Headquarters building destroyed by fire

Photos: Victor Hulbert and Bruce Anscombe
Full story by Victor Hulbert on page 6
Odds-on favourites?

Justin Thyme to join the great Human Race

FOOD AND MOOD

In this final segment on the emotional aspect of brain health we examine the impact of food and its relationship to our mood.

Evidence is emerging which suggests that food can affect brain activity.

Findings:

- The vision and carbohydrate balance consumed in a meal is thought to affect the brain neurotransmitter serotonin which is responsible for controlling mood.
- The ratio of fat to carbohydrate in a meal significantly affects mood, alertness and mental performance.
- Eating disorders, such as anorexia, bulimia and overeating, are sometimes linked, as their specific behaviours can be associated to the same brain area – the hypothalamus and the sharing of the same neuronal circuits.
- Reports of food cravings are more common in the premenstrual phase. During this time, the levels of progesterone and estrogen increase, which can lead to a desire for specific types of food.
- Caffeine has been linked to nervousness, anxiety, depression and other negative moods.

Food affects mood by affecting the brain's neurotransmitters, which are chemicals that carry messages between nerve cells. When you eat certain foods, these chemicals are released into the bloodstream, affecting how you feel and think.

References:

- "The message of the Cross may still be the power of God for the salvation of everyone who believes." - 1 Corinthians 1:18
- "I will destroy the wisdom of the wise, the intelligence of the intelligent I will frustrate." - Isaiah 29:14
- "I was waiting for the Kingdom. Yet it’s not the kind of race I can win on my own. Perhaps the odds against me, against all of us!" - Revelation 10:11

Brain Health Series

Part 3

Happy Christmas!  •  Nadolig Llawen!  •  Nollaig Shona duibh!
Stress — a pastoral response

by Bernie Holford, MSc in Systematic Psychotherapy

Family Ministries director, SEC

I can’t imagine a more stressful experience than being in a small boat in a storm. You and your friends are battling out the water as fast as you can, but the more water you chuck out, the more washes in. The water level is coming up to your bellies and over your heads. You stressed levels are over the mast as you realise that it is only a matter of minutes before the boat sinks. You scream, ‘Why, God, is this happening to us?’ into the gale, but there is no answer. As your heart is almost bursting with bailing and praying, your friend suddenly says, ‘It’s useless. The harder you pray and bail, the worse it gets. We might as well give up!’

All of a sudden, someone wakes up the man taking a nap on a cotilson at the back of the boat. In a moment he calls out to the howling wind: ‘Peace, be still.’ (Mark 4:39.) After all our stress and bailing and praying, it’s the words of Jesus that rescue us.

Excessive stress will usually affect our relationships with God. When it gets worse and the stress increases, we ask ourselves if God is really there. Does he really care about what we feel? We sometimes think that we have failed to be a good Christian because we are becoming increasingly anxious. And when a friend reminds us that we must ‘take care of our stress and obey’ we feel like giving up on God and church altogether.

Our situation is usually complex and without simple solutions. Stress is a natural reaction to relational tensions that we experience as frus-trations and conflicts. It is a part of being human. When we realise that we can’t solve the interpersonal difficulties in our lives without confrontation, we often get more stressed. Often stress is the experi-ence of those who have the least control over their situation. The power imbalance in so many of our relationships contributes to the anxiety and tension we endure. Is there a scriptural response to our experience?

How do we help someone who tells us they are stressed? Listen first, without offering solutions. They probably want someone to under-stand their experience. After listen-ing and connecting with their anxiety, you can help them to cope. If you offer to pray, ask them if you can contact them in a while to talk through things. Even though you have not solved their problems, they know that you care and are willing to support them.

Stress can be seen as an invitation for Christ to ‘wake up’

in our lives. Here are some ideas for resolving relational stress.

Jesus is in the boat of your life with you. We need to find ways to experience his presence all the time. ‘Let the word of Christ dwell in you richly . . . in Psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.’ (Colossians 3:16.) Learn Scripture as a way of listening over and again to the words of Jesus in your life. I find learning Scripture songs, found at www.biblegateway.com, the easiest way to do this. Often the storm continues to rage, but the presence of Christ’s words helps us not to sink.

Practise relational prayer by asking God to give you his words of hope and relational wisdom for those you are struggling with. Look at these people in the compassionate way God views them.

