

# Caring for your spiritual needs

At times of crisis in our lives, many issues might be raised which could be called 'spiritual'. Chaplains, along with other members of staff, are available to listen and support.



Spiritual needs might not be the same as 'religious'. They may, for example, concern how we are feeling about changes or events that are happening in our lives, our feelings about ourselves or our relationships with others. We might have questions about the meaning of life or our basic beliefs. Sometimes our faith can be shaken by difficulties.

As a patient, or a relative or friend of a patient, you can talk to any member of staff about your spiritual concerns.

### Chaplains

There are also Chaplains who work as specialists in spiritual care on the ward, in the day hospice and in the community. Their role is to be available for the spiritual needs of all patients and their carers whether or not they have religious beliefs. They are accustomed to speaking to people of all faiths or none. In addition, they lead regular worship in the chapels and administer prayer and sacraments when requested.

For community patients, Chaplains can be contacted by ringing the hospices or by asking your hospice community nurse. If you become an in-patient or attend the day hospice you will

probably meet a Chaplain. They are available to you and to your family members to talk about anything you wish. They (or another member of staff) can also arrange for you to be visited by a leader from your own church or religious tradition.

### Chapels

Each hospice has its own chapel which is always open and available to visitors. It provides a beautiful, calm space for quiet prayer, meditation or reflection. It is possible to light a candle in each of the chapels.

### Services

Services take place in the chapels on Sundays for patients and visitors and for day hospice patients, during the week. They usually begin at 11.15am and are always short, informal and inclusive.

It is our hope that during your time as a hospice patient you and your loved ones will find not only physical and emotional support but also spiritual resources to help at a difficult time in your life.



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