Report on “Few Minutes Peace” Group.

This year has been an exciting and challenging. We have developed the leadership team and seen an increase in the numbers of people in the group. The creative, wellbeing and faith input have also developed resulting in several people sharing their life stories, going back to a church or starting on a faith journey. We have a very active Whats App group through which help, encouragement and general communication provides a much-needed link for people who are feeling isolated or vulnerable.

The Leadership Team has now increased to five and we meet to plan, review and encourage each other. Newer members of the team are growing in confidence in leading activities, speaking more openly and sharing their testimonies. Evidence of this was when I was diagnosed with cancer and had to have six weeks out, the leadership team ran the group superbly, made decisions and kept me in the loop with photos and other encouragements.

The group now has 20 people on the register and most weeks we have between 10 – 13 people come. We represent a range of nationalities, backgrounds and individual needs. We have had meals out together as well as a boat trip and the group look out for each other and give help as needed with lifts etc. The craft activities and games continue every week, and we have introduced new skills and ideas led by different members of the group.

Through the wellbeing activities we have tried to have a community focus by making thank you cards for staff at the Family hub, nursery and school next door. We have also covered a range of ideas including change, being special, self esteem and coping with different situation. We are now following the Brighter Days, 12 steps to strengthening your self-esteem book, based on the Kintsugi Course by Patrick Regan.

All the group now stay for the faith section at the end of our sessions. This now instigates many conversations and questions. We have had testimonies, visiting speakers, Bible stories and passages linked to the wellbeing themes. Individual conversations between Christians and people who want to know more about faith carry on afterwards on a 1-1 basis and prayer takes place as appropriate.

I would like to express my appreciation to Alicia Holmes for her support, especially during my cancer treatment. The leadership team were amazing, and they have all grown in confidence and leadership.

Thank you also to the Elizabeth Walter Charity for their grant which enables this group to keep going. We look forward to seeing where God will take this group next.

Jan Watson.