



## Spiritual care

A guide for patients and their carers



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## The Christie website

For more information about The Christie and our services, please visit [www.christie.nhs.uk](http://www.christie.nhs.uk) or visit the cancer information centres at Withington, Oldham, Salford or Macclesfield.

## Introduction

When facing a cancer diagnosis and cancer treatment, you or your loved one's world view, beliefs or faith can be an extraordinary source of strength and resilience. 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. We are also there to accompany you in times of spiritual struggle or distress.

## What can chaplaincy and spiritual care do for me?

At The Christie we provide the following:

### **Spiritual and 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**

A Christian chapel, female Muslim prayer room and multi-faith room can be found in department 57. A male Muslim prayer room can be found in department 41. All of which have 24 hours a day, 7 days a week access.

## **Resources**

Such as rosaries, prayer mats, scriptures, mindfulness literature that help you in your spiritual practice.

## **Prayer support**

You can 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 or department where you are.

## **Ritual support**

Roman Catholic Mass takes place at 12.15pm every Wednesday. Church of England Communion takes place at 12.15pm every Friday. These take place in department 57. You can also have communion, anointing, or any other religious ritual in your ward/department.

## **Community liaison**

We can communicate with faith and 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 and 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

**If you would like to speak to a chaplain urgently, 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 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 or 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 are a few of the options:

- your GP may be able to offer you access to counselling and other therapies
- the cancer information centre in the Oak Road entrance has information about support services and groups in various locations
- the psycho-oncology team provides a range of emotional and psychological support
- the integrative therapies, health and wellbeing 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 **[the-christie.patient.information@nhs.net](mailto:the-christie.patient.information@nhs.net)**

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**

The Christie at Macclesfield **0161 956 1704**

Open Monday to Friday, 10am – 4pm.

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

#### **The Christie NHS Foundation Trust**

Wilmslow Road

Manchester M20 4BX

**0161 446 3000**

**[www.christie.nhs.uk](http://www.christie.nhs.uk)**



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