God’. In essence, he encouraged people to sense the reality of God around us all the time: to be alert to the whispers of the Spirit and see the divine in the mundane. So, breath, becomes prayer: activity becomes divine service. In every place we begin to recognise the fingerprints of God.

**What kind of community encourages everyday spirituality? What kind of community nurtures a sense of the Divine in all things, and at all times?**

**A few final thoughts:**

The FIVE WAYS TO KINGDOM COMMUNITY serve, not only as a helpful tool in our mission review and reflection, but also a means by which we can shape a balanced programme of activities, events and groups – to attend to the wellbeing of the whole person, just as Jesus did.

Of course, what 'Five Ways to Kingdom Community' looks like in practice is shaped by context, and will be different for all of us. But for us in Truro, the "Five Ways to Kingdom Community" has offered a helpful toolkit for shaping mission and service – and has been both a challenge and a delight.

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### **What Jesus Teaches Us About Wellbeing**

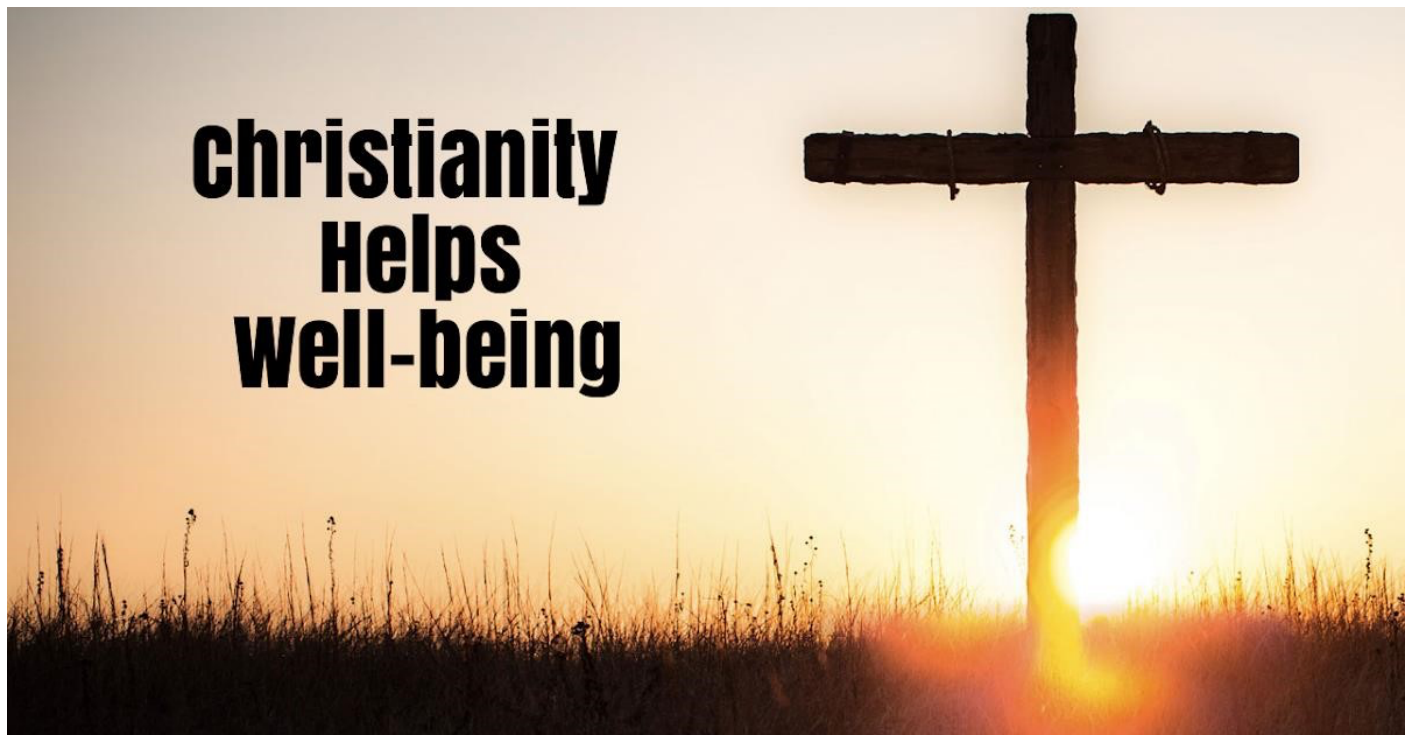
In Jesus' teachings, wellbeing is a central theme. Jesus emphasised the importance of holistic wellbeing, which includes not only physical health but also emotional, mental, and spiritual health. He taught that true fulfilment and happiness come from aligning ourselves with God and living according to His principles. Jesus emphasised the importance of love, compassion, forgiveness, and service to others as essential components of wellbeing.

