

Spiritual Care Bulletin



Thanks for Songs of Praise!

It's always nice when we thank each other as colleagues. But Dan White of the Meaningful Activities team has taken this to another level!

Chaplaincy, in partnership with Meaningful Activities, run a regular 'Songs of Praise' for patients on LRI Ward 29. Patients enjoy the mix of music, well-known songs, hearing a familiar story and an interactive prayer.

We were amazed to receive a model church with the message "Thank you from Dan (M.A.F.) and Ward 29".

It's a wonderful example of the colour and creativity that Meaningful Activities bring to patient care... and nice to be thanked for something we enjoy doing!

More dates for your diary:

Patients and colleagues may be observing some major religious festivals this Spring. Here are some of the main ones. You can find a fuller list on the Multi-Faith Calendars sent to each ward.

Vaisakhi - 14 April. Sikhs celebrate the founding of the Khalsa, the community of Sikhism.

Easter - 21 April. Christians celebrate the resurrection of Jesus. Holy Week begins on 14 April, remembering the events leading up to his death.

Ramadan - 6 May to Eid-ul-Fitr on 4 June (predicted dates subject to sighting of new moon) Muslims who are healthy and able fast from dawn to sunset to teach self-restraint. *Children and those with any illness or medical condition (eg diabetes) that makes fasting harmful to their health are exempt from fasting. If you do choose to fast, consult your medical team first. Our Muslim Chaplains can also advise and support patients and staff.*

Humanists UK Convention 2019
21 to 23 June at Athena, Queen Street, Leicester.

Jane Flint, Non-religious Chaplain, writes: "Reflecting on this Spring's religious festivals made me wonder how many people are aware of ways non-religious people can come together to share their philosophical life stance with like-minded people. One way is the annual convention around the time of *World Humanist Day, 21 June*. People can come together to be enriched by lectures and discussions in a welcoming and supportive environment."

Chaplaincy Study Day - 25 June

Each year we hold a study day for our chaplains and volunteers. This year's theme is '*Hearing Stories: Healing Stories*'. The venue will be the Friends Meeting House in Queen's Road, Leicester.

Chaplaincy - here for you...

Phone: LRI: 258 5487 | LGH: 258 4243 | GH: 258 3413 | LPT: 229 4055

Email: UHL: chaplaincy@uhl-tr.nhs.uk | LPT: chaplaincy@leicspart.nhs.uk

Twitter: twitter.com/Leic_Chaplaincy



Attention and Intention – Preparing to visit a patient

Aisha Ash, Chaplaincy Volunteer, recently shared this reflection:

“In the midst of life, the role of a chaplain can hold great beauty. If carried out with the correct attention and intentions a visit to a patient can be more than just a job or routine. Rather, it is like a ritual that brings a sense of peace both to the one who receives it and the one who provides it.

Bruce D Feldstein, a Jewish Chaplain at Stanford University Medical Centre has portrayed this beautifully.” He writes:

‘I now appreciate that the most important thing I bring to each bedside encounter is myself and how my presence comforts and heals. Before visiting a patient, I stop to prepare two things - my attention and intention... This applies whether one is providing routine medical treatment or spiritual care.

‘There are many ways different people prepare their attention and intention. I have developed a simple ritual for myself.

‘Before I enter my patient’s room, I stop. While... gelling my hands, I prepare my attention. I bring my awareness to my feet on the ground then to my breath and to the flow of gel over my hands, as if they are washing aside my preoccupations, leaving only my best intentions. I make a blessing as my hands are drying: I lift up my hands. May I be of service.

‘Then I take a full breath and remind myself: What matters for you, my patient, is what matters for me. May I meet you in your world as it is for you and accompany you from there. Whatever time I have with you, may I be fully present. May I serve you with all of my life experience as well as my expertise. May I listen fully with a generous heart, without judgment, and without having to fix what cannot be fixed. May my presence allow you to connect with your source of comfort, strength, and guidance as it is for you. May I be well used.

‘Before entering the room, I stop again; take another full breath to keep my focus; and then I knock. When I enter, I scan the room “touching” the patient with my eyes, then with my voice... I cannot know who and what I will encounter when I enter the room. What stories, what emotions. Will I even be welcome?

‘I do know that my preparation can facilitate meaningful connection. It also can open the way to what may normally be unseen, which can announce itself to any of us at unexpected times, in unexpected ways, with unexplainable, sometimes extraordinary, moments of awe. Such moments can help sustain one through challenging times.’

Source: ‘Bridging with the Sacred: Reflection of an MD Chaplain’ (Journal of Pain and Symptom Management, July 2011)

Mindfulness Sessions

Revd Sonya Wratten, Chaplain, writes: “Since last Autumn Chaplaincy have been leading regular sessions in ‘Mindfulness and Meditation’ for UHL and LPT staff and volunteers. This first begin at LRI, based in the chapel once a week for 30 mins. We’ve recently expanded this to all three acute sites with encouragement from the Well-being at Work team.

“At LRI and LGH sessions are led in the Chapel by team members from the Christian, Non-Religious and Buddhist traditions. Please look out for the next set of ‘Mindfulness and Meditation’ sessions. We welcome people of all or no levels of experience; please come along and try it out! Sessions are completely free of charge.”

At GH, following the initial 6 lunchtime sessions, we have moved to providing Ward based sessions for staff to focus on building resilience and support. Initially for Wards which have had significantly high numbers of bereavements through this Winter.

For information: chaplaincy@uhl-tr.nhs.uk

