



# Offering Spiritual Care

## A guide for our patients and their families

Helping you to help yourself to live life your way

Spiritual care helps us to draw upon things that we find comfort and strength in. We are all shaped by the people, places, stories and opportunities that matter to us - these bring meaning to our lives and shape our personal sense of self, our spirituality.

These include: our core beliefs and values, important roles and relationships, achievements and gifts, and all that sustains and centres us.

Our sense of spirituality is derived from:

- **What matters to us?**
- **What do we hope for in life?**
- **What helps us to live life our way?**

When we go through change, loss or hard times in life, and try to make sense of and respond to our new circumstances, we draw upon these deep-seated resources within us.

However if these inner resources or our sense of identity are diminished, then dealing with challenge becomes even harder, and at worse we can feel that our very foundations are shaking.

Alongside the other members of our team our Spiritual Care Specialist offers support to all our patients and their families.

**If you would welcome a listening ear then please just let us know.**

**To find out more visit:**

[rowcrofthospice.org.uk](http://rowcrofthospice.org.uk)

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## All of our team are here to help you

If at some point you find yourself experiencing...

- feelings of despair or hopelessness
- an inability to see the way ahead
- feelings of isolation or loneliness
- a sense of disconnect or conflict
- low self-esteem or self-worth
- an inability to contribute as usual
- not coping as you might normally

... then a chat about what has got you through tricky times in the past might help you to:

- ✓ **find ways to continue in a role** that is part of your identity
- ✓ **connect with people** who offer support and encouragement
- ✓ **do activities** and enjoy resources that bring joy and comfort
- ✓ **invite some gentle growth** by setting an appropriate goal
- ✓ **avoid focusing on an unknown future** by spending time noticing now
- ✓ **try and do even the smallest of things** to help someone else



There are many areas in the Rowcroft grounds that you might find peaceful and comforting, and there is also The Sanctuary - a quiet room for reflection just along from the Inpatient Unit reception.

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