

## Come To Me All You Who Are Weary And I Will Give You Rest



care professionals and once again students. We can all be a part of this, in our conversations with the rest of our dental teams and technicians, and with our colleagues at meetings. We hope to focus our efforts to build bridges with students in four dental schools; Peninsula, Cardiff, Liverpool and Glasgow. Perhaps you are close to one of these dental schools and would like to join with others to pray for the school and students, or if not, you could adopt another dental school to pray for in your regional groups or individually.

Bridges are built on firm foundations, even when they are built out over a river, and those foundations are buried and unseen. That takes a step of faith, trusting where to put your feet or footings and building to where you believe you are led to. Proverbs 3:6 tells us to “Commit your way to God and he will make your paths straight.” So there is much to do but we do not do it alone, for we are in partnership, yoked together with Christ and others. We have one another to support us so that we too can offer support to others. At our conference in November at High Leigh we were reminded to focus on the mission and not survival, for surely the mission will ensure our survival but not necessarily the other way around. Wise words indeed.

So, as I have been reflecting back on 2022, I have been grateful for all that God has blessed me with personally, and blessed CDF in. I am reminded that it is better to have an attitude of gratitude, as in Psalm 9, than to focus on what we don't have. “I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds. I will be glad and

*continued over...*

**Although you will be reading this in 2023, I am writing this in the build-up to the new year in 2022. This time of Advent has been a time for preparing our hearts to receive Emmanuel – God with us. As you read this now, Christmas may be a dim memory, but I trust the Christmas message of hope still remains with you into this new year of 2023, for Emmanuel is not just for Christmas but for all year and all time.**

Perhaps at the start of January you resolved to make some changes or do things differently, start something new or finish what you had previously started. However, if in 2023 you are already feeling weary and tired, then maybe a scripture to encourage you is, “Come to me all you who are weary and I will give you rest, for my yoke is easy and my burden is light”. (*Matt 11:28-30*) We may imagine a yoke as heavy and cumbersome, much like a mill stone, but a yoke here is a device to aid the sharing

of a load, to keep a pair of oxen walking in unison in the same direction and at the same speed. Without the yoke the oxen would be moving in different directions, pulling against each other, and in the process leaving chaotic furrows behind. Therefore, if we are weary, let us take up the invitation to draw near and accept the support that is the yoke of Christ, to lighten and share our burdens - and perhaps we will, with God's help, plough some straight furrows in fertile soil that will in time bear a harvest.

As well as joining in partnership with Christ and His plans for CDF, there are many other organisations also ploughing in similar fields. (I am thinking mainly in the area of students, but not exclusively). So, we are looking to be working closer with our friends in UCCF, CMF, Transform Work and other workplace Christian groups in 2023. Part of this will be building bridges into areas where we have struggled to reach, such as dental

rejoice in you; I will sing the praises of your name, O Most High.” (Ps 9:1-2) Our monthly Zoom prayer meetings have been a good time to be thankful for all that God has done and is doing. So let us continue

to meet and be encouraged in prayer for ourselves, others and CDF, that “Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all

your heart, I will be found”, declares the Lord.” (Jer 29:12-14)

May the God of all hope bless you.  
**Karen Paterson** CDF President

## CDF Platinum Jubilee Family Conference 4th to 6th November 2022



**92 adults and young people gathered at High Leigh Christian Conference Centre this year for our annual weekend of refreshment. Since 2019 our times together had been restricted to Zoom meetings and it was a special joy to press-the-flesh again, renewing old acquaintances and making new friends. This was also GDP Vicky Graham's first time as Conference Secretary and we all agreed that from the organising of sessions to the excellent food delivered by the catering staff Vicky had planned things very well indeed!**

A key aim of our conference is for parents to be able to enjoy unhurried time with friends and colleagues in the knowledge that their children are being well looked-after. They were led superbly through the weekend by Emma Perkins, a children and families worker based in York. Thank you Emma!

CDF has continued to have a presence in the developing world through its mission

partners and this helped flavour the weekend as there were reporting sessions each day from those working overseas.