Show kindness, even to your enemies. (Matthew 5:44.) David Oliver, who wrote the ‘Stress Survival Guide’ says, ‘Express your appreciation for people frequently. When you show kindness, you have it shown to you. People will work with you, not against you. We all need to resolve conflicts tomorrow, the way we interact with people today will make it much easier to do.’

Build relationships with supportive people who know how to ‘Rejoice with those who rejoice and mourn with those who mourn.’ (Romans 12:15.) Spend time with those who build you up. God has designed us for community and we sometimes get more stressed when we feel we are alone or under-supported.

We are physical beings whose minds are affected by the condition of our bodies. Exercise is a natural way to counteract the effects of stress. Exercise outside in nature if you can. God has created us to enjoy his beautiful world and our minds are healed when we take time to connect with him in his Creation. 

Listen to those with the gift of wisdom. Others can give us a differ-ent perspective on the ways we can deal with stress. God never intended us to suffer alone. He has given spiritual gifts to others to help us at times like these.

Ask God to help you prioritise your time. Organised work and home. Avoid leaving things to the last minute — plan ahead! I stress irresolvable central aspects of our lives, and if they persist over extended periods, they impact negatively on our ability to function.

Stress over a long period has a harmful effect on our physical and emotional health. Psychological effects include depression and suicidal thoughts.

Decide when stress becomes destructive. Try to identify the cause (or causes) and do what is in your power to do. Work through the pressure. With what drove you — in order of priority — and tackle the causes. Talk to a friend or counsellor/unhelping legs. Got leave of restishment, it’s time. Take time to reach a victory through regular exercise. It burns excess adrenaline.

Nurture spiritual well-being. Remember: ‘You can throw the whole weight of your anxieties upon God, for you are his personal concern.’

**Stress is a reaction to the events of life. It affects us physically, psychologically and spiritually. In this article I will focus on psychological and psychological effects.**

**Stress has great short-term and long-term effects on all of us.** It incapacitates us, it depresses our immune system, it makes us ill physically and mentally — and it sends countless numbers of individuals to an early grave every day of the year.

In order to deal with everyday living and maintain good health, we develop coping mecha-nisms/strategies. These coping skills range from dealing with family mem-bers, difficult persons, or an annoy-ing boss to coping with the death of a significant person in our life. When it is all just too bright and has meaning. We say life is worth living. When we get it wrong, everything seems dark and we may even become awash (physically and mentally). It is in times like these that we may set ourselves to contemplate, or even commit, suicide.

It is surprising how our thoughts can change everything and what we are. Even more stressful are the holiday periods — Christmas, New Year, Easter, anniversaries and birthdays. These are some of the greatest producers of stress.

Managing our stress successfully

Only the dead have no stress, so everyone needs to learn how to convert negative stress into positive stress and manage it. How do we manage our stress/ anxiety?

We need a positive and healthy self-concept/image. How we see ourselves is very important. We are all important, not because of what we do, or where we come from, our skin colour or our status in life. We are important because we are human beings, made in the image of God. Each and every one of us comes to this world as a small contained unit, needing only God to make us complete.

We need to take control of our lives and take responsibility for our thoughts, words and actions. We need to stop blaming ourselves for our problems. If life serves you, make the best lemonade in the world, drink some and sell the rest.

We need to dream and make plans (I did not say daydream). We need to be prepared and have a plan to succeed. When we fail to plan, we have effectively planned to fail.

What do you need to be thinking about? ‘Where there is no vision, the people perish.’ (Proverbs 29:18.) We must each have a vision of and for ourselves and a vision of where we want to go and what we want to do. Aimlessly wandering around will get us nowhere, and nothing but failure and stress will result.

Do not compare yourself with any other person or establish ‘goals’ and work towards them. Each of us is a unique individual. There is no one else on Earth like me or you like.

Do not define yourself in the context of what you do or who you know (definition in externals). Take great care of yourself. Looking after your well-being must be your number one priority. You can only do your best for others if you are in good physical, mental and spiritual health.

Use positive self talk to your advantage and stay away from negative people. Avoid negative thoughts and putting yourself down — this is not modesty.

Finally, have principles, take you very seriously, but do not take yourself too seriously. Live and develop a great sense of humour. Laugh every day and look for the silver lining in every cloud. Smiley and a word kind for everyone with whom you come into contact. I teach a programme called ‘Creative Stress Management’. It is designed to help us manage our stress, and it involves our stressors, evaluating the stress and identifying creative ways to cope. I use a formula called the ‘Q of 3’ to accomplish our goals.

