

**Minutes of Reading Faith Forum meeting  
20 October 2010 2-4pm**

1. Apologies
2. Minutes of last meeting agreed
3. Matters arising – Directories were available to take away. Directories will be posted out next week. Subscription forms are sent out in mailings a few weeks before the Open Meeting.
4. Finance – Balance at 20 October £11681.61. Bear in mind over £5,000 is allocated to RVA/Building for Strength project.
5. Discussion on Redundancy led by Susan van Beveren.  
Susan explained that effects go far deeper when made redundant, its not just the job. The individual is of worth because of who we are, we are relational beings and The WELL Centre aims to rehook them back into their networks. Susan commented that voluntary work and bringing up a family are often undervalued. The WELL Centre supports a mentoring process and works with businesses to support their employees. There was general discussion from different faith perspectives on individuals facing change in work. Susan explained the process of loss, the psychological cycle, when made redundant and the work of reframing individual skills, expectations and a sense of self grounded in reality, the 'What gets you out of bed' mentality. Key points in the discussion were how to affirm people, value of networking and self help groups.
6. Marie Kaffour was unable to attend the meeting, Kevin Woods from ARCADE spoke about their work with Alcohol & Drugs education in schools, sharing life-skills and information. Arcade work with youth and faith groups and Kevin explained that they signpost to other organisations including SOURCE, the main young people's agency in town and DIAS for over 18 yrs.
7. Date of next meeting: **23 February 2011**
8. Written reports of those either representing RFF or willing to pass on information are available and on the RFF website.  
[www.readingfaithforum.com](http://www.readingfaithforum.com), on 'Events and Meetings' page.