



Introduction

Suffolk Provincial Grand Almoner
W. Bro Jamie Gwatkin
October 2021



Opening Remarks

- Welcome
- Housekeeping
- Conference Objectives
 - Meet the Team and your fellow Almoners
 - Better Understanding of the Almoner Role / MCF Support / share ideas & experience
 - Opportunity to have your say on future policy
- Speaker Line Up



Provincial Almoner Service (1)



Our Offering to you



Provincial Almoner Service (2)

Awareness, Management, & Communication

- Regular Contact
- Managed Database
- Group Almoner Team
- Management Meetings
- Lodge Visits

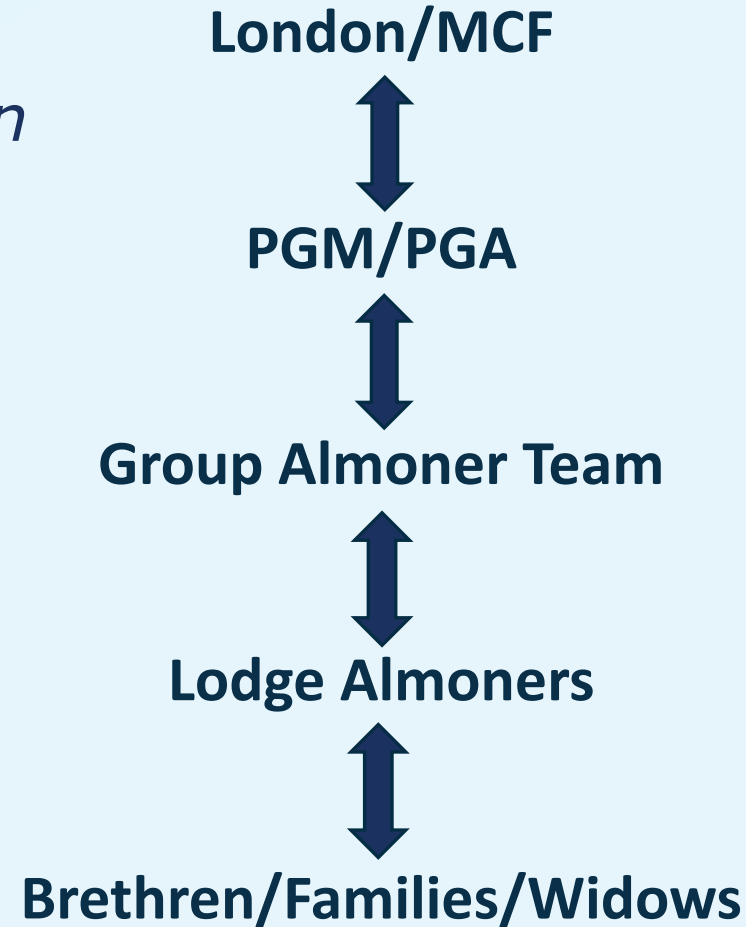
Care & Support

- Help & Support Teams
- Emergency Financial Support
- Bereavement Support
- Mental Wellbeing Support
- State Aid Review via AST
- Widows
- Very Good Friend



Provincial Almoner Service (3)

Clear Communication





Provincial Almoner Service (4)

Training, Mentoring & Recognition

- Role of the Lodge Almoner
- Assistant Lodge Almoners
- Newsletter & Website
- Almoner Conference
- Group Meetings & Webinars
- Commendation of Caring

Cornwallis Court, MCF & Initiatives

- Cornwallis Court Bulletins
- Friends of Cornwallis Court
- PGA Region 7 meetings
- Other ??



Suffolk Provincial Group Almoner Team



W. Bro Jamie Gwatkin PGA



W. Bro Terry Lewis DPGA



Bro Andy Hunt Group 1



W. Bro Paul Durrant Group 2



W. Bro Nick Wiseman Group 3



W. Bro David Cattermole Group 4



W. Bro Bill Dotesio-Eyers Group 5
Very Good Friend



W. Bro Jon Neill Group 6
Bereavement



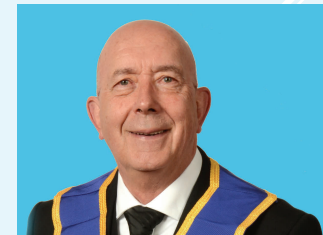
W. Bro Roger Cawston Group 7



W. Bro Dougie Paine Group 8
Widows



W. Bro Melvyn Eke Group 9



W. Bro Tony Wooderson Wellbeing



Mrs Caroline Wales
AST (MCF)



W. Bro Will Austin
Group Rep Liaison



The Role of the Lodge Almoner

- Core Document bringing together Almoner Handbook & Almoner's Guide

Duties

Be the “Eyes & Ears” of the Lodge

Provide Pastoral Care (friendship, listening, contact & support)

Identify loneliness/hardship & signpost to assistance

Report on Members status

Maintain records

Skills

Face to Face / Telephone contact

Sympathetic Character

Active Listening

Trust & Confidentiality

Effective time management

“Team Player”



Almoner Website & Information

- Suffolk PGL Website page - <https://www.suffolkpgl.org.uk/support/almoners>
- Open access therefore no user name or password needed

The screenshot shows the 'Support' menu on the Suffolk PGL website. The menu items are: ALMONERS, CHARITY, MENTORS, ORATORS, WELCOME FROM THE PGM, WELCOME FROM THE PGA, SUFFOLK PROVINCIAL ALMONER SERVICE - THE SERVICE, THE TEAM, LODGE ALMONER SUPPORT AND GUIDANCE, VERY GOOD FRIEND, SUFFOLK PROVINCIAL BENEVOLENT FUND, BEREAVEMENT, MENTAL WELLBEING, WIDOWS, MASONIC CHARITABLE FOUNDATION (MCF), THE ROYAL MASONIC BENEVOLENT INSTITUTION - CORNWALLIS COURT, USEFUL LINKS, and ALMONERS NEWS AND EVENTS. Below the menu, the 'Contact Suffolk Freemasons' page is visible, featuring contact information for Roger Nash, Provincial Grand Secretary, and the email address pgl@suffolkfreemason.org.uk.