1. Whose problem is it?

2. What can you do about it?

3. What are you going to do about it?

To help us cope with life and living, we use many psychological tools — sublimation (channel our energies in different ways) — an angry person punches a wall instead of his boss), denial (refusal to believe — you’re my boyfriend/girlfriend tells you it is over, but you keep calling and sending gifts) and projection (blaming other people or things for our shortcomings — you are late for work because you wasted time, but your colleagues are among the most commonly used.

In managing our stress creatively and effectively, it is not what happens to us that matters most. It is how we relate to what happens to us that makes that difference.
**Intelligent Design and Darwin’s God**

by Victor Hulbert, Communication director, BUC

A Dutchman working in Ireland but with his eyes firmly fixed on the heavens was guest lecturer for the second ‘Darwin’s God’ lecture held at the Gateway Centre, Shrewsbury, on Tuesday evening, 11 November. As a former director of the Armagh Observatory, Ireland, Dr Mart de Groot shared his viewpoint of the universe, the Big Bang and Intelligent Design with an audience of around forty people, emphasising with simple illustrations and in lay language that both the universe at large, and planet Earth in particular, are very finely tuned, providing all the essentials necessary for life.

Like Darwin, de Groot started off on an adventure of discovery, not on HMS Beagle, but with a similar enthusiasm and a pointing a telescope to the skies. After many years of study and research he is convinced that ‘The many fine-tunings within the very narrow limits that are required for life point to Intelligent Design.’

He pointed out that if our Earth were closer to the sun we would run the risk of being ‘locked in’ like the planet Mercury, which always has the same side facing the Sun. On an atomic level, he noted that if the electromagnetic force was 2% less or 0.3% more, molecules could not form. Even more dramatic is the velocity of the stars of the universe. If the mass density of the universe varied from what it is at present by just ten per cent, the power supply (1 with 60 zeros), we would not be here!

He then posed the question, ‘Can there be Intelligent Design without a designer?’ Working through the options, he arrived at the conclusion: ‘Religion without science is blind. Science without religion is lame.’

For de Groot, the SDAs provide the contest for scientific discovery and endeavour. His study reflects the words of the Psalmists: ‘The heavens declare the glory of God.’

The third and final lecture in the series will focus on the Hebrew story of Creation found in Genesis. Dr Laurence Turner, a theologian who specialises in the book of Genesis, will ask what relevance the story has for the twenty-first century world. The lecture will be held at the Gateway Centre, Shrewsbury, on Tuesday 2 December starting at 7.30pm. All are welcome. Admission is free. The ‘Darwin’s God’ lecture series, organised by the Shrewsbury church, serves to explore the world of science and religion leading up to the bicentenary of Darwin’s birth in February 2009. Darwin was born in Shrewsbury on 12 February 1809.

The BUC Media team also spent the day in Shrewsbury filming for a Hope Channel production to be aired in February, aiming to give a Christian balance to the media debate on Creation and Evolution. Filming will continue throughout until early December. The programme will also be available for church members to share with friends who have questions on Creation and Evolution. A selection of photos from Shrewsbury and an mp3 audio recording of the Darwin’s God lecture are available on the BUC picture gallery: www.adventist.org.uk.

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**East Ham Music Day**

Just a week before the big day, the invitations were delivered to residents in the vicinity of the church by our Personal Ministries team, led by Damien Jackson.

‘Sweet Heavenly Music’ was the theme of the day. The ensemble, consisting of choirs, choirs, choirs, choirs and choirs, got together to enquire of God: ‘Can there be Intelligent Design without a designer?’

On Monday morning just a day ahead of the big day, ten fire fighters battled the blaze throughout the afternoon and into the evening. Much of the main part of the building was destroyed. There were no casualties or injuries.

Staff at the office, based on Stanborough Park, Harold, mist of the Stanborough Centre on Monday 7 November, had drawn up contingency plans and to ensure that the work and mission of the Church can continue to move forward as smoothly as possible.

‘Until what remains of the building is declared safe it is impossible to ascertain how much damage has been caused but all staff have made a commitment to restore a normal service as soon as possible.’

Unions president Pastor Don McFarlane stated: ‘The fire at our Church headquarters has surely affected operations. However, it is a comfort to know that the work of the Church is not primarily done in the office building but by our many thousands of members through the UK and Ireland in towns, villages and cities where they live.

