

## We're here for you

We know how difficult it can be to see someone you love and care for dying. You also may not know what to do and say, or how to cope. If you are anxious or concerned about the dying process, you can ask a member of staff to be with you and your loved ones when the time comes.

So please do come and talk to us. Ask questions, discuss your concerns and don't be afraid to ask for support. We're here to help you at this difficult time.

For more information, visit our website:

[www.prospect-hospice.net/care/family-support](http://www.prospect-hospice.net/care/family-support)

### Prospect Hospice

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Prospect Hospice Ltd. Registered Charity No. 280093  
Company Registration in England No. 1494909

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# Spiritual care at Prospect Hospice



Charity patron HRH The Duchess of Cornwall

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## What is spiritual care?

Spiritual care can mean different things to different people. For some, it's about their faith and religion. For others, it's about their values and beliefs, their family and loved ones, or being outdoors and with nature.

## What we offer

The practice of holistic care recognises that the whole of a person's sense of self and life comes with them into their health issues. The spiritual dimension is what affects us at the deepest level, and everyone possesses a spiritual dimension in his or her life. Whether religious or not, each person needs support systems in times of crisis. Patients, their relatives and friends may look for help to cope with the feelings associated with being cared for by the hospice - whether as an inpatient, an attendee of the day therapy unit, family care or one of our support groups.

The spiritual care team is here to listen. Whether you have a religious faith or none, we're here to share your journey with you on your terms and at your pace, whatever you wish to talk about. For us, it's about making time for you, answering your questions, exploring matters together and, ultimately, helping you find a sense of calm.

We have a supportive network of leaders from other faith communities and belief groups, including all Christian denominations. It is our role to ensure that you and your loved ones are supported in your spirituality and faith by the right people and we will do our very best to achieve this.



## Let's talk

Everyone deserves the opportunity to share their thoughts with someone who will treat them with dignity and respect. Together we can help you make sense of your concerns and find peace of mind in trying times.

## The team can help you:

- Explore any spiritual, faith or religious need you may have or desire
- Explore your individual sense of meaning and purpose in life with regard to spiritual need
- Explore attitudes, beliefs, ideas, values and concerns
- Learn more about your emotions and explore your hopes, fears, anxieties or concerns about the past, present and future, for you, your family and friends
- Think about and plan funerals
- Bring holy communion to the bedside, or arrange simple acts of blessing
- Affirm your life and worth by encouraging you to talk about events from your past and help you address unresolved or difficult issues.

## How to contact us

To learn more about our spiritual care services, please speak to our spiritual care co-ordinator. Please call **01793 816135** or email the team: **[family-support@prospect-hospice.net](mailto:family-support@prospect-hospice.net)**

