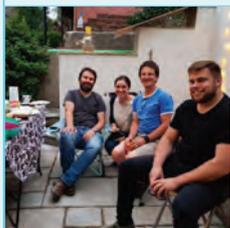


CMF Pastoral Care Programme

Steve Sturman, CMF Associate Head of Graduate Ministries explains the new direction

Clinical care comes with a unique set of stresses. We enter into the worlds of our patients and experience their suffering 'by proxy'. Add to that the challenges of meeting needs that often cannot be met



(continuous external scrutiny, peer pressure, uncontrollable workloads, dysfunctional institutional and professional relationships), and you have a toxic mix.



Of course, Christians get along just fine, don't they? Or do they? We are no less human than the next person, and while we do have 'all

the resources of heaven' at our disposal, it often feels like we have hopelessly lost the key and simply don't know which way to turn. Even the hardest survivor among us can get worn down by the continuous attrition of clinical life.

But what if you could see things the way God sees them? What if you could see God's wisdom in a given situation? What if you could talk things through with others who understand? Who could say 'I have been through the same things and learnt how God's grace works'? What if you could learn how to access divine resources to regain the energy and vision you need to make a difference in an otherwise broken situation?

How much is being lost because Christian medics are limping along carrying heavy loads because no one has asked how God might have us do things to share the burden, or even discard things that we were never intended to carry in the first place?

It's a big issue, and while local churches are central to addressing this, CMF understands there is a need for specialised care to understand and support the unique position of Christian health workers. The CMF Pastoral Care Programme is a first step to meeting these needs. This autumn, the Graduate Ministries team will be working on mapping what is required and identifying and developing resources that can be used to support the development of pastoral care networks.

It's a challenging area. The team would value your prayers for wisdom and God's help to see this make progress, and come to

fruition. We would also value your responses to surveys and polls we plan to send out over the next few months – these are vital to understanding where we should direct our efforts. Some of you may already share this burden for pastoral care and feel led to help. If so, please get in touch with me at: steve.sturman@cmf.org.uk

Student news

The Student Ministries team were, as always, encouraged by a new cohort of 52 medical and nursing student leaders attending training as part of the National Conference in May. The new



Learning Platform was introduced, which includes resources for student links to use with their groups including healthcare Bible studies.



The National Student Council meets three times a year. At our last meeting, students reflected on this year's Student Conference and shared ideas for the 2020 conference, which will be held from 31 January to

2 February 2020. The meeting took place with Jeremy Foster as Chair and Silas Anderson as Vice Chair. (Jeremy is due to graduate in July. Silas Anderson will then take over as Chair and Sophie Latta as Vice Chair.)

Zack Millar, an NSC member for the past couple of years, has taken on the role of Student Editor for *Nucleus*. He initiated discussion at the meeting around content for the next issue with the theme 'Science and Faith'. Students were also encouraged to consider writing for *Nucleus*.

The team said 'au revoir' (but not 'good-bye') to Alex Bunn, Associate Head of Student Ministries. He plans to continue his involvement on a voluntary basis and we look forward to enjoying his signature 'Alex-in-a-Bunn' burgers at the next Freshers' BBQ.

We are encouraging student links to prepare for Freshers' weeks at their medical schools. It is a great opportunity to engage with new Christian students and inform them about CMF and all the ways in which we can support them from the beginning to the end of their medical careers.

Nurses & Midwives

encouraging stories

In my role as Head of Nursing, I (Pippa Peppiatt) get the privilege of hearing lots of stories from nurses and midwives on the front line, and the joy of offering support and compassion to them.



Many of these stories are tough and challenging. Just this week I



heard from a few newly qualified nurses about how they battle stress and anxiety before going on to a shift. One even wrote to me of her panic

attacks before leaving the house for work. Any new job can be a daunting experience, but the experience of these nurses and midwives is compounded by low staff numbers and consequently, an increasingly unsafe, working environment.

Thankfully, I also get to hear 'good news' stories about the precious times that make the hard work and the stress all worthwhile for these amazing nurses and midwives.

A palliative care nurse emailed me recently. She writes:

'I had cared for an elderly man, highly educated, who had terminal cancer who was keen to tell me all he had achieved and which I sensed he felt valued and identified by. He was distressed that he could no longer do all he used to, such as organising community projects and liaising with MPs. He mentioned faith and said that although his wife had a strong faith, his had lapsed. We talked and I offered to pray, after which he begged me for a copy of whatever book I'd got the prayer from. I said it was from my heart... and that God hears us just as we speak. No fancy language needed. We talked more about prayer, about God not needing our deeds to pay our way and that when I left the room he could close his eyes and say whatever he wanted to God. He would be heard.'

I didn't get to speak with him again, as he died soon after. I trust he found the peace he was looking for.'

Please email me more of your stories at: nurses@cmf.org.uk