‘We will salvage what we can from the ruins of the building and seek to have a replacement as soon as the attendant factors allow. The sorry state of this building, which has stood proudly on Stanborough Park, reminds us that there is no real security in anything that is fashioned by the hand of man. Our security is in God and his plans for the human family.

The office will be closed until further notice. Phones are still not working but email service was quickly restored. The server thankfully was not damaged in the fire and has been moved to the A394 UK office where we are courteously being provided with disaster relief.

Thanks to the numerous people who have sent messages of support – the staff are very grateful. If you have not had a personal response, we are sure you will understand.

Until such time as the office reopens, the South England Conference Office will take messages on behalf of the BUC on 01923 213172.

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**Leading edge of Creation science**

Dr Maxine Newell, a member of the Holloway church, has successfully defended her PhD dissertation study at Loma Linda University, and the degree of Doctor in Public Health has been conferred. Her study, entitled ‘Knowledge, Perceptions, Beliefs and Behaviours that lead to the Prevention of Hypertension among Black Seventh-day Adventists Living in London’, surveyed volunteers from seventeen Adventist churches across London.

The health practices and beliefs of 312 individuals between the ages of 25 and 79 were studied. Twenty-five percent had high blood pressure and, based on their responses to the questions on lifestyle habits, 69% were at risk of developing high blood pressure within ten years.

Dr Newell decided to do this study as a way to measure the impact of our health message on the health status of blacks in London. In the US, black Adventists have better health profiles than non-Adventist blacks, and studies of SDAs around the world have demonstrated that the SDAs’ lifestyle positively impact the risk of disease, including high blood pressure.

The replacement generation of London volunteers were compared with the national data of the general black population throughout the UK. The results of her study revealed that black SDAs in London were exercising less, eating fewer fruit and vegetables and using more salt in cooking. Consequently, they have levels of high blood pressure that fall in the middle of the range for blacks in the UK. They have lower numbers than Caribbeans in the UK, but higher levels than Africans in the UK.

Dr Newell will return to London in the near future to give a more detailed presentation of her findings, but, in the meantime, she would like to encourage us not to squander the blessing that God has given to us by way of our health message.

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**Victorian church office destroyed by fire**

A major fire at the headquarters office of the Seventh-day Adventist Church in the UK and Ireland has gutted the eighteenth-century building. The fire appeared to have started during maintenance work that was taking place on Sunday 16 November and spread through the roof to engulf a major part of the building.

Fire services were called to the scene at approximately 2.10pm. Ten fire fighters battled the blaze throughout the afternoon and into the evening. Much of the main part of the building was destroyed. There were no casualties or injuries.

Mrs Frances Brooks, manager of the ABC bookshop located at the far end of the building, was the only person inside at the time. She evacuated the building on hearing the fire alarm and was shocked to see smoke pouring out of the roof above the bookshop.

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**LIFE.info article leads to TV interview**

Sunday 16 November’s ‘Songs of Praise’ programme on BBC1 featured Aled Jones interviewing 15-year-old Anna Surridge, along with her father Pastor John Surridge. This all came about through them writing a LIFE.info article about the musical ‘Godspell’.

“When you write an article for a magazine, you never know who is going to end up reading it,” says Anna. “Back in January, Becka de Oliveira, who is the editor of LIFE.info, asked us if we would do a review of ‘Godspell’ because she had heard that it was on in Cardiff. We didn’t need much encouragement and that very evening we went out to see the show. It was great, of course, and we loved it, and we also enjoyed writing the article.”

The article was published in LIFE.info Vol. 7, Issue No. 3, and when Anna saw it she was very excited. “Although I didn’t write the whole thing myself, it was my first published article and I was absolutely over the moon to see it in print. I didn’t think it could have got any better, but it did! A month or so later we got a call from a researcher from ‘Songs of Praise’ who wanted to talk to us about ‘Godspell’. Apparently, she had read the LIFE.info article online and it fitted in with a programme they were doing on musicals. We were both asked in detail about it, and afterwards she said she would like to interview us for the show. To be honest, I never thought anything would come of it, but to our surprise a few weeks later we found ourselves in the Wales Millennium Centre in Cardiff about to be interviewed.

We were taken to the main theatre where the camera and lights were already set up and found Aled Jones sitting there waiting to interview us. I was really nervous but he was so friendly, he made it all less terrifying! It was a once-in-a-lifetime experience, and it’s amazing to think that it all came about from an article in LIFE.info.”