**Simon and Grace Stretton-Downes** appeared on a Zoom link from Liberia where they have started a dental therapist training school to help address the country's shortage of clinical personnel. An eight-surgery dental clinic is integral to this education work and invariably much time is taken in providing care for the local population.

**Ian Wilson**, founder of Bridge2Aid, is now a clinician in the UK while continuing to support the work he initiated in Tanzania where he and his family lived for many years.

**Lynne Smith** brought news from West Africa of Jihadist insurgencies which have destabilized the region. Despite the danger, teams continue to deliver dental care and the hope of the gospel to refugees, prisoners and communities who

otherwise have no access to dental treatment.

**Tony and Ann Giles** currently work in Guinea although with wide experience throughout East and West Africa. They want to build up the maxfac work in N'Zao, Guinea, and have asked for prayer for their future as they plan to retire in two years time.

**John Elkins** on behalf of Dentaaid gave a lively, informative and at times sobering presentation on the work Dentaaid is doing to help address the growing dental needs in the UK and abroad.

Others working in Africa and Asia also contributed to the weekend, and this helped illustrate the seven decade legacy of CDF with its focus on dental care for undeserved peoples.

Our Saturday afternoon clinical session was taken by Dr. Rebecca John, Consultant in Paediatric Dentistry at Bristol Dental School. An hour's certified CPD was available for those attending her informative lecture on 'Acute management of dental injuries in children and young adults'.

'Where is CDF going?' was an opportunity for delegates to have their say in designing the organisation's post 70-year future. This was well-attended and the Vision and Development Team presented ideas for discussion which will be further developed by the CDF Council.

The Fellowship's Platinum Jubilee was celebrated at a special drinks reception on the Saturday evening with the redoubtable Alan Vogt, a retired GDP and founder member in 1952, presenting a

reflection on the organisation's history and its aims. It also happened to be Alan's 96th birthday so we toasted him and sang the only song to be sung! Saturday evening also featured a pretty mean quiz organized by Jonathan Graham, Vicky Graham's husband. Those of us who felt we'd failed our 'O' Levels (again) found solace and amnesia in the bar afterwards.



Platinum Celebration Drinks Reception

Our corporate times of praise and worship were ably led by Desmond Tham, an oral surgeon from Poole, and Bradford GDP Frances Vose. These sessions paved the way for our guest speaker, Ruth Perrin, from Durham. Ruth brought us four sessions on 'Exploring Liminality'. This is topical for us all as we navigate a world of increasing instability where being less sure of our surroundings is becoming the norm. Ruth's excellent choice of Biblical stories and patterns illustrated practical steps we may take to live each challenge through the God who cares for and oversees our lives. Key titles such as wilderness, chaos and troubled times resonate with us all today and we can learn greatly from careful study and reflection.

Some of Ruth's themes included:

1. Living in liminal times means we cannot go backwards from the place we are now in (*cf caterpillar, chrysalis and butterfly*) as there has been cultural liquefaction - a collapse of the familiar and a reordering of the world we thought we knew. This is clearly visible in the Western world today. (*"The falcon cannot hear the falconer, things fall apart; the centre cannot hold; mere anarchy is loosed upon the world..." - WB Yeats*).
2. Wilderness in the Bible represents an in-between place. It offers an opportunity for people to meet God when familiarity is removed. The God

who sees, El Roi, (*Emmanuel*) is at work in Genesis chapter 16 where Hagar, alone and mistreated, runs away seeking mere survival. (This was 500 years before the story of Moses and the burning bush).

3. Hagar had no say in what happened to her in liminal times and this can seem to be our experience also. She meets an angel in her most desperate of circumstances who asks: "Where have you come from and where are you going?" What follows for her includes news that she has become pregnant and will bear a son, Ishmael (*'God hears'*). She should return and submit to her mistress, Sarai, under God's favour. The outcome would include safe carriage for her baby, a large number of descendants and a confidence that God is in all of this as she accepts the promise of matriarchy.



