



The Retreat York Benevolent Fund

Mental Health Development Officer

Dear Friends – I am writing to introduce myself:

I am Alison Mitchell and I have recently taken up the post of Mental Health Development Officer. I am employed by The Retreat Benevolent Fund with a brief to work across Quakers in Britain. My role is to raise awareness – to give Friends the information and the inspiration to discern our response to mental health issues in our community and across society.

I will be busy with different projects – but I hope to meet as many Friends as I can.

I hope to visit Area Meetings – to give information, ask questions and start discussions. I would like to visit your Area Meeting. I would plan to be with you for an hour or two. I hope to find out what is happening in your area, to explain a little about some of the current issues in mental health, to share information about the work going on around mental health across Quakers and leave you with questions to reflect on about our ministry in mental health. I would lead a short, positive exercise to get everyone thinking about their own mental well-being and what Quakers might do about this concern.

Please invite me!

Please get in touch and let me know when it would suit you for me to visit. It will take a while to visit all Area Meetings – but I do hope this will be possible. I work from home (in Devon) but I'm able to travel as needed.

And please get in touch with any concerns or queries.

I hope to meet you soon.

In Friendship

Alison Mitchell

Mental Health Development Officer

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