



Spiritual care

A guide for patients and their carers



Introduction

Your – or your loved one's – world view, beliefs or faith can be an extraordinary source of strength and resilience when facing cancer and cancer treatment. At the same time, you may find these beliefs being challenged by what you are going through. You may find you or your loved ones may be asking all sorts of questions such as 'why me?' 'what does it all mean?' 'what is suffering all about?' As a chaplaincy and spiritual care team we will do our best to help nourish the resilience that comes from your world view, beliefs or faith – and we are also there to accompany you in times of spiritual struggle or distress.

What can chaplaincy and spiritual care do for me?

We provide:

- Spiritual/emotional support. We provide an attentive listening ear in times of spiritual or emotional distress. These may include:
 - having to make difficult decisions
 - bad news about prognosis
 - relationship difficulties
 - questions about meaning, purpose or fairness
 - anxiety about the future, or guilt about the past

We promise to listen in complete confidence, without judgement and without forcing any particular viewpoint upon you.

- Spaces for prayer and quiet reflection. Our chapel and Muslim prayer room have 24 hour access, and our multi-faith room is open in office hours. All three spaces are located in department 57.

- Resources that help you in your spiritual practice: e.g. rosaries, prayer mats, scriptures, mindfulness literature.
- Prayer support. Please leave any prayer requests in the dedicated book in chapel and we will include these in our daily prayers. We can also come and pray with you in the ward/department where you are.
- Ritual support. Roman Catholic Mass takes place at 12.15pm every Wednesday. Church of England Communion takes place monthly, usually at 12.15pm on Fridays. You can also have communion, anointing, or any other religious ritual in your ward/department.
- Community liaison. We can communicate with faith/belief representatives in the wider community on your behalf.

Who will I see?

Our aim is for you to be able to see someone as close to your own spiritual or religious tradition as possible. If you self-identify as non-religious we will do our best to refer to someone who shares your world view.

Our team is made up of Christian, Muslim, Jewish and Buddhist chaplains, and we can access a wider network of other faith/belief representatives, including non-religious. We also have a team of volunteers from a variety of backgrounds who regularly visit the inpatient wards, and who may introduce themselves and our service to you.

I'm interested, what do I do?

There are a variety of ways of referring yourself or others to our service. You can:

- Visit the chaplaincy office in department 57, if you are able.
- Contact the chaplaincy office on 0161 446 3097.
- Ask a staff member or volunteer to contact the chaplaincy office on your behalf.

- **NB: if your need is urgent please go through switchboard on 0161 446 3000 and ask for the on-call chaplain you require.** Christian chaplains are permanently on call, and we also have Muslim, Jewish and Buddhist on-call chaplains who make themselves available as much as they can.

What will happen next?

For inpatients, we aim to follow up on referrals within 24 hours, Mondays to Fridays. We follow up on urgent referrals the same day, every day of the week, often at short notice. For outpatients, we are happy to arrange a mutually convenient appointment time.

The chaplain or chaplaincy representative will never make assumptions about what you might want or need, and they will never impose anything upon you. They will always begin by asking how they can help you.

If you or your friend/loved one is an inpatient and unavailable when the chaplain visits, they will always leave a card with details of when they intend to visit again. The chaplain will always offer the possibility of ongoing support after your initial visit/appointment and will discuss this with you.

I don't think spiritual care is for me, what other support is available?

There are other support services available. Here a few of the options:

- Your GP may be able to offer you access to counselling and other therapies.
- The information centre in the Oak Road area has information about support services and groups in various locations.

- The psycho-oncology team provides a range of emotional and psychological support.
- The complementary therapy team can support patients and carers through all stages of their treatment. They provide advice and treatment sessions which can include hypnotherapy, reflexology, aromatherapy and relaxation techniques.
- In an emergency, mental health support is available via your local Accident and Emergency department or through your GP's out of hours service.
- The Maggie's Centre is situated near to The Christie and is a place of welcome, advice and information, as well as psychological and emotional support.

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard.

If you would like to have details about the sources used please contact patient.information@christie.nhs.uk

Christie website

For more information about The Christie and our services, please visit www.christie.nhs.uk or visit the cancer information centres at Withington, Oldham or Salford.

Contact The Christie Hotline for
urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week

Visit the Cancer Information Centre

The Christie at Withington **0161 446 8100**

The Christie at Oldham **0161 918 7745**

The Christie at Salford **0161 918 7804**

Open Monday to Friday, 10am – 4pm.

Opening times can vary, please ring to check
before making a special journey.

The Christie NHS Foundation Trust

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www.christie.nhs.uk



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