Suffolk Provincial Benevolent Fund

Set up in 2021 after agreement with Provincial Executive

Purpose of the charity -

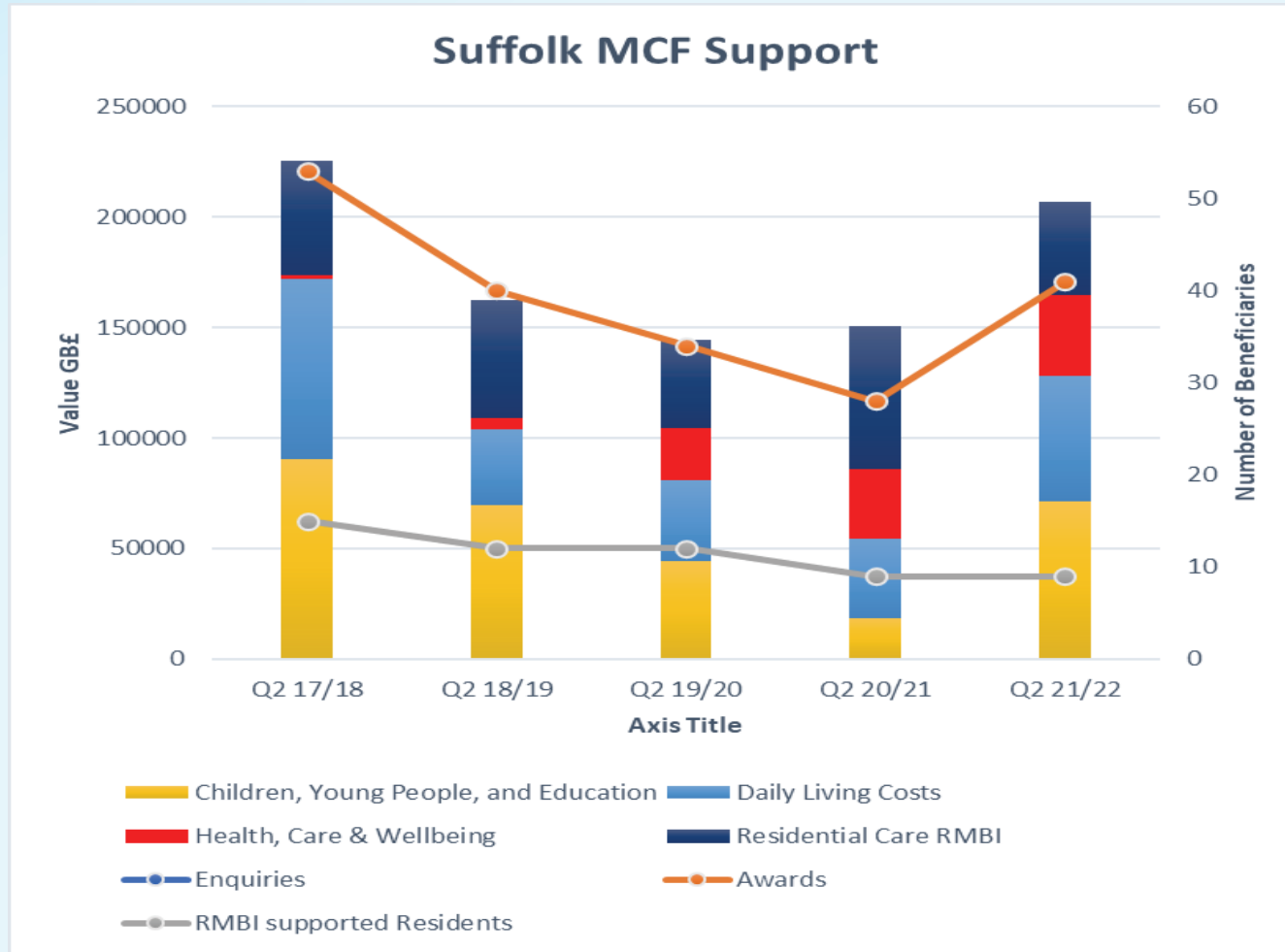
To provide relief and assistance by giving emergency financial support to Suffolk Freemasons, their spouses/partners, and their dependents when the MCF or the State cannot provide help within a reasonable timescale.

Operational details set out in correspondence dated 14.08.2021

Hoped that Lodges will donate one Alms collection per year to replenish the Fund.



Making a difference





MCF Update

MCF Advice & Support Team (AST)
Mrs Caroline Wales
October 2021



Masonic
Charitable Foundation

Building better lives:

An introduction to the
Masonic Charitable Foundation
Areas of Support - Eligibility Checker - Application Process
Managing Expectations — Case Studies



Caroline Wales – MCF Advisor

Covering Suffolk, Essex, Norfolk
& Cambridgeshire

T: 07802 797 239

E: cwales@mcf.org.uk



Support for Freemasons and families

We are here to support Freemasons and their families when life takes an unexpected turn for the worse.