**Stanborough School Speech Night**

Catherine Anthony Boldeau

Photos: Peter Cooper

Stanborough School held its annual Speech Night on Thursday 23 October. The purpose of Speech Night is to recognise the achievements of students and staff during the previous academic year. The most outstanding achievement of this year was the fact that 90% of the students who sat national examinations received at least 5 GCSE grades A*-C, with the highest achieving student receiving 8 A*s and 5 As.

Roger Murphy, head teacher of the school, stated that he was “very proud of the achievements of the young people and felt humbled by the commitment and devotion of the staff at the school.”

In his review of the school year, Mr Murphy highlighted the many accomplishments through the use of the spoken word and a video presentation. In addition to this, special awards were given to Mr Peter Martin, the former head of English and senior master who recently retired after seven years of service. Mr Peter Bailey, the former head of maintenance who worked at the school for twenty-two years, Mrs Janet de Luca who served for thirty-two years, and Mrs Lynda Dean, the outgoing chair of the PTA who sat on the committee for eleven years.

“Seek the truth” was the title of the speech given by Janice Phillips, a lawyer from the Wibbleden church, who encouraged the students to look for truth in the person of Jesus Christ through their Christian faith.

Musical items during the evening were given by Su Ju Li (piano), Joshua Roberts (saxophone), Troy Campbell and Andreas Papannou (violon dute). Stanborough Junior School Choir and Stanborough Secondary School Choir with soloist Cole Donaldson.

Apart from the students past and present, parents, friends and well-wishers, we were pleased to be graced with the presence of the chair of the board, Pastor Don McFarlane, and Dr Keith Davison, the BUC Education director, who are long-term supporters of the school.

Apart from the awards, the highlight of the evening was the speech given by the head boy who had the audience roaring with laughter.

One of the students commenting on Speech Night said, “It was a great evening, although a little long. I really enjoyed it. Stanborough School has done so much for me.”

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Although the original text is not clearly visible, it seems to contain various articles and stories from different sources. Some of the topics mentioned include a charity concert, a baptism service, and an event in Wellingborough. The text also mentions various individuals and organizations, such as ADRA-UK, Pathfinders, and various schools and churches.

For a detailed understanding of the content, please refer to the original document.
**Crucial inspection yields high praise for Newbold**

**Newbold means business**

Two encouragements for future students of Business arrived at Newbold College this week. The first boost came with the news that ASI-UK, a group of Adventist businesswomen and men, voted at its Annual General Meeting to offer a one-year scholarship for a new UK student to study Business Management at Newbold, beginning in August 2008. ASI-UK vice-president, Brian Davison, said, ‘The members of ASI believe that the strength of the Church today and in the future depends on committed lay men and women who have a strong relationship with Jesus Christ and a strong desire to serve their Church. Newbold has a pivotal role in helping to mould young adults into these sorts of people. That’s why ASI wants to invest in young British Adventists at Newbold.’

The second boost came with the final confirmation from the Government Student Loan Company that European students of Business Management* at Newbold are eligible for the same student loans that they would receive at any other UK college or university. Students need to repay the loans only when they start working and earn a minimum wage of £15,000 annually.

‘We believe that Newbold is now the best option for European Adventists wanting to study international business management skills in an Adventist environment,’ said Marinko Markek, course director, Business and Management. Contact: Marinko Markek, E: marinkom@newbold.ac.uk; T: 01344-407493.

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**Swansea baptism**

The last day of the Week of Prayer, 8 November, was a great day for us to witness the baptism of our friend Tony Scibba from Cowbridge. Tony is currently studying at Swansea University. He searched and learned about Adventism a year ago and recently decided to follow the teachings of Jesus and the Church’s fundamental beliefs. Pastor Adamowicz has given him further Bible studies. We all welcomed Tony into our membership and fellowship last Sabbath. The day of baptism was witnessed by a big congregation and followed by a regular pulpit. We all congratulated Tony and wished him and his family a beautiful blessing in his walk with Jesus. Some reassurance was also given to him that he is now adopted by Swansea church family as well as God’s family as a whole, and he should always feel at home with us or any other Adventist church he goes to in the world.