Handing over the Presidency

4. Be encouraged: those of us providing dental care are not just 'doing dentistry' but are running an outpost of the Kingdom of God. El Roi saw and El Roi sees! Even though there are times we may lack certainty in our roles, God enables us to be seen and heard for His purposes.
5. In the UK we must take care not to be influenced more by our capitalist mindset than a Christian one; bigger church, bigger dental practice etc. Part of our liminal experience is to discover we simply cannot keep doing what we are doing. Even the alpha personalities among us say it is not sustainable. Many have taken early retirement. Medical GPs see so many people who simply cannot do it any more and who often need mental health support.
6. Shalom is not just peace or the absence of war but "everything as it should be". Liminal spaces can be a

place of rest. The scriptures emphasise rhythm and respite. Rhythm is a Genesis culture. "Remember the Sabbath to keep it holy." (*Ex 20:8*). The Lord blessed the Sabbath and set it apart. This is important because the Hebrews had been slaves under the Pharaohs. The Sabbath is to remind us we are no longer slaves. Work is not to be compulsive. It equates to slavery. We must learn to trust that the manna will not go mouldy if we rest for a day.



Guest speaker Ruth Perrin

7. God rested not because he needed to but so he could enjoy what he had made. The whole family of God should also do this and the frequent Jewish Festivals facilitated it: The Passover, The Feasts of Unleavened bread/First Fruits/Weeks/Trumpets/Atonement/Tabernacles etc. (*Lev 23:1-2*). "They shall sit under their own vines and fig trees and no one will make them afraid for the Lord of Hosts has spoken." (*Mic 4:4*). Nowadays there can be hostility when talking about Sabbath rest. "Don't you tell us how to do Sabbath!" This may indicate that drivenness is ingrained to the point that we are ultimately being driven out of our minds. Growth is not all! Nowadays there is increased talk around us about mindfulness, nature, yoga and other things to try to help people cope.
8. We fight back by resting. The life we have been living is destroying us. Taking a rest from work means we have to trust God to survive. "Be still and know I am God" was written in the context of a battle song (*Ps 46*): the God of Jacob is our refuge. Being still and resting is an act of resistance because we want to avoid succumbing to our pervading culture. Jesus followed the Sabbath rhythms and withdrew to follow His Father. This was a priority for Him so he could respond

*continued over...*

from a place of proactivity rather than reactivity. Many of us are responding from the latter. How are our rhythms of rest and work?

9. Globally there is a struggle in the world order to resist the special work of God continuing to make access to Jesus more apparent. We can call God 'our Father' (*El Shaddai*) because of the finished work of Jesus - the author and perfecter of faith.
10. "Liminal encounters" are about receiving a sense of vision such as in Ezekiel 37. In the valley of dry bones there was death, helplessness and

desolation. This epitomised the end of Judah, the end of God's plan and the end of hope. Against the flow of things, flesh, muscles and skin were put on the bones. A rattling noise indicated life, and things came together. Then, after a prophetic message was given to the winds to breathe breath into the dead bodies, a great army arose from all the previous lost hope. The Sovereign Lord had a different and unique plan. God's people may think all hope is lost and the end has come. But God says, "I'm going to open up your graves and you shall live. Then you will know that I am God." There IS

hope. This is the trademark work of our God!

Sunday morning's main focus was our communion service led by Reverend Andrew Fordyce, the spouse of CDF's Vision and Development Officer Cathy Fordyce. Lunch and leisurely goodbyes left us feeling that our time together had been much too short but with a warm, fuzzy feeling that next year's conference from 13th- 15th October 2023 at The Hayes, Swanwick, was only eleven months away! Please come and join us.

**Jane & Neil McDonald, Truro.**

## Snapshots

**CDF member Albert Yeung kindly agreed to be interviewed for this edition.**

**What is your job description?** I am working as a Consultant in Dental Public Health in Lanarkshire, Scotland. I took over the role of President of the British Association for the Study of Community Dentistry (BASCD) in June 2022.

**What does your surgery window look out on?** I left clinical patient care a long time ago. Now I am working in hybrid and usually go to the office twice a week. My home office is in the attic which has a limited view from the window. At my work office I have a much wider view seeing the car park of the health board headquarters.

