



SPIRITUAL & RELIGIOUS CARE

This leaflet gives information about our range of spiritual care is available to anyone who would like to talk through any anxieties or share their innermost thoughts and feelings.



Sharing your innermost thoughts and feelings

Spiritual care is a core aspect of the holistic service offered by St Andrew's Hospice and is available to all patients, families, carers, members of staff and volunteers.

Spiritual care is care of the human spirit and it is our conviction that this should not be confined to those of religious belief and practice.

We understand that spiritual care means different things to different people and believe we all need to have a sense of peace and security when faced with the emotional difficulties of serious illness, loss, bereavement and death.

We also understand that coming under the care of the hospice can raise all sorts of worries and concerns, and these may be as distressing as the physical symptoms of illness. Such concerns are often expressed as questions about the illness, hopes and fears, the meaning and purpose of life, and what the future holds for family and loved ones.



**"Everyday may not be good,
but there's something good in
everyday."**

Alice Morse Earle

Compassion

Our Spiritual Care Lead, is based here at the hospice and is supported by a team of volunteers from a variety of cultures and backgrounds. The team provides person- centred support and offers spiritual, religious, cultural and emotional support to all patients, families, staff and volunteers. They are compassionate listeners and can help you express and explore your thoughts and feelings about the past, present and future as they arise, in order to make sense of things.

We work closely with all patients, families, staff and volunteers to understand and respect the issues of the mind and heart, the things that are important to us all and the values we hold dear.

Forgiveness is an important part of life's journey and many of us struggle with the burden of unresolved conflicts, wrongs and hurts of the past. Sometimes these may stem from broken relationships, harmful words spoken in haste and anger, or simply a lack of thought. Whatever the situation, the regret and anxiety that can result from such a burden can be extremely distressing. If this is an issue for you, we can provide a non-judgemental listening ear as you contemplate the need to give or receive forgiveness.



Your own values and principles

The Spiritual Care Team provides and facilitates religious care and cultural needs according to your own tradition when required, so that you may continue to practice your beliefs and customs in your own way, in keeping with your own values and principles.

Our Spiritual Care Team acts as a link to faith and belief group leaders in the community and will be pleased to arrange for one of them to visit you during your stay at St Andrew's at your request. If required, they can also arrange for you to receive Communion or the relevant Sacraments.

It is not unusual for patients, their family members or friends to feel the need to pray. Many will pray confidently themselves, however, some may feel the need to seek guidance or ask another to offer prayer on their behalf and at their side. A member of the hospice staff team can notify the Spiritual Care Team if you would like to receive prayer or talk about it.

Saying Goodbye

Many people will feel confident in making the necessary arrangements for their funeral, or the funeral of their loved one. Others may feel overwhelmed, or would simply like to talk through the possibilities and what they need to be aware of. The Spiritual Care Team can offer advice, assistance and resources to families who wish to discuss such matters, and where possible, the Spiritual Care Lead can officiate at the funeral if that is the wish of the patient and/or their family.

Memorial services are offered through children's and adult services at St Andrew's. They offer an important opportunity for bereaved family and friends to remember with thanksgiving those they love and who have died. The service provides a chance to remember those who have died by name and to light candles in memory of them. Details of the memorial services are circulated during the course of each year.

Our Spiritual Care Team aims to visit the inpatient units and the Wellbeing Programme on a daily basis during the week. If you would like to talk to our Spiritual Care Team or one of our volunteers, ask any member of staff to contact the Spiritual Care Team and a visit will be arranged in your room, the Hub or at home. Alternatively, please telephone 01472 350908.



**"Your mind will always believe everything you tell it.
Feed it with faith.
Feed it with truth.
Feed it with love."**



Patient Information

Spirituality

“Spirituality is a quality that goes beyond religious affiliation, that strives for inspiration, reverence, awe, meaning and purpose even in those who do not believe in God ... and comes especially into focus at times of emotional stress, physical (and mental) illness, loss, bereavement and death”.

If you have any comments or suggestions regarding this leaflet or you would like the information in a different format or language, please contact us.

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