

Only a Phone Call Away

Spiritual Care is available 24/7 throughout the year.

If you would like to speak to a chaplain, ask a member of staff to arrange this for you.

For an out of hours emergency situation, please ask the nursing staff to contact the oncall chaplain via the hospital switchboard or contact us direct.

All of our chaplains are registered with the UK Board of Healthcare Chaplains (www.ukbhc.org.uk) and deliver care in line with their professional code of conduct.

References

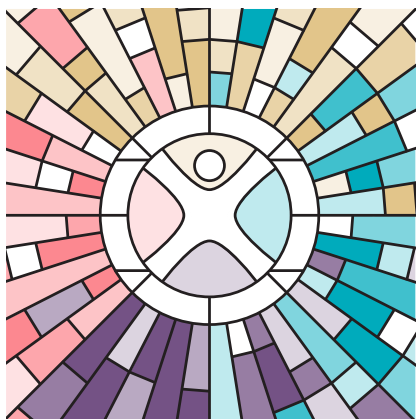
¹ Narayanasamy A (1991) Spiritual Care – A resource guide. Quay Publishing. Lancaster.

² Shmuley Boteach Quotes <https://quotepark.com/authors/shmuley-boteach/>

³ Protecting Patient Confidentiality NHS Scotland Code of Practice (2012)

⁴ O'Donohue, J (2008) To Bless This Space Between Us. Crown Publishing. New York.

Cover image by K.Decor @k-décor



If you have any comments, suggestions or concerns about this service please email: spiritualcare@lanarkshire.scot.nhs.uk

Here... for you!

Contact Spiritual Care

email

spiritualcare@lanarkshire.scot.nhs.uk

Twitter

@NHSLSWCW

University Hospital Hairmyres

Chaplains' office: 01355 584301

Switchboard: 01355 585000

University Hospital Monklands

Chaplains' office: 01698 752496

Switchboard: 01698 748748

University Hospital Wishaw

Chaplains' office: 01698 366779

Switchboard: 01698 361100

Bereavement Care

Telephone: 01698 751040



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Spiritual Care
& Wellbeing

NHS
Lanarkshire

Spiritual Care

Spiritual Care recognises and responds to the needs of the human spirit when faced with difficulty.



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Information for Patients and Relatives

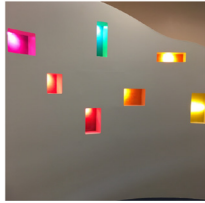
SPIRITUAL CARE MATTERS

Spiritual care is an important element in delivering person-centered care. Treating people as individuals with their own resources of strengths, beliefs, relationships, and life contexts, can make a huge difference in their care.

Healthcare Chaplains are employed by the NHS and operate as part of a wider healthcare team. They are trained to respond to the needs of patients, families, visitors, and staff.

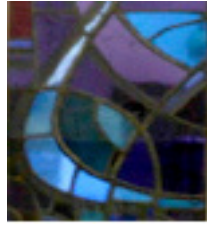
Everyone, whether religious or not, has spiritual needs, such as the need to:

- ❖ love and be loved
- ❖ have meaning and purpose
- ❖ have hope and support
- ❖ be valued and listened to
- ❖ have dignity and respect
- ❖ express feelings honestly
- ❖ explore faith and belief¹



Spiritual wellbeing enhances and integrates all dimensions of health including physical, mental, emotional, and social. Spirituality is about more than just beliefs or faith. It's about who we are as individuals and the practice of loving kindness, empathy, tolerance in daily life; the essence and significance behind compassion, honesty, sympathy, respect, and forgiveness. It's about knowing, and experiencing deeper meaning and connection behind events such as illness, and an awareness of human vulnerability.

(NHS Inform, 2020).



BEING IN HOSPITAL

A stay in hospital can be a very stressful, emotional, and unsettling time. This can make it harder for patients and families.

Sometimes you might be worried about the future or anxious about what you've been told. You might have to make decisions about your treatment and are unsure how to cope.

During this difficult time, chaplains are on hand to help by listening. Talking can often help you find hope, meaning, purpose, strength, and comfort.

THE SANCTUARY

Each of our hospitals has a Sanctuary which is a peaceful place where you can rest in the midst of the busy hospital. Visit the Sanctuary if you need a quiet space for prayer and reflection. The Sanctuary is open to everyone.

LISTENING SERVICE

*'... the best gift we can give each other is the gift of time.'*²

Chaplains are trained and experienced listeners and can offer you the time and space to talk about what you have on your mind.

Conversations are confidential³ and non-judgemental.

Chaplains are here for everyone.

FAITH AND BELIEF COMMUNITIES

Resources appropriate to most faith and belief communities are available in the Sanctuary. You can contact the chaplaincy team who can arrange for resources to be brought to you on the ward.

If you would like one of the team to support you with prayers, religious rites or ceremonies, please inform the nursing staff who will contact us. We can also contact your own faith or belief community representative (minister, priest, imam, etc) if you wish.



BEREAVEMENT CARE

*Though we need to weep your loss
You dwell in that safe place in our hearts
Where no storm or night of pain can reach you.*⁴

The death of a loved one can be a time of great pain and sometimes people can experience shock, numbness, sadness, anger, exhaustion, confusion, and irritability. Chaplains can support people through the difficult times that can come with loss and grief. We can listen with care about your loss and give space for your feelings to be heard.