**What are some of the things you enjoy about your work and what are some of the challenges?** I really enjoy the diverse nature of my job as no day is the same. I have the privilege of working with diverse teams across the whole health and care system, collaborating to deliver solutions to improve the oral and general health of the whole population and of some of the most vulnerable groups in our



communities. There are a wide range of challenges and complex problems to resolve or work on. It involves team work, community work and public engagement.

**How does your Christian faith impact your work day-to-day?** I hope to speak on behalf of undeserved and vulnerable populations as our Lord cares for the voiceless. "Speak up for those who cannot speak for themselves... defend the rights of the poor and needy." (*Prov 31:8-9*)

**Do you have a particular Bible verse or song that God has been using to speak to you recently?** I was able to share the verse, "But one thing I do: forgetting what is behind and straining toward what is ahead" (*Phil 3:13*) during my presidential address at Glasgow in June 2022 (scan the QR code to see the video).

**How can we pray for you and others in your particular area of dentistry?** Pray for the local government taking the necessary steps to improve access to oral healthcare, reduce oral health inequity and improve oral health.



## Student and Young Dentist Zoom Meeting

Way back in October, the CDF Council organised a Zoom meeting to introduce the Fellowship to dental students and young dentists studying around the UK. A small panel of dentists with an interest in student education and knowledge of CDF joined the meeting with five or six students, thanks to advertising and contacts from our student representative on the Council. There was an opportunity to share experiences and encourage students in their faith as well as to pass on valuable advice on Foundation Training and future dental careers, in the knowledge that CDF is there for support.

It can be tough for a dental student at university, so being able to offer the support of CDF centrally and through regional groups is a great resource. Many CDF members will remember first getting involved with the Fellowship as students or when newly qualified and have fond memories of those early days, especially of the support and encouragement gained from older Christian dentists. It would be great to contact and support students in the regional groups that have dental schools in their areas this year, when we hope to have more face-to-face meetings.

Any students or Foundation dentists reading this item would be most welcome to join a regional group. Please contact our administrator, Karen Silcox, at [cdfadmin@cdf-uk.org](mailto:cdfadmin@cdf-uk.org) or via the website.

**Malcolm Prideaux**

# Introducing Our New Council Member: Liz Roebuck, CDF Secretary



**I've been asked to say something about myself. To be honest, as someone who naturally prefers to be in the 'background' this feels a little uncomfortable, so I'll be brief...**

Born and bred on the north bank of, and in sight of, the Tyne, I completed my dental training and two hospital posts in Newcastle before moving to Edinburgh to take up a two-year rotation in Restorative Dentistry. In my mind, this was to be a short trip north, but 33 years later I find

myself still living in Edinburgh, now working as a Paediatric Dentist within the hospital service, married to Stuart (Wallis became Roebuck) and blessed with our son, Dan. Church life is based at St. Mungo's, an Episcopalian church in Balerno.

As a child, faith and God were very much central to family life. I'd decided by the age of thirteen that He existed and that faith would influence decisions, but in reality it felt like a hard slog and very restrictive. My Christian journey really got going when I went with my parents and sisters to the first night of a week's rally with David Watson and the Riding Lights Theatre Company. I went reluctantly, absolutely horrified at the potential of a full week of events! However, during that first evening I came face-to-face with God in His wholeness – Father, Son *and* the missing third dimension in my understanding, the Holy Spirit. The pieces

of the jigsaw began to fall into place and suddenly five evenings just wasn't long enough. Over the years, restriction and slog have been replaced with a sense of God's freedom, adventure and joy, one experience equipping for the next.

What gives me energy? Apart from the obvious one of sleep, spending time with friends and family; walking in the hills; being creative – whether crafts, a decent composite, an excel spreadsheet with some colour; seeing a young person overcome their dental fears; finding something in the secular world which affirms my understanding and experience of God. Brené Brown's exploration of courage and vulnerability in *Daring Greatly* was one recent gem – readable qualitative research affirming the human need for connection and the principles of wholehearted living - we're made in the image of God...