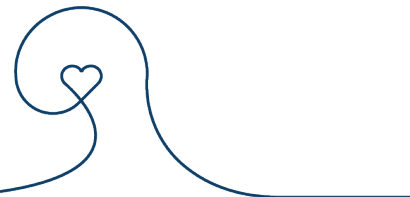
We offer a wide range of grants and support services for financial, health, family and care-related needs.



Areas of support offered by the MCF

Our grants fall into five key areas:

- Daily Living Costs
- Health, Care, and Wellbeing
- Children, Young People, and Education
- Advice and Support
- RMBI Care Co

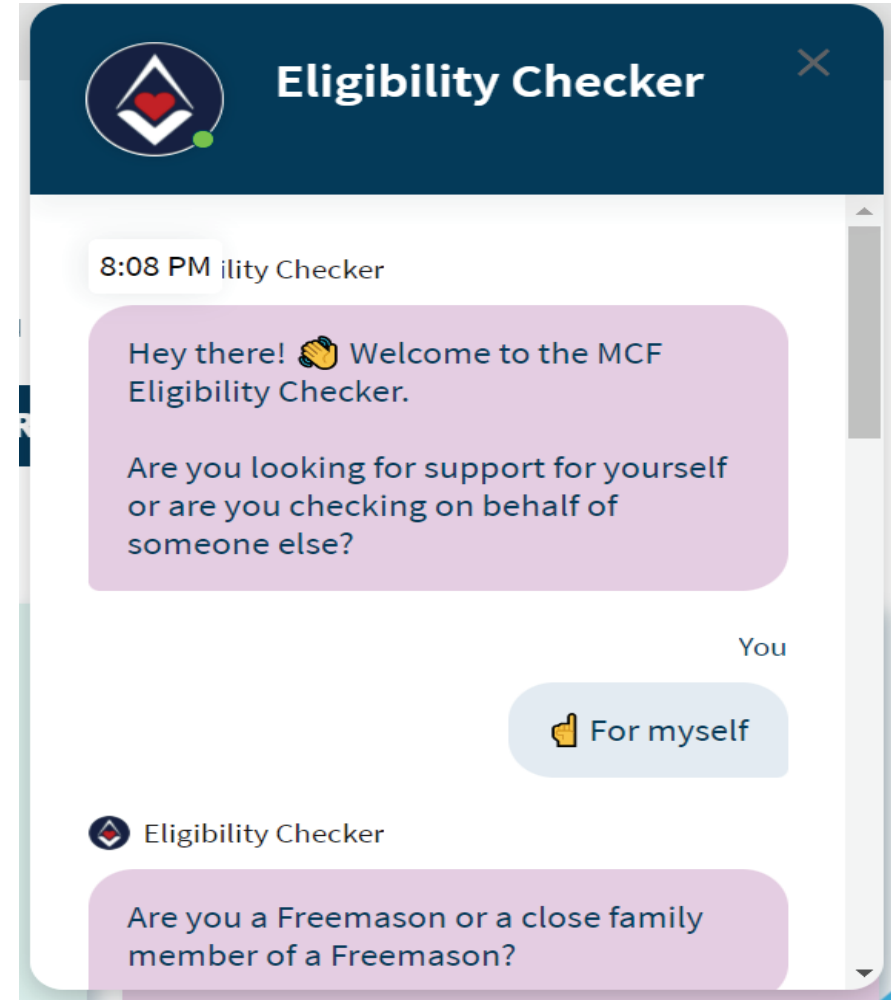


Eligibility Checker:

MCF have a new online interactive Eligibility Checker available to use via MCF website ...

Super easy to use

Simply answer a few questions about your circumstances and the type of help you are looking for, to find out if it is likely that we can



Application process:

Speak to lodge Almoner / PGA or contact our Enquiries Team directly



0800 035 6090



help@mcf.org.uk



Our skilled and well trained Enquires Team will listen to your situation & advise on all the ways MCF may be able to support

A basic eligibility & financial check will be completed at this stage



If the MCF are not able to offer support,
you will be signposted to other
organisations that can help



Once eligibility and Freemason connection has been established, a Visiting Volunteer or a member of the AST will make contact – usually within 3 days



Arrangements are made for either a face to face visit to complete an application form or for information to be safely shared via encrypted email.

Together with advising on the required documentation



Once submitted, a member of the Grants Team will process your application & inform you of the outcome.

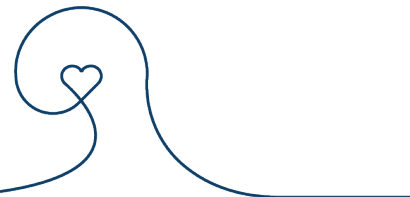
This usually takes 6-8 weeks but can take longer



Managing Expectations:

It is essential that expectations are managed - requests may not always result in a grant being awarded.

