

Broadmead Community Church

Kintsugi Hope Wellbeing Course Registration Form

Patrick Regan OBE, describes what led him to start the Kintsugi Hope charity:

"Following a series of life changing events including loss, illness and lots of surgery, life became increasingly overwhelming. This had a major impact on my emotional and mental health. My 'man up' self-talk didn't work and I ended up suffering with anxiety and depression. I felt broken and filled with shame. However, when I opened up to share my brokenness, I found I wasn't alone. I learnt that being honest about my struggles not only helped me, but also helped open the door for many others to be honest too. It is so much easier facing difficult situations with others than on our own. I then discovered Kintsugi which is a Japanese technique for repairing pottery with seams of gold. The word means 'golden joinery' in Japanese. This repairs the brokenness in a way that makes the object more beautiful, and even more unique than it was prior to being broken. Instead of hiding the scars it makes a feature of them. All of us have broken pieces, but instead of hiding them, we can learn from them. We can discover treasure in our scars."

A Kintsugi Hope Wellbeing Group;

- is for people who at times feel or have felt overwhelmed by everyday life
- is a safe and supportive space for everyone to grow and flourish
- is a peer support group where we recognise that we are all broken in some ways and we can all learn from one another
- is a place where there is no shame and embarrassment in struggling
- a place where it's ok to say "I'm not ok"
- provides tools and techniques to improve emotional and mental wellbeing
- promotes an increased sense of self-worth, confidence and wellbeing
- enables Churches to reach their congregations and communities with resources to support people's mental and emotional wellbeing with an attitude of humility – not to judge, fix or rescue, but to come alongside and love one another
- is not a counselling or therapy session
- is not for anyone who is currently receiving treatment or therapy for a severe mental health issue.

There is no charge for the course, however you will need to buy a workbook at a cost of £3.50. There is also an opportunity to purchase a journal if you wish.

Each week we look at a different aspect of mental and emotional wellbeing:

	Theme	Title
Week 1	Honesty	Life is a Journey
Week 2	Anxiety	Who Cares
Week 3	Depression	Strong for Too Long
Week 4	Shame	Discovering the Treasure
Week 5	Anger	Boiling Point
Week 6	Disappointment & Loss	Silence Doesn't Mean Absence
Week 7	Perfectionism	Beyond Reach or Reason
Week 8	Forgiveness	Living with Our Scars
Week 9	Self-Acceptance	I Am Flawsome
Week 10	Healthy Relationships	Stay Connected
Week 11	Resilience	Strength to Carry On
Week 12	Review & Celebrate You	Continuing the Journey

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To register for the course please complete the form

Name	
Telephone	
E-mail	
Address	

We would like to learn a bit about you in order to ensure that the Wellbeing Group is suitable for your needs. Please would you answer the following questions;

1. Are there any areas of mental and emotional wellbeing that you struggle with particularly?
YES NO

If yes please detail here

2. Are you receiving support from a Mental Health Professional? YES NO

If yes please detail here

3. Are you taking medication for a diagnosed mental health condition? YES NO

If yes please detail here

4. Do you have any additional needs that we need to be aware of?

If yes please detail here

5. Do you have someone locally who can support you should any of the topics trigger any painful events or memories? YES NO

6. How did you find out about the wellbeing group?

Thank you for completing this form. By providing your contact details, you agree for the Group Leader to contact you with matters in relation to the Kintsugi Hope Wellbeing Group that you are attending. This form will be kept by the Group Leader for up to 2 years following the group end

date, where it will then be destroyed. This form will be stored securely and confidentially and only used by Kintsugi Hope or the Group Leader where necessary if required by law and in the interest of the participants' safety.

Return this form

Post to: Sally Freestone

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