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## KEMP SPIRITUAL CARE

### Welcome

Spiritual Care is an important part of what KEMP Hospice can offer you. This work is led by the Chaplaincy Team. All staff throughout the Hospice are committed to respecting each person's spiritual or religious preferences.

We hope that the information contained in this booklet will answer many of your initial questions. Please do not hesitate to ask one of us if you would like further information or clarification.

This booklet is for you and your relatives and carers.

*adding quality to life*

## What we mean by spiritual care

Spiritual care supports the unique spiritual journey of each person, enabling them to look at questions of the meaning and purpose of life. Some people will want to think about their relationships with others and/or with God. Some may wish to explore religious beliefs and practices, Christian or otherwise. Some will want to think ahead about their death and its implications.

For some people the spiritual side of life becomes more important when they are sick. This can be a time for being in touch with the very deepest parts of ourselves.

If it is your wish, we will support you and your relatives and carers, perhaps helping you to come to terms with what is happening now or with what may have happened in the past.

### ***Do I need to be a religious person to receive spiritual care?***

No, you do not need to be a religious person to receive spiritual care. Our staff understand that the spiritual side of life can be as important to patients without any religious belief as it is to those who are deeply religious.

We recognise that each patient has their own individual need for spiritual care. Whatever support you need, we will listen to you, respect you and accept you. We will always be open and honest with you. If we do not know the answer, we will tell you honestly.

In talking to our staff you may be asked about your religious and/or spiritual needs and concerns.

## Have we done what we aimed to do?

In this booklet, we have told you about the level of service that we aim to provide. We would greatly appreciate your comments on the level of service that we have provided. It is through your comments that we are able to identify if there is some shortfall, and make necessary adjustments if possible.

If you have any comments, please mention them to one of our staff or place a written suggestion in the red box provided on the corridor wall outside of the dining room.

Alternatively, you are invited to attend the Patient/Carer Forum; ask a member of staff for details.



## **The religious services offered by the Chaplaincy Team**

As mentioned , we will try to cater for the religious needs of people of all faiths. We have links with a range of faith leaders who can be contacted on your behalf. A Muslim prayer mat is available on request.

If you find yourself exploring spiritual issues whilst you are with us then we can help put you and/or your relatives and carers in touch with a local minister when you are at home if you would like us to. Please ask us if you need anything from us.

The Chaplaincy Team offers the following services:

- Listening
- Prayers, either formal or informal
- Regular services of worship in the Sanctuary
- Holy Communion
- Laying on of hands– for spiritual healing
- Anointing with Holy Oil– for spiritual healing and strengthening
- Reconciliation– opportunity for confession of sins to God and receiving assurance of God’s forgiveness
- Help and support in organising other services e.g. weddings renewal of marriage vows, baptism, confirmation, funerals (religious or non-religious)
- Viewing the KEMP Book of Remembrance- we are happy to arrange this for relatives or friends at a time that is convenient for all.

## **Our approach to spiritual care**

We aim to provide spiritual care for all patients, irrespective of their belief. We can help find religious and spiritual support of different kinds from a range of people and places, if you wish.

### ***Simply someone to talk to***

In the Hospice, all of our staff understand that an important part of patient care is to spend time with patients and to listen to you and talk with you.

Patients are cared for by interdisciplinary teams of professionals. These teams include doctors, nurses, chaplains and other professionals. An individual patient may feel most comfortable with a particular member of staff. This member of staff will provide you with whatever help they can, even if this is simply listening to what you have to say.

### ***A quiet space***

The Hospice has quiet spaces, which are available for quiet thought and relaxation.

- The Sanctuary  
The Sanctuary offers space for you to be quiet or to pray whether or not you are religious. It is situated in the Hospice beyond the dining room, to the right. It is always open and you are welcome to visit at any time.  
Prayer candles and prayer request slips are available to you. There is time set aside in the Sanctuary each afternoon; it is your choice to attend or not. Sometimes there are formal services, more often they are quiet, informal meditations with no set format. There may be prayer, music, stories, poetry or discussion. Let one of our staff know if you need help to get to the Sanctuary or you want to know more about this time.

Some of the symbols in the Sanctuary are Christian, but these can easily be removed if you wish; everyone is welcome to use this space.

Muslim prayer mats are available on request.

- Other rooms, and the garden

Please let us know if you would prefer to use another of our rooms as a quiet space for reflection, prayer or simply to gather your thoughts. We understand the need for privacy. Weather permitting, some of our patients like to sit outside.

With a little notice, we will arrange whatever you wish to do if we are able.

### ***Complementary therapies***

The Hospice offers a range of complementary therapies, such as massage, aromatherapy, reflexology and therapeutic baths.

Research shows that complementary therapies have a part to play in spiritual care. These therapies contribute to a patient's feeling of well-being, helping them to relax by reducing feelings of agitation and anxiety.

A complementary therapist is available at the Hospice each day. Please ask one of the staff if you would like more information.

### **The Chaplaincy Team**

Our team of Chaplains is available to meet the spiritual needs of everyone, irrespective of their belief or faith community they belong to, if any.

We have an experienced team of lay and ordained Christian Chaplains (Roman Catholic, Methodist and Anglican), who are supported and helped by other ministers and faith leaders from the local community.

Members of the team are currently all Christians but we are sensitive to the needs of people of all faiths and none. We are here to listen to and talk with anyone of any religion or none.

At your request, we will arrange for someone representing your own belief or faith community to come to see you.

### ***Your own minister/religious leader***

Your own minister, priest or religious leader is welcome to visit you in the Hospice. Please mention to one of the staff that you want to invite them yourself or if you would like us to contact them on your behalf. We can also arrange for them to visit you at home, if you wish.