- Must have been initiated/joined before the need arose
- Expectation that all available state benefits have been applied for before charitable funding is sought
 - Support is subject to a financial test (unless CCL)
 - Different types of support require different tests
- Dependant on HOUSEHOLD income and savings, NOT individual



Managing Expectations:

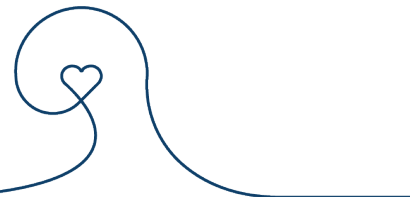
If in doubt ... always advise to call the
Enquiries Team to discuss further



0800 035 6090

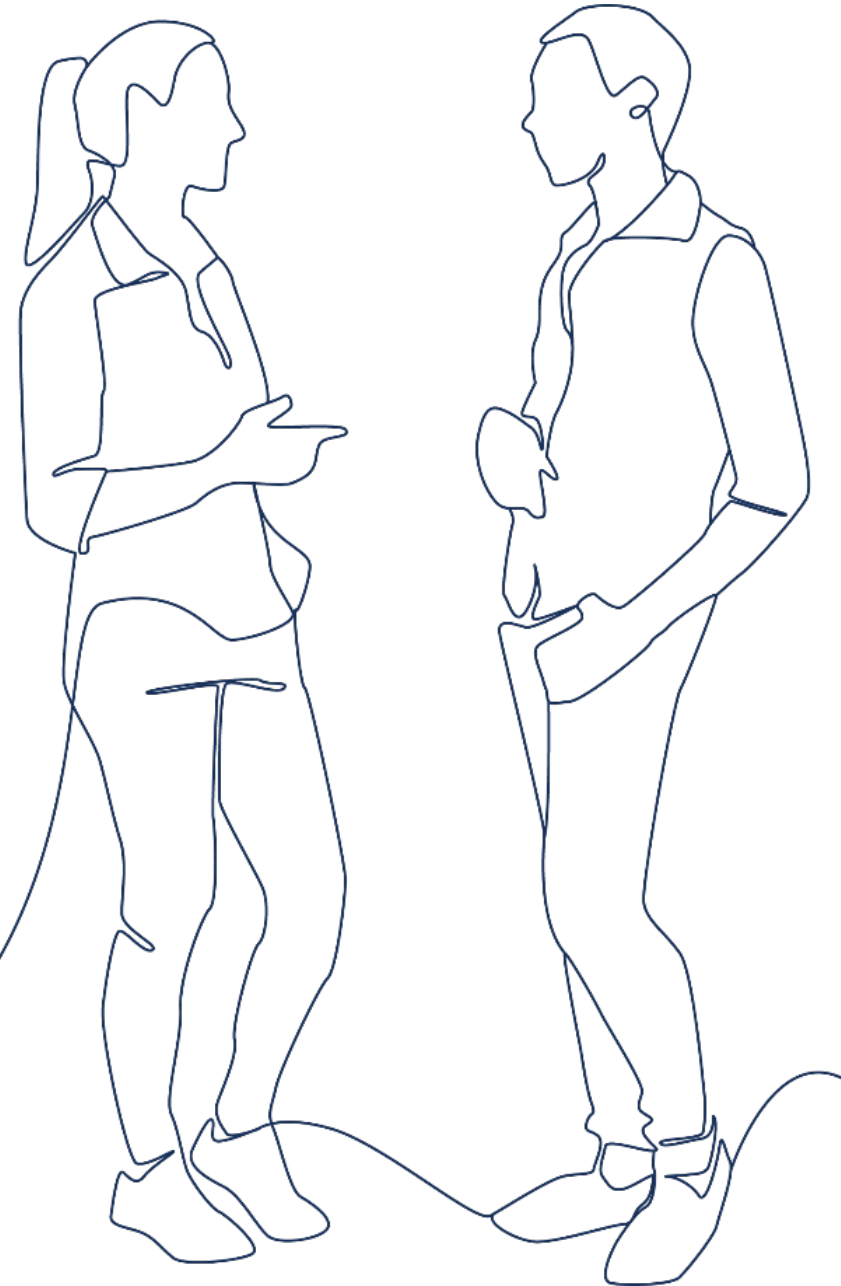


help@mcf.org.uk



Case Studies

Real Suffolk cases
All names changed



Helping yourself

Don't forget that Freemasonry is here for you too. If you find you are struggling with your own physical or mental health don't hesitate in seeking out support.

You must always remember to take care of yourself above all else.





Masonic
Charitable Foundation



mcf.org.uk
0800 035 60 90

And finally, Almoners are essential to our success, you are all at the forefront of delivering care and support to lodge members and their families.

Thank you all for your continued support.

