

We hope that this email finds you as well as can be expected in these testing times. We find ourselves with lots of news to catch up with you about – too much for one newsletter. So next week we will be sending part 2 with news about the AGM and the Conference and some further resources for counsellors relating to working on-line.

### **COVID-19 Crisis Counselling Support Service (CCSS).**

Our ACC team has been deeply enriched by members who have gifted their time and expertise to help us setup and launch the COVID-19 Crisis Counselling Support Service. We are so thankful to them, and to those counsellors who have been able to volunteer.

The service is in its second week of operation and we are receiving a slow and steady stream of referrals. Having tested all our processes we now want to raise awareness of the service throughout the UK. We have attached a flyer and hope that many of you will pass this through your Christian and other networks, so that people who would benefit from the service are made aware of it.

We have also attached a statement which explains why we set up the scheme, and attempts to address the concerns that some of our members may have in relation to ACC's involvement in a no fee / voluntary service. We have been asked similar questions by Therapy Today who are running a feature on the different ways that counsellors have responded to the current situation and why. We thought you might benefit from knowing our position before anything is published.

### **CPD for On-Line Counselling Recommendations**

We are aware that many counsellors have found the resources provide by On-Line Events and BACP in relation to working on-line very valuable. We have also had recommendation from a member for the training provided by Kate Anthony (who has no association with ACC) entitled 'Moving Your Practice On-Line' which is being offered at the moment on a 'pay what you can basis'

<https://www.kateanthony.net/shortcoursementalhealth/>

### **ACC CPD Resources - Counselling in a time of COVID-19**

A team of volunteers have created a resource bank and library for those volunteering for COVID-19 Crisis Counselling Support Service – but we believe that these resources will be helpful for all counsellors working with clients, who are dealing with the impact of the pandemic. The resource bank includes a film produced by Sanctuary Mental health Ministries especially for our volunteers with Professor John Swinton and Dr Hilary McBride talking about theological and psychological perspectives on grief. These resources are freely available on the front page of the website, under the COVID-19 CCSS volunteer information, and by following this link. <https://www.acc-uk.org/news/hidden-holding-pages/ccss-resources-and-library.html>

### **Pastoral Care Resources**

#### **RCPP Goes On-Line**

One really exciting development brought about by Covid19 is that the Resourcing Pastoral Care Course is now being piloted on-line. Peter Coggan-Lennox, one of our Regional Trainers is adapting the material and running the pilot. 16 people are attending the course and other Regional Trainers are also joining in to see how the course can be run. Last Monday was the first week and it went very well. We have participants from Northern Ireland, the Midlands, East Anglia, Devon, etc. Our hope is that this will be an additional way to deliver the course going forward that it will make it much more accessible. It will also

be an option for delivering other pastoral care training in the future. Our thanks to Peter for starting this initiative.

**Daily Hope** – Please see attached flyer for a free telephone service of hymns, reflections and prayers which has been set-up with the support of the Church of England. The desire is to bring hope and comfort, especially to older people whose only ‘technology’ may be the telephone.

**Faith, Grief and COVID-19 – A Conversation.**

Sanctuary Mental Health Ministries, in addition to the resource they created for ACC’s Crisis Counselling Support Service, have produced a set of short films and reflections that can be used individually or in a small group setting. These are freely available and can be accessed here.

<https://www.sanctuarymentalhealth.org/grief/>

We saw an earlier version of these films and thought they were very good especially because they address issues of faith and psychology.

**Fight–or–Flight or Tend–and–Befriend: What The New Testament Might Teach Us about Our Stress Response, Elizabeth Oldfield, Director of Theos.**

This is a very thought proving short piece that may be helpful in pastoral conversations

<https://www.theosthinktank.co.uk/comment/2020/04/28/fight-or-flight>

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**Spring Harvest Resources**

**Sue Monckton-Rickett (our Chair) and her husband Chris, recorded three pastoral seminars for Spring Harvest At Home. The seminar topics were Dealing with Change and Loss, Relationships and Conflict and Caring for the Carers.** All-important pastoral topics at any time, but perhaps especially relevant at the moment. [Seminar notes](#) and Resources can be found on the ACC website and the recorded seminars can be accessed for free until 31 May 2020 using this link:

<https://springharvest.org/spring-harvest-home-programme/>

Please let us know if you come across any services or resources, which would be helpful for members involved in pastoral care. We will be creating a space on the website specifically to act as directory for good quality resources relating to fostering mental, emotional and spiritual wellbeing in the context of pastoral care and church communities.

**Ros Hick**

We bring the sad news that one of our members who was well known in ACC and the Deep Release Community has died. What follows is a tribute to her by her colleagues and ACC member, Jill Britten.

*It is with sadness that we let you know that Ros Hick passed away on Monday 27<sup>th</sup> April from Cancer after a very, very brief illness.*

*Ros had been a volunteer couples counsellor with us at The Bourne Family Project in Bristol for over 5 years. She was so knowledgeable, compassionate and utterly professional. She had been a therapist*

*since 1998 and we know she made a real difference to the couples she supported at BFP and many, many other people during her career.*

*Ros was kind and really funny. She was always busy and did so much in the local community through the Methodist Church that her and her husband were active members of. They had been Methodist leaders for many years of a number of churches around the country and she had a strong faith. I know she will be missed by so many, not least by all of us at BFP.*

*I had the privilege of working with her at The Bourne Family Project and also joined her at several ACC conferences where I was struck by how many people she knew.*

*A lovely lady who will be missed.*

Best wishes.

The ACC Team