## "I Know I'm a Christian and I Know I'm a Dentist, But I Don't Know if I'm a Christian Dentist"



**Does this statement shock you, surprise you or not touch you at all? When it boils down to it, are there any specific ways in which being a Christian has any relevance to dentistry? Are they incommensurable terms? Does a Christian greengrocer sell different fruit from a non-Christian greengrocer? Would a Christian solicitor handle my house conveyance differently to a non-Christian solicitor?**

Could we consider this question another way? Groceries, of whatever kind, are commodities to be bought and consumed. A solicitor provides an immensely

important service but it's still only a service or a transaction. Is that how we see dentistry? Of course, some items could fit this category, but most of what we do is highly personal; so can we legitimately use the term 'caring' instead?

Over the past couple of decades there has been a massive shift away from small practices to multiple surgery practices and chains. Concurrently, there has been a huge drive to raise standards. Once, the profession was largely self-regulated; now half the GDC seats are occupied by lay-members. Once, an occasional Reference Dental Officer visit was the most you'd expect, now all manner of inspectors have right of access. If there ever was a time when Christian dentists and dental care professionals had higher professional standards than their colleagues, that time has surely passed. This should please us, but are we left wondering if we can still be distinctively different?

At the heart of Christianity is grace; an unmerited kindness beyond anything we deserve. Christianity is also about redemption; the power of love to reconcile or restore what has been alienated or broken. I fancy I meet people in need of grace and redemption most days. Besides restoring teeth and gums, we work to re-establish trust, confidence, dignity, comfort and self-esteem. In a small but powerful way, we're helping to make the world a better place. It's far too easy to become oppressed by the flip side: targets, penalties, complaints and inspections, but having a heavenward perspective rescues us, and perhaps others, from thralldom and the 'powers and principalities of this world'.

**Peter Wagg**

*This article was first published in the 2014 Summer edition of the Three-in-One and is reprinted with the kind permission of the author.*

# Walking Land's End to John O'Groats and The Canmore Trust



Amazing scenery!

**The editor asked me to write an update on our walk from Land's End to John O'Groats (LEJoG) following my previous article on "Suicide" published in the Summer 2022 edition of Three-in-One. However, the first thing I want to do is say a very sincere "thank you" to every member of CDF and the wider dental profession for your remarkable support of The Canmore Trust. The vision of the Trust, in particular "safe spaces" for those impacted by suicide, has clearly gained considerable traction within the profession, and monetary support for the Trust has followed emotional support. So, THANK YOU to each and every one of you who has written, emailed, texted, walked with us, given of your time and donated money to support the Trust. But, most of all, thank you to those of you who have asked for help and support for yourselves, your staff, your family, your friends - because lives are being saved.**

The Canmore Trust (SC051511) has only been in existence since the end of January 2022 and we had two major fund-raising events planned for the year – LEJoG and The Canmore Trust Dentistry Wellbeing Symposium. But I had not realised that so many people would take part in various events to raise additional support for the charity, including 5K and 10K races, half-marathons, marathons, conker

competitions, coastal and loch swims, a 24-hour trail race, a Cape-to-Cape walk in Western Australia, charity events in veterinary and dental practices, charity events in hair salons, cake sales, a garden party - and a whole lot more!



Some paths were not so obvious!

"Team LEJoG" travelled south on the weekend of 11<sup>th</sup>/12<sup>th</sup> June, ready to start at Land's End on Monday 13<sup>th</sup> June 2022. Here I was at Land's End ready to start! I had walked 2,500 training miles and now I was embarking on a 1,200 mile walk to John O'Groats. How ready was I physically, emotionally and spiritually? I

would be walking 25 miles each day, on average, to keep to schedule. Suddenly, my whole attention landed on memories of Cameron, our much-loved son – a 24-year-old veterinary surgeon who died by suicide in the early hours of Sunday 20<sup>th</sup> October 2019. His was a spontaneous act with no background of obvious psychological disturbance and no note left. As the gentle south coast breeze caused The Canmore Trust flag in my rucksack to unfurl, tears started to flow to match those memories. Who was I kidding? I couldn't do this. How could I make any impact on mental wellbeing and suicide in the UK?