Caroline Wales – MCF Advisor

Covering Suffolk, Essex, Norfolk
& Cambridgeshire

T: 07802 797 239

E: cwales@mcf.org.uk





Helping With Bereavement

CRUSE

Mrs Jane O’Riordan

Mrs Jane Buchanan

October 2021



Mental Wellbeing - Meeting your needs

Wellbeing Lead

W. Bro Tony Wooderson

wellbeing@suffolkfreemason.org.uk

07747103852



Wellbeing & Mental Health

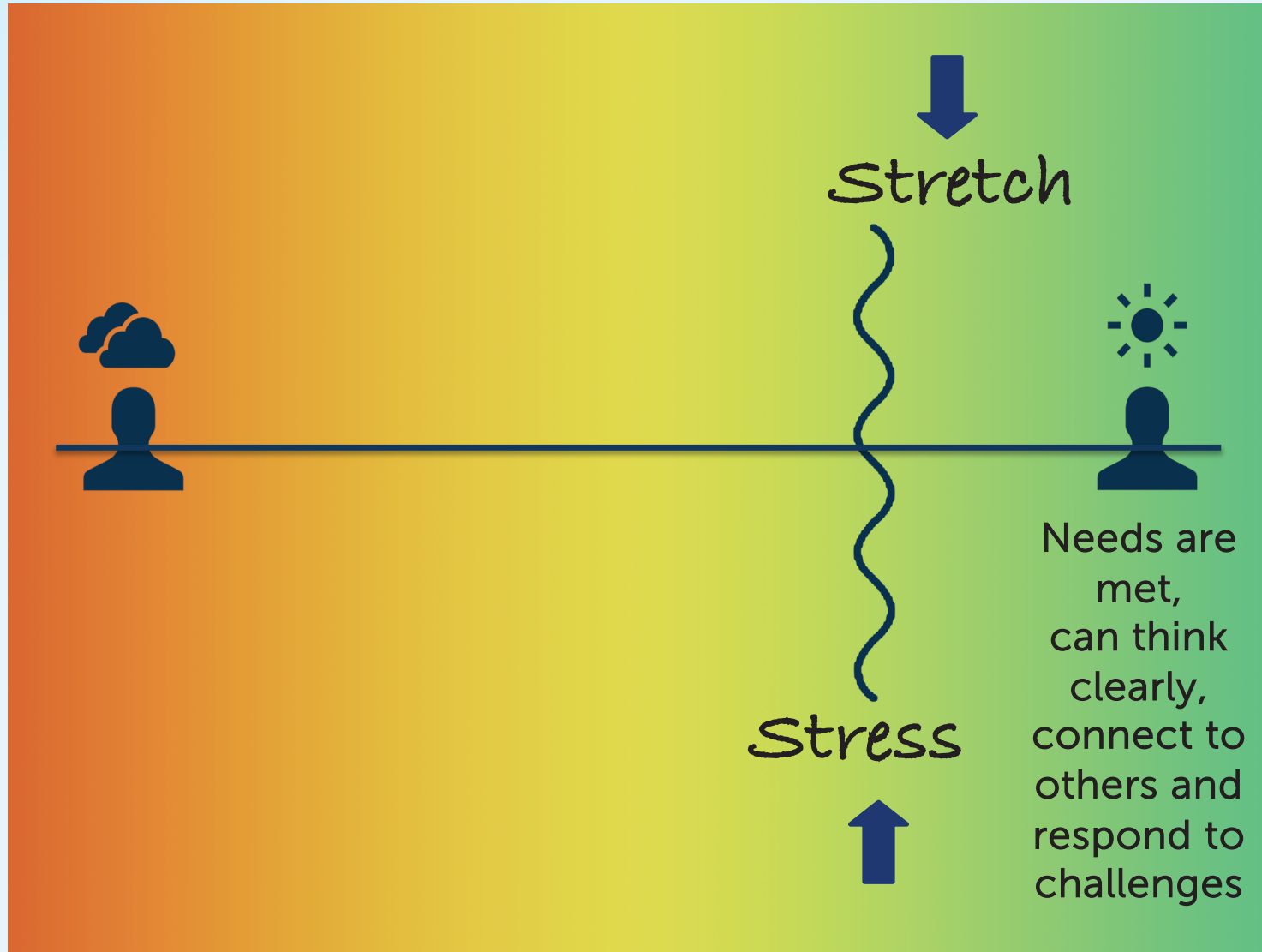
Your Needs

Information sources

Where to get help



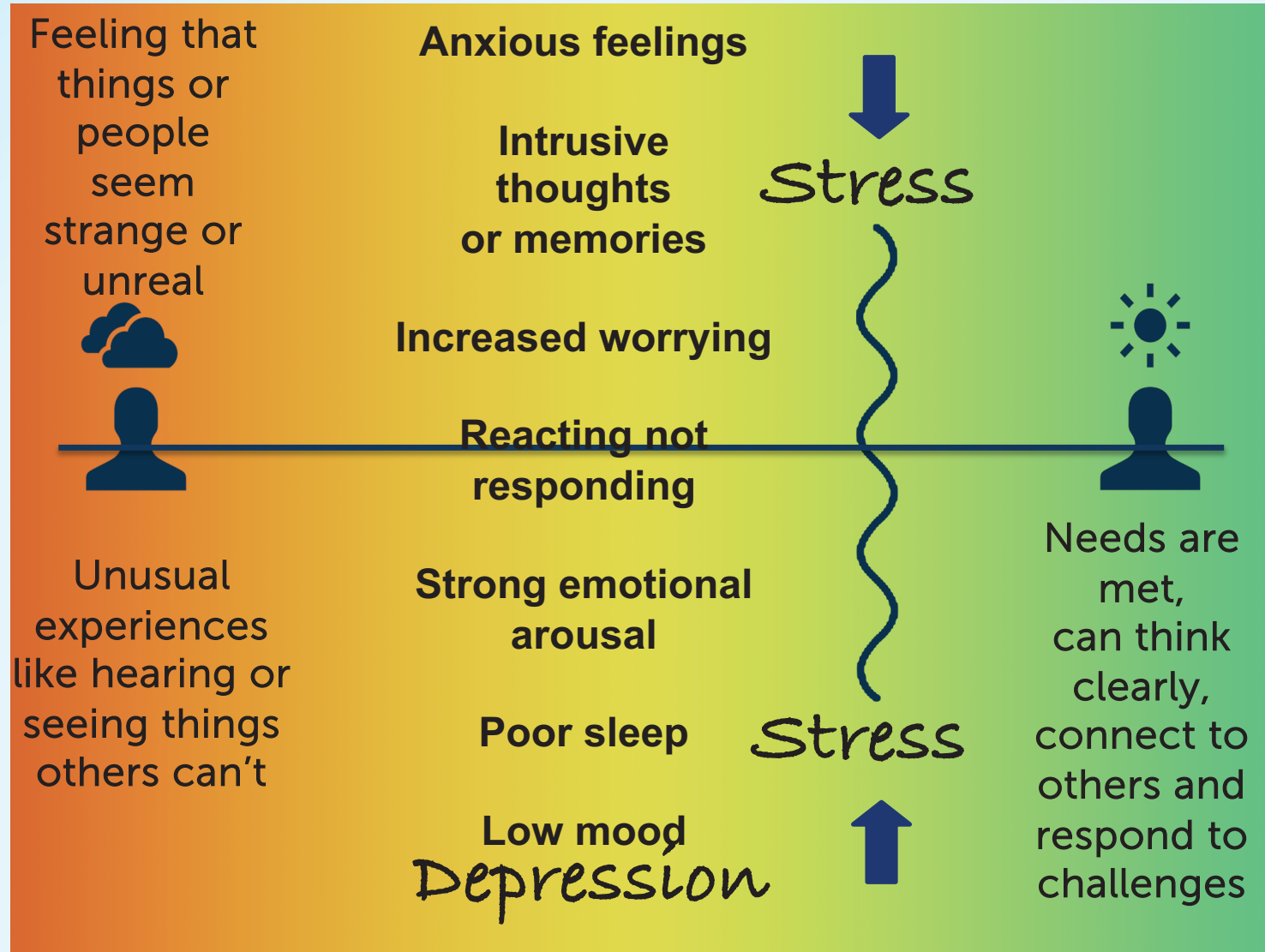
The Mental Health Continuum



©suffolk mind

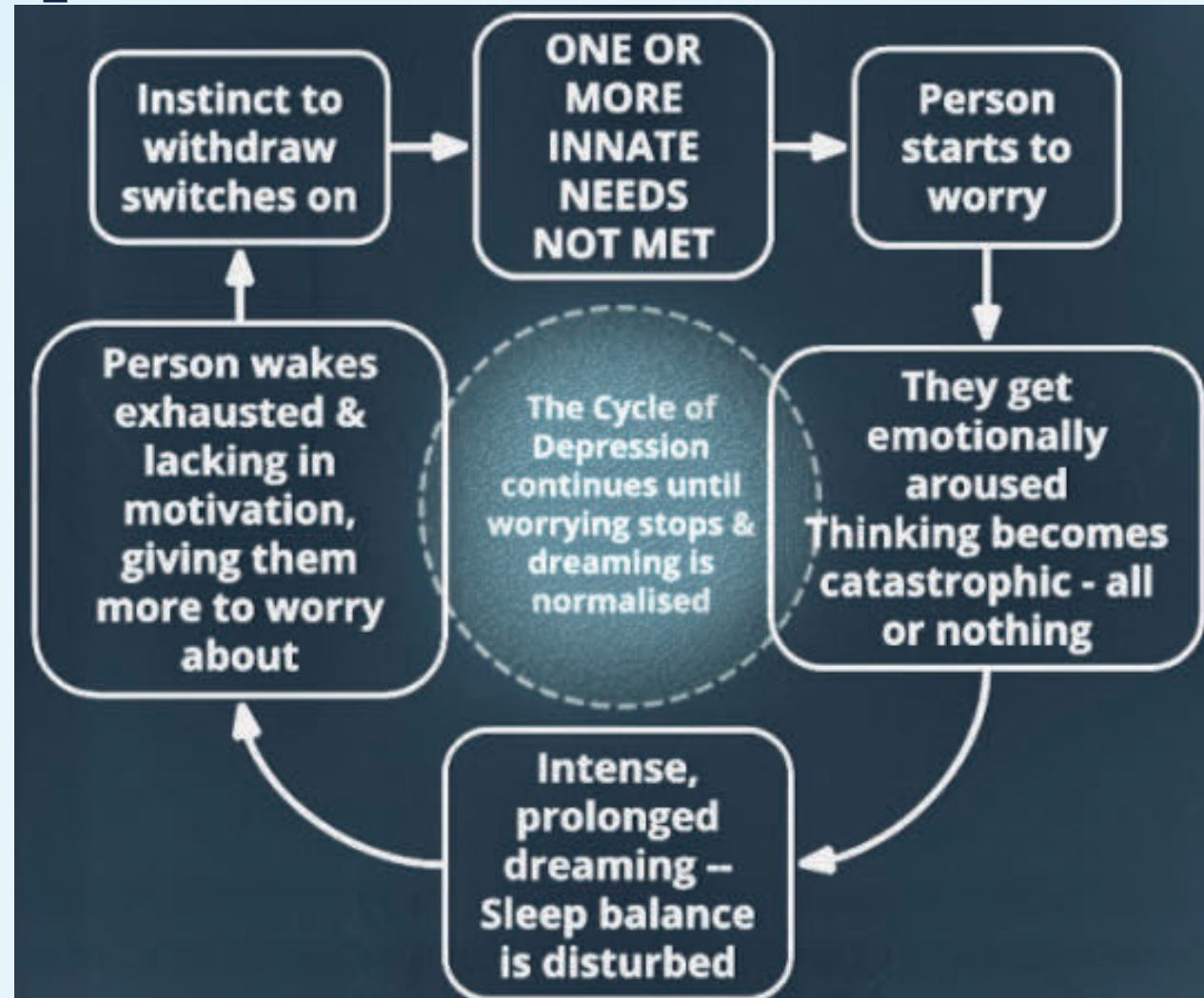


The Mental Health Continuum





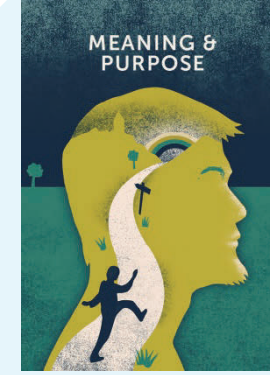
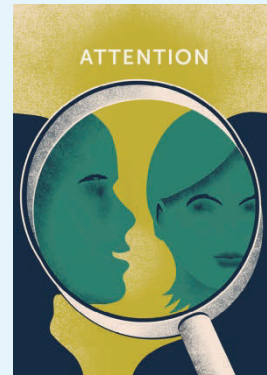
