



Open Forum

On 24th June the NSMHF held their first Open Forum in London. The aim of this event was to encourage networking and dialogue between individuals and organisations who are working in the area of spirituality and mental health care.

The afternoon began with a brief history about the NSMHF which was followed by presentations from Opening Minds in Nottingham, Janki Foundation, Essex Mind and Spirit, Faithaction and the Nishkam Centre in Birmingham. We then moved into small group discussions to explore what is working well and also identify challenges and potential ways forward. Various organisations hosted information stands so that people could learn more about their activities. The event concluded with the launch of our new website which can be found at www.spiritualitymentalhealth.org.uk

The feedback from the participants showed overwhelmingly that people had valued the opportunity for networking and discussion. Also 75% said that they would recommend a future Open Forum to others a great deal. So we therefore hope that the attendance will develop as we host future Open Forums. We also hope that ideas and initiatives will spring from these times of encouragement and networking so that, in partnership, we can promote spirituality within the field of mental health.

The provisional date for the next Open Forum is under discussion and will be announced when finalised.