



see me...

The United Reformed Church in Annan

'see me' Pledge

Following the signing of the 'see me' pledge on the 30th November, 2012, The United Reformed Church in Annan, as part of Annandale Churches Together, commit to working with 'see me' to challenge the stigma and discrimination of mental ill-health in the following ways:

- Encourage the congregation to explore how to include mental health information in the prayer calendar.
- Promote Mental Health Awareness Week and encourage the congregation to mark it in an appropriate manner.
- After signing of the pledge will encourage attendance at awareness sessions for clergy, elders and all in the congregations who wish to attend organised by Annandale Churches Together
- Will encourage attendance at various NHS and Council courses run within the region
- Will work to ensure that our premises are accessible to all by challenging stigma at all times
- Will display 'see me' Pledge information and encourage the promotion of national and local resources by displaying information where relevant.
- Will engage with 'Support Mind Scotland' with a view as to how the Churches can provide times of worship for all who cannot manage to schedule services
- Will continue to provide Chaplaincy Care to the local nursing homes.
- Will encourage continued support of the work of Kate's Kitchen
- Will encourage contacts with groups within the town including the MHA charity shop in town

SIGNED BY
The United Reformed Church in Annan

Suzie Vestri
'see me'