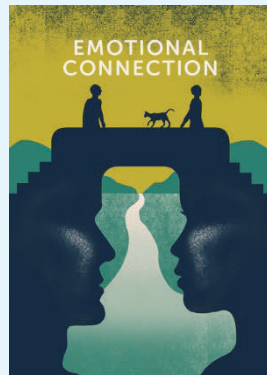
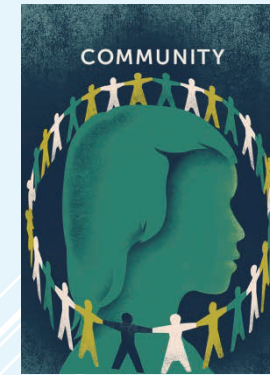
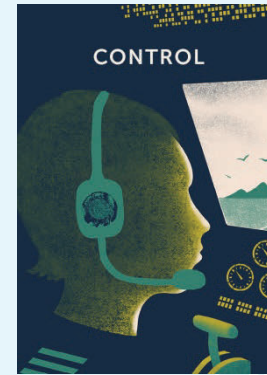
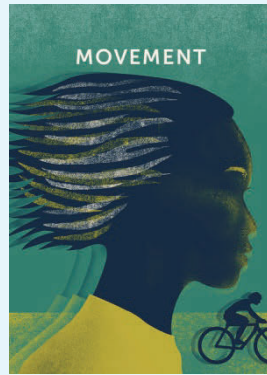
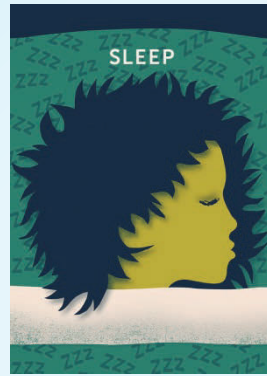
Cycle of Depression



©human givens



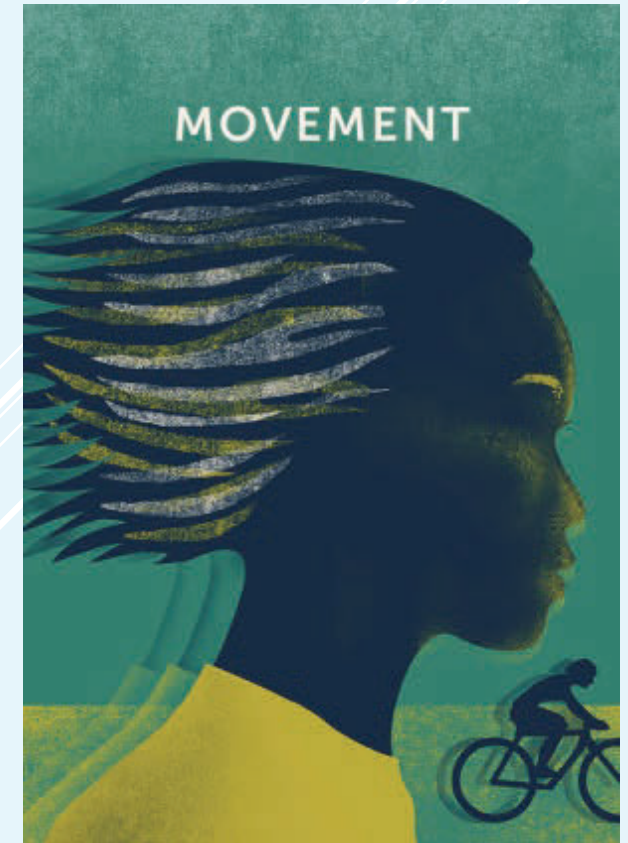
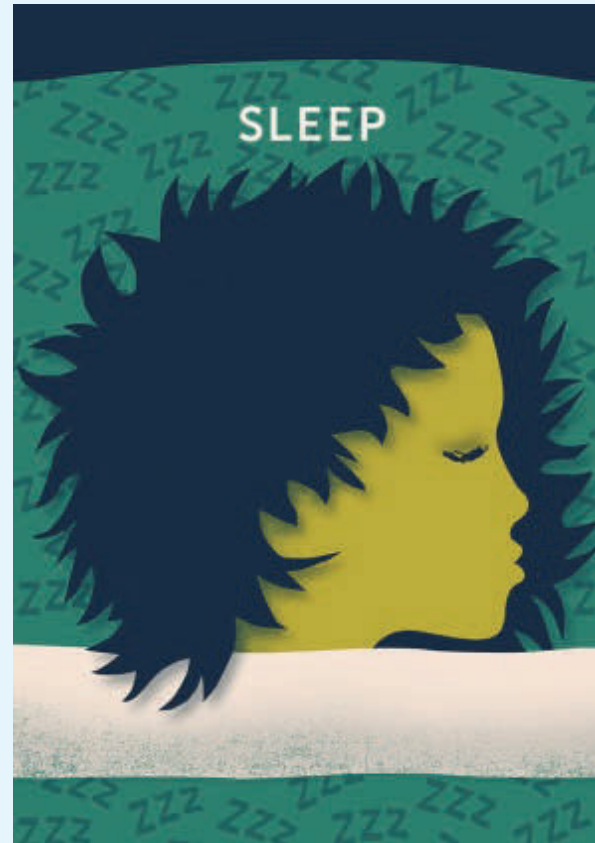
Physical & Emotional Needs for Mental Wellbeing