By loving God and loving our neighbours as ourselves, we not only strengthen our relationship with God but we also foster positive relationships with others, leading to positive emotional and mental wellbeing. This emphasis on love and compassion is not only beneficial for building strong relationships and communities but also contributes to overall emotional and mental wellbeing. Jesus also taught the importance of faith, trust, and hope in God's provision and care. He encouraged his followers to 'seek first the kingdom of God', knowing that God will provide for our needs.

Trust and faith play a critical role in our mental and emotional wellbeing by providing a sense of security, hope, and purpose, even in challenging circumstances. Importantly Jesus spoke about the value of inner transformation and renewal. He emphasises the need for repentance, forgiveness, and spiritual growth, to experience true freedom and peace. By letting go of our past mistakes, releasing resentment, and striving for spiritual growth, we can experience inner healing and wellbeing.

Jesus taught that the process of spiritual growth and renewal can have profound effects on all aspects of a person's life, leading to greater self-awareness, emotional resilience, and overall wellbeing. Jesus exemplified a life of service and sacrifice, putting the needs of others above his own.

Serving others not only brings us joy and fulfilment but it also promotes emotional and mental wellbeing by fostering a sense of purpose and connection with others we meet. When we follow his teachings and embody his principles of love, compassion, faith, and transformation, we can experience true and lasting wellbeing in our lives.



I truly believe that God has a Plan for our wellbeing and wants the best for us and sent Jesus to teach us how we should behave and care for each other and that includes the way we speak to each other too. We



need to get the basics right so we can move forward, supporting each other together. Isn't it the duty of the Church to put its people's wellbeing first? Will we be better able to carry out our mission if we do this?

We can all participate more fully and provide loving, compassionate care for all when we ourselves are in good mental health because our wellbeing is good. Good wellbeing regulates our behaviour and so minimises potential conflicts. Taking care of our own wellbeing our emotional, and spiritual health is I believe a key component of becoming a disciple. If our own wellbeing is good we can support and help people grow in their faith and overcome obstacles in their journey, by treating wellbeing seriously and ensuring that discipleship initiatives address the complete needs of individuals. Wellbeing is missional.

Start to make small changes and you will see a difference, encourage others to do the same, talk about wellbeing whenever you get a chance, make it part of your Staff Meetings, engage in social events, engage in training, which is really important, make the changes. Look at what Jesus teaches us about wellbeing. We included an article in the first Wellbeing Newsletter back in November 2023 about Clergy Burnout, which was a sobering read. In Revd Dr Jonathan Hustler's March pastoral letter, in it he mentions Revd Loraine Mellor's reflection of her Presidential year where she had met a 'tired church'. If we were tired then, eight years ago, where are now?

As Revd Dr Jonathan Hustler writes we are now 'tired of being tired' and he states there are several reasons for this, the main one being the pandemic and how the fallout of that has changed our church life exponentially. With fewer people prepared to share the load, especially in our voluntary roles, this has put more pressure on our already overburdened Ministers. He acknowledges that this may not be the case for some, but it is the case for many. So now it is even more important for us to commit to looking after our wellbeing, to try and reverse the narrative. How are we to be missional if we are 'tired of being tired'? Isn't it vital that we get this right? We need to get wellbeing right because if we don't the Church is in real danger. Can our new District be a beacon to others showing that wellbeing is at the top of our agenda? Can we all be wellbeing pioneers?

We will need to change and be prepared to change. We all know talking the talk is easy, but walking the walk is where it's hard. By looking at what Jesus teaches us about wellbeing, what he teaches us about caring and supporting each other and walking together on our wellbeing journey, that's where transformation lies.

Tracey

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**'More than just a haircut!'**

A Mission of Wellbeing



*The Methodist Church initiative New Places for New People (NPNP) are projects focused on forming new Christian communities for those not yet part of an existing church. Revd Darren Middleton (NPNP District Coordinator) says: "Greetings! Let me introduce to you REV7 Community Hair Salon!"*

Some may have already heard of this exciting NPNP project. As we emerged out of global lockdown, what became apparent was the need to feel better about ourselves. To this end, a visit to the salon, for many, was high on the list.



