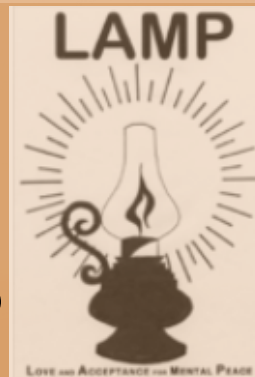


# LAMP - Love and Mental Peace

In response to the Bishop's Social Justice theme "Mental Health," a theme re-echoed in our parish during the plenary discussions in 2018, coupled with our experience of Covid and lock downs a group was formed to develop approaches and responses to the needs of our parish community. This group is called LAMP - Love and Acceptance for Mental Peace. LAMP has been active since then, e.g., parish survey and education sessions. As a result of Covid lockdowns there has been a sharp increase in mental health areas, particularly anxiety and depression. Many family members and friends have often found themselves in a carer role with little or no support. In response LAMP would like to provide the opportunity for a mutual support group to meet over a 'cuppa' for the opportunity to share your experience, joys, and frustrations, of being a carer for a family member or friend.



ALL ARE WELCOME.

Where: The Gathering Space

When: Wednesday 26th October

Time: 10:00 a.m. to no later than 12:00 p.m.