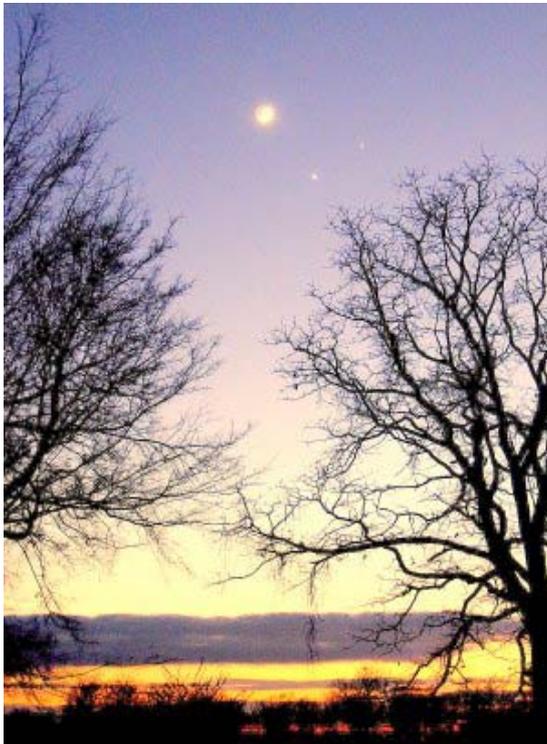


Mental Health Chaplaincy in Cambridgeshire, Fenland and Peterborough

valuing and nurturing the human spirit



Why do you do what you do?

“Never underestimate the influence, power, meaning and purpose of your own life”

- Danah Zohar

The Secretary of State for Health came to speak to a conference our Spiritual Healthcare Network organised recently, called *Leading the NHS in the 21st Century: Our Constitution - Our Values - Our Beliefs*. He said there is agreement in the NHS that it is about caring as much about others as oneself. It is both individual and collective - everyone pays in, everyone benefits. He sees this in the values of the NHS and in the recent White Paper published in July which seeks to empower clinicians to do their job. He spoke of his aspiration to promote a *service* not a *system*.

Standout speaker Danah Zohar suggested that many senior managers and leaders - *the tall trees* - are doubting where they fit in. She promoted the role of the servant-leader - a leader who functions not from personal power or position, but as a means of expressing their own personal answers to the questions *Where do I come from? Who am I? Why am I here? And, what can I do?* Her 12 Spiritual Values offer a framework to build leadership approaches which, she suggests, transform and elevate the service and quality of care in the NHS. These include self-awareness, being holistic, compassionate, spontaneous, humble, and celebrating diversity, whilst being sure of doing everything from a sense of vocation.

All the speakers inspired us to reflect on *“Why do I do what I do?”* and *“How I do what I do”*, so helping to inspire others to *“do what they do”* even better. In other words - what we do is important, but who we are and the underlying values we embody matter even more. And what I took most from the day came from Danah Zohar in one of her memorable answers to a question from the floor. She said you must not underestimate the influence, power, meaning and purpose of your own life and even the smallest actions you take.

John Nicholson
MH Chaplain, CPFT

Congratulations and thank you, Mary and Rowena . . .

. . . Our Peterborough-based chaplains, for three very successful events: the recent course for staff in [Religions and Beliefs of the World](#) - *an introduction to the beliefs and cultures of leading faith groups throughout the world for all staff*; for the Carol Service, and for the Festival of Light in the Cavell Centre.



Rowena Bass
M 07749 828652
rowena.bass@cpft.nhs.uk



Mary Hanna
M 07887 655713
mary.hanna@cpft.nhs.uk

Mental Health Chaplaincy

in Cambridgeshire, Fenland and Peterborough

valuing and nurturing the human spirit

Carols Coffee Live Music



All welcome
Dec 23 at 2pm

Fulbourn Hospital Chapel Prayer Space
[in the Resource Centre on the main hospital site]

There Was a Time: An Advent Poem

There was a time when there was no time,
When darkness reigned as king,
When a formless void was all that there
was in the nothingness of eternity,
When it was night.
But over the void and over the night Love
watched.

Finally, there came a time when Love
spoke again.

A Word from eternity--a Word
Spoken to a girl named Mary.
And all creation waited in hushed silence
for the girl's answer.
And Mary spoke her yes.
And Love watched over Mary.

from a longer poem by Fr J Brietinger

The Spiritual Healthcare Network

A professional focus on spirituality in healthcare

Spiritual care recognises and responds to the needs of the human spirit when faced with trauma, ill health or sadness and can include the need for meaning, for self worth, to express oneself, for faith support, perhaps for rites or prayer or sacrament, or simply for a sensitive listener. Spiritual care begins with encouraging human contact in compassionate relationship, and moves in whatever direction need requires.

Supported by the East of England SHA

Details from John Nicholson
01223 218598

john.nicholson@cpft.nhs.uk



Thank You

Thank you to all our volunteers and our partners in different ward and community settings around the trust. We simply couldn't do all we want and need to do in caring for others, promoting spirituality and recovery, and bringing in students to learn more about mental healthcare without all of you. A particular mention for occupational therapy colleagues: like the Christmas bird, we'd be stuffed without you.

Here's to a successful 2011, together,

John.
MH Chaplain