Having the salon experience really is more than a haircut. The salon is community, therapy, a space to just be whoever you are; a place where, for the length of time a person is sat in the chair – they are the sole focus of attention.

How about a faith-based Salon community who journey together, learning what it is to be companions on the way of life? A Hair Salon that is not in it for profit but extends its services to those who can't possibly afford it, by way of a referral scheme, free of charge? A Hair Salon that partners with local agencies to reach to the margins of society to help people feel good about themselves? Our well-being matters! How we feel about ourselves, and others, can make a huge difference in the everyday choices we make and the paths that we choose to take.

Well-being is transformative – this is why Jesus said in John's Gospel that he came to bring life and life in all its fullness and abundance. How we feel about ourselves will impact the way we feel about others, and I would argue how we feel about God. More importantly, how we feel about ourselves does affect how we perceive God feels about us! Bad self image / belief does not produce good actions!

I am struck how Jesus drew crowds to himself because of the actions, healings, and works he performed within the community. People listened to his words because of the miracles that he did. In the public square we need firstly to show the healing, transforming love of God in order to gain the right to speak about this awesome God we love and serve.

Whatever people's religious convictions, what inspires me about NPNP is that it is all about the 'new'; new place, and new people. It is committed to journeying alongside those who have faith and those who have none; those who are spiritual and those who have never even thought about it.

I was reminded recently of our Methodist Heritage as I attended an excellent film premiere at Truro Methodist Church. I was inspired that in looking back at our heritage, we could catch the passion and the vision of what Methodism actually is – a movement of Holy Spirit passion, vision, and pursuit; a movement that impacts peoples' lives and strangely warms their hearts in the gracious, accepting presence of God's love.

Friends, we have a message to live out, and it is a message of faith, hope and love, as people starve for spiritual sustenance. Here we are at the beginning of an awesome journey with REV7. I have no idea what God will do with it – the stories we will hear and share, the experiences we will have, the highs, lows, twists and turns that all make life what it is – a journey.

The journey so far for REV7 has not been easy nor straight forward – we have learned so much. I believe that the pioneer role is as much about being prophetic as it is pioneering. Speaking truth to power is never easy, nor is being a lone voice on the outside. As we need to listen to the voices of the prophets, so we need to listen to the pleadings of the pioneers, if we really want to journey into the 'new'.

It is not so much what we do, but rather, how we do it, that matters. Being well means that we treat each other well. Living well means that we live well with God, others and ourselves; this is why REV7 will always be more than just a haircut!

For more updates on REV7 please visit the REV7 Hair Salon Facebook page - <https://www.facebook.com/profile.php?id=61551589577075>.

Please do get in touch for further information and advice.

Contact: Rev. Darren Middleton (NPNP District Co-ordinator) – [darren.middleton@methodist.org.uk](mailto:darren.middleton@methodist.org.uk).

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## Health & Wellbeing Centre at 3Generate!

The Methodist Church's 3Generate, held at Birmingham NEC from 6th to 8th October 2023, left a lasting impact on its young participants, aged 4-23. This annual assembly, more than a mere event, was a journey of exploration and growth for the Methodist Connexion's youth. Central to 3Generate is its commitment to fostering an inclusive and diverse space, empowering children and young people to voice their opinions courageously, listen attentively to each other and to God, and actively engage in advocacy and growth within their local Methodist communities.



The Health & Wellbeing Centre at 3Generate is more than a feature; it's a sanctuary for holistic health and wellbeing. This vibrant space offers creative engagement through activities and discussions on various relevant topics, including mental and physical health, sexual health, and relationship health. The goal is to equip children and young people with a deeper understanding of these critical aspects of wellbeing and a clearer perception of how God views them.

