

# Spiritual Care Bulletin

## Chaplaincy Study Day 2018

Our Chaplaincy Study Day focused on Mental Health. It included fascinating presentations by staff reflecting on mental health and different life views (Christian, Muslim, Humanist, Buddhist and Sikh). These highlighted the rich diversity of approaches and skills we bring to the spiritual care of patients.

Dr Saquib Muhammad, (Psychiatrist, LPT Interim Medical Director) gave a wide- ranging talk on Mental Health. This stimulated many questions and was greatly appreciated.

The day ended with a tour of our venue, Leicester's Secular Hall in Humberstone Gate.



*Here are two slides from Dr Muhammad's presentation:*

### **Spiritual Skills [for staff]**

- ◆ Being honest - and able to see yourself as others see you
- ◆ Being able to stay focused in the present, to be alert, unhurried and attentive
- ◆ Being able to rest, relax and create a still, peaceful state of mind
- ◆ Developing a deeper sense of empathy for others
- ◆ Finding the capacity for forgiveness
- ◆ Being able to be with someone who is suffering, while still being hopeful
- ◆ Learning better judgement, for example about when to speak or act, and when to remain silent or do nothing
- ◆ Learning how to give without feeling drained
- ◆ Being able to grieve and let go.

*Spirituality and Mental Health  
(Royal College of Psychiatrists)*

### **What Difference Can Spirituality Make? [for patients]**

Patients say that they gained:

- ◆ Better self-control, self-esteem and confidence
- ◆ Faster and easier recovery (often through healthy grieving of losses and through recognising their strengths)
- ◆ Better relationships - with self, others and with God/creation/nature
- ◆ A new sense of meaning, hope and peace of mind. This has enabled them to accept and live with continuing problems, or to make changes where possible.

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(Royal College of Psychiatrists)*

## **Chaplaincy - here for you...**

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# Harvest Thanksgiving

Thursday 27 September 2018 at 1-2pm,  
The Rec Room, Bradgate Mental Health Unit.

Revd Sarah explains: For 30 hours each week I'm employed by Leicester's Hospitals as a Chaplain in Glenfield Hospital and Bradgate Mental Health Unit. The other 20 hours of my priestly role is located out in the rural farmlands of South East Leicestershire. I regularly meet tractors, combine harvesters, horses and trailers of sheep on my journeys into Glenfield Hospital. At points the road runs along a ridge and the patchwork fields roll out on either side, their colours giving clues to the crops growing there or indeed the sheep or cattle grazing.

How much of our food, clothing, existence relies on the produce our farmers grow? Watching the shocking images of drought, flood, volcanic eruptions, starvation, war, lack of clean water we know a large part of our world lacks the things we take for granted like our food and clean water.

Together with people of many faiths and life views, let us find a place to stop, to say thank you for the food and clean water that sustain us each day. To pray for those who do not have access to these basic necessities and yet would so desperately like to say with us "thank you for a good harvest."



## "Listening Ear" for Staff & Volunteers

Confidential email, phone or face-to-face support available from our chaplains and non-religious pastoral carer

To contact us please phone or email:

- 0116 229 4055
- chaplaincy@uhl-tr.nhs.uk
- chaplaincy@leicspart.nhs.uk

We will email/phone you back as soon as we can



## Listening Ear

Members of the Chaplaincy are available to UHL and LPT staff and volunteers to provide a confidential listening ear.

They provide informal pastoral support rather than formal "counselling".

## Rosaries and ligature risks

A patient in BMHU requested Rosary beads for her prayers. However, the full set of beads was deemed a 'ligature risk' for other patients on the ward. One of our Roman Catholic Chaplains, Christina, discovered these single decade rosaries. The patient was really pleased she could continue her devotions whilst in hospital.