But then, suddenly, as the photographs were being taken on that first morning, it became very clear what lay ahead. A couple stepped towards us, having seen our Canmore Trust shirts and flags, identifying us as a charity involved in suicide prevention, and told their story. This was to be the first of hundreds of deeply moving stories we would hear. This woman had lost her younger sister to suicide, aged 15, over 30 years ago but her family had never talked about the loss or the circumstances. Standing at Land's End, this woman felt empowered for the first time to open up about her loss and then to go back to her family and explore her sister's story and her legacy – to move the whole set of circumstances from the shadows and into the light. #onemanwalkingamilliontalking was up and running (well, walking!).

As we set off, I was convinced again of the importance of telling Cameron's story fully and without hesitation - painful as that would be. Suicide is a hugely complex subject. Despite three years having passed, we still have little understanding as to why Cameron took his life in the early hours of that Sunday morning. Professor Rory O'Connor is Professor of Health Psychology at the University of Glasgow and is one of the foremost international researchers into suicide behaviour. I highly recommend his book, *When it is Darkest* (Penguin, 2021), to you. In his book, Professor O'Connor

describes a model of suicidal behaviour which involves possible factors in the background of someone who dies by suicide, alongside the factors which might contribute to suicidal thoughts and suicidal acts. It is a complex model which makes it very clear that no one factor causes someone to take their life – it is much more complicated than that.

With increasing numbers of suicides in the UK appearing to be so-called “spontaneous” suicides (i.e. in those individuals where there is no obvious history of psychological disturbance), it seems that our approach to preventing suicide needs to change with open discussion in schools, colleges, universities, work-places – and churches – about suicide and, most importantly, about suicide safety planning. This new concept of safety planning is evidence-based and opens up discussion about what to do if you find yourself at some point with suicidal thoughts – something that affects one in five young UK adults.

So, this walk was about opening up a conversation across the UK on suicide prevention and bringing the suicide community together. As I started to walk, I was reminded again of how broken I was in the months after Cameron died and how I rediscovered walking and the delights of watercourses, frog spawn, goldcrests, nesting kestrels, red squirrels, pine martens and simply walking for miles on end. Then I discovered that other men and women affected by suicide grief also wanted to walk and talk - and the conversations were remarkable, sharing insights and stories that would otherwise have remained covered over.

LEJoG had taken a huge amount of planning by a remarkable team, particularly my wife, Isobel, and good friends John and Lorraine Gallacher. The team around me ensured that planning was meticulous. LEJoG started on 13<sup>th</sup> June 2022 and completed on 20<sup>th</sup> August 2022 – 11 weeks with only five days of any precipitation in that period and a few days off for COVID-19. What a remarkable summer it was! I had been given two pieces of advice by seasoned long-distance walkers: firstly, don't forget that it's *just* a walk; and secondly, concentrate on today and let tomorrow take care of



*Such support throughout the walk*

itself. Great advice!

We were joined by many hundreds of people across the UK as we walked. We heard many tragic stories about suicide in families, workplaces and communities, emphasising that behind every “statistic” are grieving families, grieving friends, grieving colleagues and grieving communities. I also discovered that the Christian community across the UK has been deeply impacted by suicide and, whilst some church groups have embraced the need for open discussion and training in pastoral support, sadly many are left floundering when suicide touches a congregation. Theological questions about suicide are best explored by Christian communities in advance, rather than when confronted with suicide for the first time and sitting with a grieving family. It would be wonderful if CDF were to lead the way in training in pastoral support for communities, families and dental practices affected by suicide.

We experienced amazing kindness and hospitality across the whole of the UK. However, worthy of mention are Ian and Zena Mills, dentists from Devon, who arranged hospitality for us within the dental profession for the first month of LEJoG. As a result, we were shown such generosity by the dental profession as we walked from Land's End, up to Bristol and round into Wales.