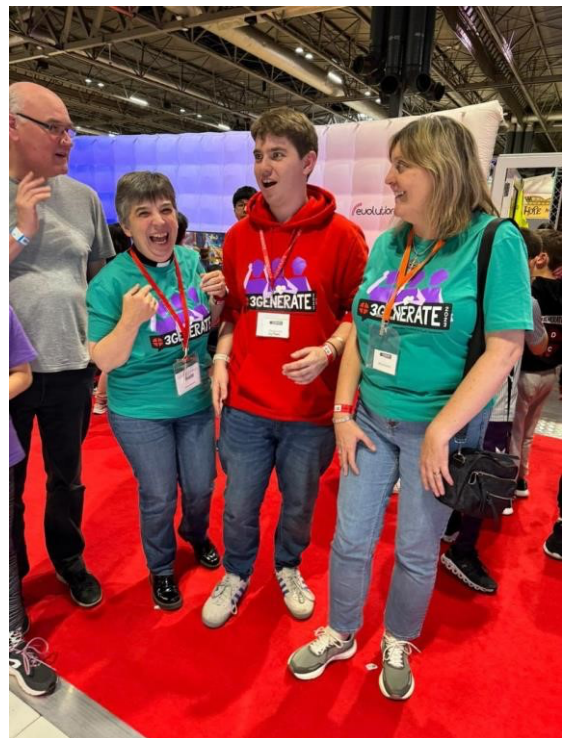
The Health and Wellbeing programme was full of great activities. Saturday morning got started with 'Mindful Movement', where young people could join and do light exercise and pray. Rev. Sarah Fegredo, from Renew Wellbeing, came for a day encouraging the young people to find out about the five ways to wellbeing: connect, learn, get active, take notice and give.

The therapy dogs were a big hit, as everyone loved petting them and feeling happier. There was also a session called 'Emotional Transitions' to help young people handle their feelings during changes in life. Another important part was about understanding social media and its effects. The 'Self-Care Stations' were places to relax with face and hand masks. Young people also learned about relationships, like how to talk better with friends and handle disagreements. A session about 'Emotional Safety' taught them how to stay emotionally strong in different situations. Lastly, there were activities for getting closer to God and understanding their faith better.

There was also opportunity to Tune in to God through prayer stations, craft, colouring activities, games, jigsaws, and many other things. Spend time with God to listen, explore and seek God's path for you in a quiet space, or simply come and chill out with friends.

Overall, these activities at 3Generate helped the young people learn a lot about taking care of themselves and others.

**Conclusion** 3Generate's Health & Wellbeing Centre is a testament to the Methodist Church's commitment to nurturing the holistic health of its younger members. It's a place where the mind, body, and spirit are not only acknowledged but actively nourished. Through a varied program, participants are invited to engage in meaningful activities that promote self-awareness, emotional resilience, and spiritual growth. The Centre serves as a reflective microcosm of 3Generate's overarching theme: empowering the youth to listen, learn, and lead in their faith journey and beyond.





I believe that this initiative at 3Generate demonstrates the Methodist Church's dedication to addressing the multifaceted needs of its youth. It's a beacon of hope and guidance, embodying the church's mission to care for the entire being - body, mind, and spirit. The experiences and learnings from the Health & Wellbeing Centre are not just for the event but are tools and insights that these young people can carry into their everyday lives, making a positive impact in their communities and personal growth.

**Sue Yardy and Panda Dooley (3 Generate Health and Wellbeing Venue Leaders).**

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**Cornwall & IOS Lay Employee Gathering** – Tuesday **21<sup>st</sup> May** 2024, 10am – 2:30pm, at The Hub Carnon Community Methodist Church, Bissoe Road, Carnon Downs, England, TR3 6HY. For more information and to book: [Cornwall & IOS Lay Employee Gathering | Eventbrite](#)

**Growing through Change and Conflict** – Tuesday **9<sup>th</sup> July** 2024, 9:30am - 4pm, at Tresillian Methodist Church, 4 Fairfax Road, Tresillian, TR2 4AZ.  
For more information and to book: [Growing through Change and Conflict Registration, Tue 9 Jul 2024 at 09:30 | Eventbrite](#)

**Mental Health First Aid** – Tuesday **24<sup>th</sup> September** 2024 and Tuesday **1<sup>st</sup> October** 2024, 9am – 5pm both days, online, £60 per person.  
For more information and to book: [ONLINE Adult Mental Health First Aid Registration, Tue 24 Sep 2024 at 09:00 | Eventbrite](#)

**21st - 23rd June 2024**  
Worship Teaching Fellowship



The **Methodist** Church   
CORNWALL AND ISLES OF SCILLY

**THE METHODIST CHURCH, CORNWALL AND ISLES OF SCILLY DISTRICT**

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