

SPIRITUAL WELLBEING

PATIENTS AND CARERS

HERE FOR THE JOURNEY...

WE ARE HERE FOR EVERYONE, WHETHER YOU HAVE A FAITH OR NOT.
WE PROVIDE A LISTENING AND NON-JUDGMENTAL EAR.

 01604 685420 - Northampton

 01536 452290 - Kettering

 spiritual.wellbeing@nhft.nhs.uk

 nhft.nhs.uk/spiritual-wellbeing

**MAKING A
DIFFERENCE
FOR YOU,
WITH YOU**

SPIRITUAL WELLBEING - WHAT DOES THIS MEAN?

This is about a sense of connection to those things that give us meaning and purpose in life. When we are ill - physically or mentally - we can lose sight of this. The Spiritual Wellbeing Team offers a listening ear to help reflect what really matters to you. This may also include creativity or religious practices to help you connect or establish with the things that are important to you. This will be different for each person. We know being listened to can make a real difference to how we cope with what is happening to us in times of illness. We offer a non-judgemental person-centred approach.

WHAT SORT OF THINGS DO PEOPLE TALK ABOUT?

There are many things people approach us about. It might be talking about your experiences, reviewing life, talking about bereavements or difficult relationships, hopes or regrets. These are just a few examples. We are not medical professionals but take the lead in spiritual care. How this is defined will depend on each individual.

WILL IT BE CONFIDENTIAL?

We maintain confidentiality within our multidisciplinary team. The exception to this would be in line with the standard safeguarding policy about patient safety.

WHAT IF I'M NOT RELIGIOUS?

The team supports all patients or carers whether a person is of faith or not. We believe spirituality applies to each person but that does not mean everyone is religious.

WHAT IF I AM RELIGIOUS?

We will do our best to facilitate the practice of your faith and the contact with your faith community if you wish us to do so. We are happy to discuss this with you.

HOW DO I CONTACT THE TEAM?


For inpatients / carers: Team members visit the wards regularly to offer one to one conversations. Ward staff can contact our team on your behalf if you would like to speak to us. You can also contact us directly using the office telephone numbers and email address on the front and back page of this leaflet.

For community patients / service users / carers: We may be able to meet with you by arrangement at one of our Trust sites. Please contact us by telephone or email.

WHAT ELSE IS OFFERED BY THE TEAM?

There are some group sessions to help people explore spirituality together, these vary according to location. These may involve the use of art materials or listening to some poetry, story or music for instance. We also encourage people to make use of the places set aside for personal quiet reflection or prayer. At Berrywood Hospital, Northampton we have the Inter-Faith Chapel which can be accessed at any time. At St. Mary's Hospital, Kettering we have the Sacred Place in the Oakwood Centre, which can be accessed between 9am to 5pm during the week, Monday to Friday and by arrangement with staff outside of this time.

The Trust also has a Recovery College which offers courses to patients, service users or carers on a variety of topics. Our team work with a peer trainer to deliver the course: "Spirituality and Mental Health". This is a one 3 hour session where we investigate how these connect and how we can take some control over our own spiritual wellbeing.





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www.nhft.nhs.uk



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**Northamptonshire Healthcare
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Inspected and rated

Outstanding ★



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If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লফিলটেট যদা আপনার অন্য কোনো ফরম্যাটে

বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করুন

0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jei šią skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.