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**It’s time’ for Scotland’s youth**

West of Scotland shift workers swapped shifts, others hurried from work, and schoolchildren delayed their homework – all so they could be in church at 6.30pm during the week commencing 2 November. Why? Because a Youth Week of Revival was taking place entitled ‘It’s time’.

word about the week’s guest speaker, Calvin Preston, pastor of the 1,000-member Atlanta, Georgia, church, had spread. By Friday evening the church was filled to capacity and beyond. Those present were warmed to his Southern-style animated and participative sermons, as evidenced by the frequency and numbers of heartfelt amens. ‘He made the Word in these end times so relevant for today’s youth,’ said Carille Walcott.

The week culminated in a Scottish Youth Day of Fellowship in Glasgow’s Carter Knowle children want a bigger church!

Sabbath 25 October was Children’s Day at the Carter Knowle Road church. Lots of planning and preparation had gone into the day and a crowd was expected as on all our Children’s Days. The theme chosen was ‘I’m a lamb, feed me’. Every aspect of the service was taken by the children of the church with their own unique spin being put on it. One session focused on ‘Our dreams’.

There was so much humour in the passion and simplicity with which they put across their presentations. Two in particular were Sadie, who wanted to be a ‘doctor or an ice cream lady’, and TJ, who wanted to grow up so he could cross the road by himself.

Their dreams for the church were just as impressive, including Tom who wanted to be a builder ‘so he could build a bigger church’ and Sonia who wanted ‘children to sing more’. Not surprisingly, Sonia was part of the worship team who led out for the day!

Two of the most poignant were from Rena who simply wanted ‘more people to come to church and I want to live with Jesus’ and Lewis who was to the point and dreamed ‘I want to see Jesus’.

All the children’s dreams were so touching and could fill this whole report.

Our preacher for the day was 11-year-old Bradley Ferguson. Bradley, even at 11, is no stranger to preaching and did an excellent job, focusing on the theme that the sheep knows its Master’s voice.

Bradley challenged us all at the beginning and end of his sermon not to leave the church the same way we had come in. Given what we witnessed, it would have been hard to have done so...
Celebrating Black History

by David Bussue

The theme text was: ‘But they that wait upon the Lord shall renew their strength, they shall mount up with wings as eagles, they shall run, and not be weary, and they shall walk, and not faint.’ (Isaiah 40:31.)

Each item, where possible, was introduced by a picture of the presenter as a child/teen. No one will forget the picture of John Saddler in his little bow tie! Each year Rita and her team came up with an innovative programme to celebrate the contributions of black people in the past and present, but also looking forward to the future.

The church was enhanced with displays of the contributions made by black people in the area of business, commerce, education, science, religion, industry, music, sport, the arts — indeed, in every field of human endeavor. There were also pictures on display of local church members when they were young(er), which caused much laughter.

The service this year took on a different format. Time was given over for testimonies, interspersed with songs of encouragement and thanksgiving. This approach was clearly a big hit with those present and afforded just as much humour.

We were given an introduction to some of the Church members when they were young(er), which caused much fun.

There were also pictures on display of local church members when they were young(er), which caused much fun.

Iva Gayle will be remembered by those who grew up in Carter Knowle as someone who was always singing. She died twenty-eight years ago, so it was particularly touching to see her two daughters, Vivine and Hyacinth, stand and talk about their mother, focusing on her family, home and church life.

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Chartered Institute Award

Pam Millington, neighbourhood contracts manager at Moat and an elder at Stratford church, won the Chartered Institute of Housing South-East Excellence Award in 2008.

The award honours excellence for the work that individuals in housing make to improve the field and the impact of their contribution to the lives of local people. Pam was presented with the award at a gala awards ceremony in Brightlingsea.

“My role can be a very dangerous one, from shutting down crack houses with the police to going into some seriously nasty homes where you wipe your feet on the way out,” Pam states. However, her belief system gives her an advantage. “My faith is extremely important in my job and I know that the Lord has protected me when carrying out early morning raids and visiting people in their homes.”

Moat is a charitable housing association based in the south-east of England. Pam was appointed as the neighbourhood contracts manager for Moat at Stanhope in January 2007 to take overall responsibility for the housing management contract in the area, to work with other stakeholders to contribute to the overall quality of life and develop sustainable community safety and cohesion for the neighbourhood.

Working at the neighbourhood office based on the Stanhope estate, Ashford, Kent, she has overall responsibility for eleven staff who perform the customer services, housing management and community development functions. She said: “It is indeed wonderful to have been recognised in this way.”

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