

The spirituality flower

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Information for service users, families, carers and supporters



The petals of the flower represent five aspects of spirituality which may be of importance:

Are any of these relevant to you?
Would you like to discuss any of them further?

These are some possible actions which may follow on from your conversation about spirituality...

Using the spirituality flower to explore your spirituality and spiritual needs in greater depth

A member of staff will be able to help you to do this if you wish

Making provision for religious practice

This may include attendance at worship or prayers; having resources such as scriptures, a prayer mat or a rosary; ensuring that religious dietary needs are catered for.

Making provision for non-religious spiritual practice

People, whether religious or not, may experience spiritual benefit in such things as walking and exercise; having access to nature; creative activities such as art, music, cookery or gardening; practicing yoga, meditation or Tai Chi.

Referral to the chaplaincy service

The Trust's chaplains are available to talk to anybody about anything and offer support to service users both in hospital and in the community. Chaplains may be from any faith and are recognised and authorised by their faith communities to offer this kind of care. They are certainly not just there for religious people and will never try to impose their own beliefs or morality on you. You can trust a chaplain to listen to you and not to judge you.

Referral to specialist therapies

There are some therapies available which have a particular spiritual dimension to them. One example is mindfulness based cognitive therapy which can be very effective for people with recurrent depression, anxiety problems or other difficulties. You may wish to have a discussion with your care coordinator about the suitability of one of these for you.

Making contact with a local faith group

You may wish to find out about a particular faith, to begin practising it, or to resume a practice which has been important to you in the past by making contact with a local faith community.

Making contact with local activity group

It may be that there are local groups which can help you to get involved in some of the non-religious activities mentioned above. Some people also find spiritual benefit in getting involved in some voluntary work.



Feedback

We'd like to know what you think about the wording of this leaflet – is the information useful, is there anything missing that you wanted to know or anything you didn't understand? Please let us know by emailing tewv.communications@nhs.net or telephone 01325 552223. These contact details are for a corporate team with no access to patient records - please do not use these contact details to contact us about your care but instead use the contact details provided to you by your care team.

We're updating our patient and carer information all the time and while we won't always be able to make every change people suggest, all ideas will be considered.

Do you have concerns or complaints?

If you have concerns or complaints about a service, please tell a member of staff. You can also call our patient advice and liaison service (PALS) on Freephone 0800 052 0219 or email tewv.pals@nhs.net.

Information in other languages and formats

We want to make sure you can read and understand the information we provide to you. If you would like this leaflet in another language, large print, audio or Braille, please ask a member of staff.

Staff can find this information at:

T:\Patient and Carer Information\Trustwide

Service users and carers can also view this information on our website under

www.tewv.nhs.uk > services > spirituality



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