

Mental Health Chaplaincy in Cambridgeshire, Fenland and Peterborough

we believe in people and care for the human spirit

A Spiritual Care Forum

Working together in local areas with local people and organisations for better pastoral, religious and spiritual care within our mental health community

We would welcome participation from people in Huntingdon, Fenland and Peterborough to help us stay close to what is happening, what is needed and what we might learn from one another.

In 2014 we will:

- Meet 4 times
- Share the good news of what we are doing where we are and strengthen and encourage one another
- Find new ways to act together
- Launch the new CPFT [NHS] Spirituality Strategy for healthcare in our area
- Agree and adopt a memorandum of understanding to help ensure fairness and parity between us
- Work together to keep the links between hospital-based services and an in-patient's faith community alive and healthy
- Explore and join-up our ways of working in local communities to mutual advantage and the benefit of local people we care for and care about



**For information on
The Spiritual Care Forum
email
john.nicholson@cpft.nhs.uk**

A Spirituality for Living



“It is what is deepest in us - what gives us direction, motivation. It is what enables a person to survive bad times, to be strong, to overcome difficulties, to become themselves.”
Spiritual Well-Being: Policy and Practice, Bradford 2001

The new CPFT Spirituality Strategy [2014-2017] will help us to find ways to make a whole-person, recovery-based approach to mental healthcare and wellbeing a more familiar and natural way of thinking and acting towards those in our care, and towards one another who work for CPFT.

People interpret and understand spirituality as:

- giving meaning and direction to their life, sometimes described as their ‘journey’
- their religion or faith
- a way of understanding the world and their place in the world
- belief in a higher being or a force greater than any individual
- a core part of their identity and essential humanity
- a feeling of belonging or connectedness
- a quest for wholeness, hope or harmony
- a sense that there is more to life than material things

To share your views on the draft strategy email me at john.nicholson@cpft.nhs.uk I can send you a copy if you haven't already seen one. Contributions welcomed until Jan 23rd, 2014.

With best wishes for the New Year ☺

John
John Nicholson
CPFT Chaplain
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SPIRITUALITY CPFT: Our five principles

We have identified five core principles that should underpin our approach to spiritual and religious identity in the Trust.

1 Valuing spirituality

For people who see themselves as having a spiritual identity, their values and beliefs can be an important source of strength. Spirituality can form a helpful part of an integrated care plan (for someone with a spiritual life) to help support their recovery.

2 Valuing non-spiritual perspectives

Spirituality is not a pre-requisite for well-being. People who might describe themselves as atheists or who don't describe their identity in terms of spirituality can be equally well-equipped for health and happiness. And, in their distress, they will need high-quality pastoral care.

3 Spirituality is a broad concept

A common misconception is that spirituality is synonymous with religion. Although most religious people would describe themselves as spiritual, many people who describe themselves as spiritual are not necessarily religious. We think of spirituality as "my view of the world, my place in it and how I interact with it."

4 Services should be proactive

Care assessments should be spiritual intelligent - asking people about what matters to them, where they draw strength from, and what relationships or beliefs they find helpful. We should feel confident about asking people about their preferences with an open mind. Where someone says that their spiritual beliefs make a difference to their well-being then we should offer to reflect this in their assessment and care plan.

5 Equality comes first

While the Trust must be mindful of a person's spiritual beliefs, the NHS is a secular organisation based on equality and human rights. This means valuing men and women, lesbians and gay men, transgender people, people with disabilities, people of all faiths and none, black and ethnic minority as equals. Views that do not promote equality are inconsistent with a personal, fair and diverse NHS and should be challenged. All NHS staff must promote respect and dignity for everyone.

Your Chaplains in Peterborough & Fenland



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Remember:

- we offer staff support
- we can be an important link between an inpatient and their own faith community
- we can be an important link between a faith community in the area local with someone being resettled or cared for at home

We're at the Cavell Centre Sanctuary
fortnightly Sundays @11am too

Have a very good New Year

Mary and Ros
CPFT Chaplaincy in Peterborough



What does your chaplain do?

See the VIDEO ©

Your Chaplaincy Service

[only 9 minutes long]

<http://www.youtube.com/watch?v=ACS35le117Y>