



# NEXT STEPS for mental health

**Presentation by Helen Denny**  
trustee for Papyrus- prevention of young suicide

<https://papyrus-uk.org/trustees/>

also a RSPH (Royal Society of Public Health) connect 5 trainer. This course uses the framework of the [Five Ways to Wellbeing](#). Please phone the parish office, to register your interest in attending. £10.00. Concessions available.

Buffet lunch and refreshments will be served.

Please phone 020 8862 2160/67 where you can also leave a message

*Following-on from*  
from Mental Health  
Awareness

**Talk and discussion at  
Ealing Abbey  
Saturday May 11<sup>th</sup>  
10.30am – 1.00pm**

Find out what you can do to help

- Starting conversations
  - Food and mood
- Five ways to wellbeing
  - Resources

**Learn how to help yourself  
or someone with a  
mental health problem  
and build your own  
'well-being kit'**

# GIFT STALL SUNDAY 28<sup>th</sup> April

Aid to the Church in Need (ACN)



*Gifts on sale after all morning Masses in the Bookshop Porch*

Books, jewellery, rosaries, cards, crucifixes etc.

Gifts from the Holy Land and Syria

Presents for First Holy Communion and Confirmation



*Come and support ACN's work in helping persecuted Christians throughout the world, including:*

- *providing food and heat for poor Syrian Christians returning to bombed-out Homs;*
- *helping Iraqi Christians to re-settle in their villages;*
- *supporting victims of atrocities in Nigeria;*
- *assisting Christians to stay in Egypt; and*
- *helping to sustain Christian communities in Sudan.*

# Holy Saturday 20<sup>th</sup> April

## Paschal Vigil begins at 9.00pm on the Abbey steps

There will be an Agapé (a celebration, sharing food) in the parish hall after the service. If you would like to bring a contribution of finger food or drink to share, please phone the parish office, so that we know how much to expect and can plan accordingly. 02088622160

*Please also indicate ingredients*

*in case of allergy*

All items of food and drink can be left in the hall before the service.



*Thank you*