The aim of #onemanwalkingamilliontalking was

realised across the 1,200 miles with kerbside conversations, chats as we walked, public lectures, podcasts, radio interviews and television coverage. We saw families previously isolated by their suicide experience come forward to walk, talk and weep with other families similarly affected.



*Soles of one of the four pairs of shoes I got through!*

And, very importantly, we saw lives saved. Let me share one such story with you. The background is that John Gallacher, who walked much of the way with me, realised on Day Three that he had lost his Canmore Trust flag from his rucksack somewhere in Cornwall. Then on Day Ten,



We did it!!

a 35-year-old woman contacted me on Instagram and stated that she had been struggling with her physical and mental health for many years and had previously made three attempts on her life. She had set off to walk the South-West Coastal Path in an attempt to gain fitness – for both her physical health and mental health. However, a few days into her walk, she realised that she was struggling greatly and had been sitting on a cliff-top contemplating her future with growing negative thoughts. She then noticed some green material in the bracken adjacent to her and found John’s flag. From the flag, she accessed The Canmore Trust website and read Cameron’s Story – and, for the first time ever, considered the negative impact that a suicide has on those family members, friends and colleagues left behind. In that moment, she decided that she would not take her own life and that she would complete the walk. She wanted me to know that the story of LEJoG had changed her whole outlook on life and that she would keep

walking; that Cameron’s Story and The Canmore Trust had saved her life.

The impact of LEJoG continued into the first Canmore Trust Dentistry Wellbeing Symposium in Glasgow on Friday 4<sup>th</sup> November 2022, so ably organised and hosted by Mike and Juliet Gow. The day was a huge success and was followed by a black-tie dinner in the evening. It was so good to see many friends from dentistry having great fun together – and the wonderful sum of over £25,000 was raised during the day and evening event for the work of The Canmore Trust. Please

look out for the details of the next event in 2023.

So, where to now? Well, undoubtedly the hashtag has gained traction and we will keep walking and keep talking. Plans are already afoot so watch out for Orkney and Shetland in 2023! Over the past three years I have met some remarkable people honed by similar experience. We will keep walking together, ensuring that our communal “lived experience” creates impact and, wherever possible, saves lives. If you would like to join us, support us or have further information, please feel free to contact me at The Canmore Trust on the.canmore.trust@btinternet.com Our five gutsy aims for the Trust will be honed and developed throughout 2023 with education for suicide prevention at the forefront of all we do, as well as developing centres where families and friends affected by suicide can stay and meet with “lived experienced” counsellors appropriately trained by the Trust.

Please feel free to explore more of the Trust’s plans at [thecanmoretrust.co.uk](http://thecanmoretrust.co.uk) where there is also a link to our JustGiving page via #onemanwalkingamilliontalking. A QR code can also be found adjacent to this article. For those who would rather give through practice accounts, the Trust’s banking details are Sort Code 83-16-16 and Account Number 00250570. Please do consider organising a charity event in your family, practice or community to support the work of The Canmore Trust in 2023. Thank you for caring. Please stay safe, stay well.



**John Gibson is a member of the Lived Experience Panel of Scotland’s National Suicide Prevention Leadership Group. He is Chief Executive Officer of The Canmore Trust (SC051511).**

*If you have been affected by reading this article, please see The Canmore Trust’s website for appropriate resources ([thecanmoretrust.co.uk](http://thecanmoretrust.co.uk)) or, if in acute distress, please call The Samaritans on 116 123.*

## Invitation

Ann and Tony Giles are hosting a lunch at their house in Barton-le-Clay (between Bedford and Luton) on Saturday 22nd April 2023 DV. They will have just returned from West Africa so there will be fresh news of their work there. This is open to the whole CDF family. If you would like to go, please reply to Jonathan Longhurst via our administrator at [cdfadmin@cdf-uk.org](mailto:cdfadmin@cdf-uk.org)

## Save the Date!

This year’s conference will be held at The Hayes Conference Centre, Swanwick, on 13th-15th October 2023

**Deadline for the next issue of Three-in-One is 1st April 2023. Please send contributions to Naomi Wilson: [editor@cdf-uk.org](mailto:editor@cdf-uk.org)**

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