

# Mental Health Chaplaincy in Cambridgeshire



## Embracing and nurturing the human spirit

### A message from our new Spirituality and Recovery Core Group.

In the future, spirituality, and opportunities to explore its place in a person's recovery will be a natural, expected and orthodox feature of any healthcare given and received. Furthermore, a focus on spirituality will bring a new dimension to the workplace too. As Dr. Jonathan Smith, Senior Lecturer at Ashcroft International Business School [Cambridge] stressed in his presentation to the Spiritual Healthcare Network [April, 2009]:

"Individuals and organisations [will see] work as a spiritual path, as an opportunity to grow and to contribute to society in a meaningful way. It is about care, compassion and support of others; about integrity and being true to themselves and others . . . [and] attempting to live their values more fully in the work they do."

### But why promote spirituality at all?

*Fair For All Religion and Belief, 2008*, lists the reasons as:

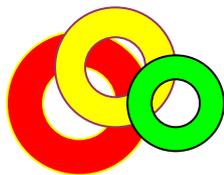
- **Ethical** – because it is the right thing to do, to treat people well and appropriately whatever their faith, belief, gender, age, ability / disability, sexual orientation or life stance happens to be.
- **Legal** – because there is now a regulatory framework which forbids discrimination and therefore encourages the equal and fair treatment of all from any culture or background.
- **Financial** – because there will be greater satisfaction and better outcomes among patients and less stress and absenteeism among staff.
- **Clinical** – because there is a level of evidence that when people are well cared for they have a greater chance of health and, for example their immune system appears to work more efficiently.

As A. Narayanasamy writes, "*Among the basic spiritual needs that might be addressed within the normal, daily activity of healthcare are: The need to give and receive love, to be understood, to be valued as a human being, for forgiveness, hope and trust, to explore beliefs and values, to express feelings honestly, and to find meaning and purpose in life* [Spiritual Care: A resource guide, 1991, Lancaster Quay].

### The CPFT Spirituality and Recovery Core Group will:

- Support the development of spiritual, religious and pastoral care to service users, staff and carers as part of the Trust's Recovery and Social Inclusion Programme.
- Ensure that spirituality is considered as part of the whole person approach to care and treatment in mental health and that service users religious and spiritual needs are addressed as part of assessment and care planning.
- Support the development of the role of Chaplaincy across the Trust so that it influences the Trust's Recovery and Social Inclusion Programme and plays a central role in the support, training and development of staff in matters of pastoral care, religion, spirituality and diversity.

**For more information, call John Nicholson on 01223 218598**



## The Spiritual Healthcare Network

*A professional focus on spirituality in healthcare*

### SPIRITUAL HEALTHCARE IN THE COMMUNITY

*Susan Iskander*

*[Associate Director of Organisational  
Development, North Essex Partnership  
Foundation Trust]*

PLUS

- Information sharing and exchange
- The place of spirituality in my practice  
with Sue Preston-Eyles

**June 23<sup>rd</sup> 2009, 1.30-3.30pm**

The Few Room  
The Learning & Development Department  
CPFT, Block 14, Ida Darwin CB21 5EE

**Contact John: ☎01223 218598**

*Supported by the East of England SHA*

# Mental Health Chaplaincy in Cambridgeshire



"Instead of making others right or wrong, or bottling up right and wrong in ourselves, there's a middle way, a very powerful middle way..... Could we have no agenda when we walk into a room with another person, not know what to say, not make that person wrong or right? Could we see, hear, feel other people as they really are? It is powerful to practice this way.....true communication can happen only in that open space."

Pema Chodron,  
Buddhist nun, Gampo Abbey retreat in  
Nova Scotia

In the photo, above:, two visitors take a close look at the Leshan Giant Buddha statue in Leshan, southwest China's Sichuan Province. The 1,203-year-old Buddha statue is 71 metres high and is the biggest Buddha statue in the world.

**Feeling suicidal or desperate?**  
Remember - Samaritans on 08457 90 90 90 [24 hours] or jo@samaritans.org.  
There's also the mental health Lifeline [7-11pm] on 0808 808 2121 [free call].

## The Chaplaincy Team

*Embracing and nurturing the human spirit*

We offer the human touch and a personal presence. We take a non-clinical, confidential, non-judgemental approach, and are here for you, whether you have a religious faith or not.

### Who we are

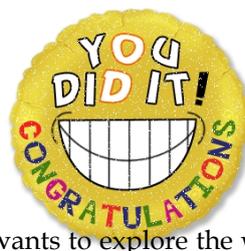
John Nicholson ■ Alan Goddard ■ Andrew Neate  
■ Evelyne Hanley ■ June Hughes

☎ 01223 218598

john.nicholson@cpft.nhs.uk

A person-to-person, training and enabling resource provided by our mental health trust, bringing:

- high quality pastoral care
- training for mental health professionals and groups in the voluntary sector
  - volunteer opportunities
  - worship, quiet and prayer space
- Pastoral, emotional and spiritual support for staff and service users.



## CPFT Chaplaincy training success

The chaplaincy team has created and established an introductory training programme for anyone who wants to explore the what, how and why, of this speciality. The current team of paid staff and volunteers who share the pastoral care – the emotional and spiritual support of service users in Cambridge – enjoyed refreshing their knowledge and skills, exchanging, and building their knowledge of their common task, and reflecting on their experience. Over six sessions, with guest speakers from the whole mental health community, a clear focus was brought to the service user's journey and the place of spirituality and recovery, religious and cultural diversity, the personal experience of madness, the role and place of psychiatry in healthcare, life on an acute ward and the contribution of chaplaincy, listening skills and the need and place of boundaries in our practice, and reflective practice.

I would like to thank our contributors for giving their time and expertise to improving our practice, and the chaplaincy team for creating a programme we can offer to anyone interested in exploring volunteer involvement next time we roll it out.

*John, Senior MH Chaplain.*