©suffolk mind



Physical Needs for Mental Wellbeing



©suffolk mind



Emotional Needs for Mental Wellbeing



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To feel safe

An environment to develop fully

Personal relationship, home,
work, finances



Emotional Needs for Mental Wellbeing



©suffolk mind

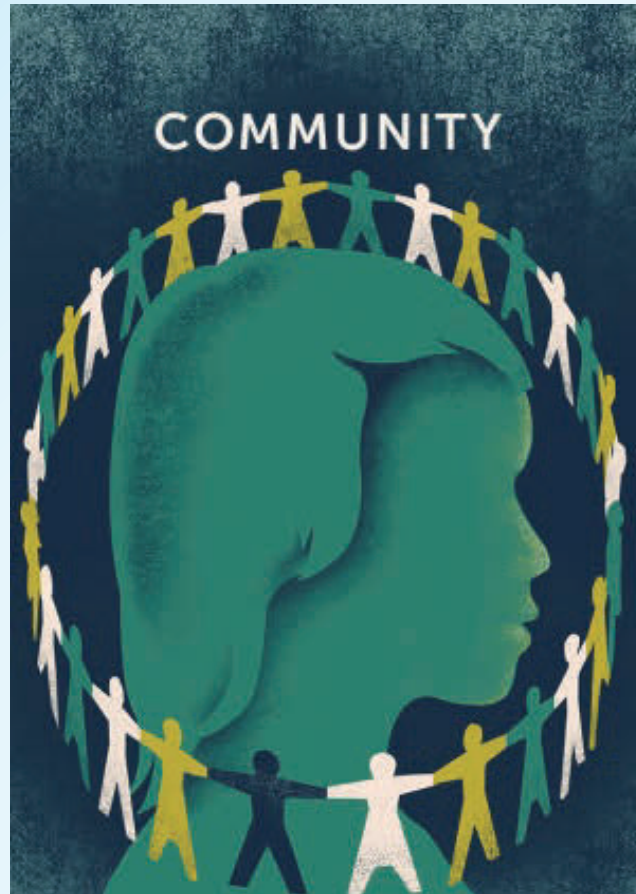
Autonomy

Volition to make responsible decisions

May be the most impacted on us due to Covid



Emotional Needs for Mental Wellbeing



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We are naturally Social beings

Wider community

Reduces isolation and therefore stress



Emotional Needs for Mental Wellbeing



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Feeling of being valued and respected

Acknowledgement of contribution

Recognition



Emotional Needs for Mental Wellbeing



©suffolk mind

Time to reflect, consolidate
experience

Decide what's important to us

Relax without interruption



Emotional Needs for Mental Wellbeing



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Intimacy with another person

A 'warts-n-all' relationship

Sharing unmet needs



Emotional Needs for Mental Wellbeing



©suffolk mind

A form of nutrition

A need to receive and give

Too much attention is bad for us



Emotional Needs for Mental Wellbeing



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Helps us stretch and grow

Builds confidence

Increases competences



Emotional Needs for Mental Wellbeing



©suffolk mind

Why we get out of bed

Comes from being stretched

The feeling of being needed by others



Your Innate Resources

Rational Thinking

Rapport

Imagination

Observing Self

Pattern Matching

Black & White Thinking

Dreaming

Memory



Wellbeing & Mental Health

Information sources & help resources

- suffolkmind.org.uk
- suffolkpgl.org.uk/support/almoners/mental-wellbeing
- www.hgi.org.uk/sites/default/files/hgi/innate-resources-infographic.pdf

& me:-

wellbeing@suffolkfreemason.org.uk

07747103852



A Very Good Friend

Provincial Group Almoner – Group 5
W. Bro Bill Dotesio-Eyers
October 2021



Initiative Overview



Objectives

How it works

Next Steps



Widows

Provincial Group Almoner – Group 8
W. Bro Dougie Paine
October 2021



The Death of a husband / partner is one of the most traumatic experiences in life.

When that husband / partner is a mason it may also mean the loss of friends, social network and support leading to isolation and possibly financial difficulty.

Aims – Immediate post bereavement



- Identify and engage with widow ASAP.
- Notify PGA of the bereavement.
- Representation of the Lodge and Master with condolence communications and at funeral.
- Notification of bereavement to members of the Lodge.

Aims – Ongoing



- All widows to have name and contact details of the current almoner as a point of contact.
- Each Lodge to hold a record of all widows – name, address, contact number and N.O.K. (subject to D.P).
- Widows to receive the minimum of 1 welfare visit or contact per annum.
- Widows to be made aware of and regularly updated on the areas of support available from the MCF and how to access them.
- For Suffolk Province to have a comprehensive knowledge of widow numbers for each Lodge.



Cornwallis Court

Mrs Denise O'Brien
W. Bro Peter Gosling
October 2021









Final Open Questions

Suffolk Provincial Grand Almoner
W. Bro Jamie Gwatkin
October 2021



CONFERENCE 2021

Thank you for coming

**W. Bro Jamie Gwatkin (PGA)
01284 386111 / 07976 736393**

almoner@suffolkfreemason.org.uk

