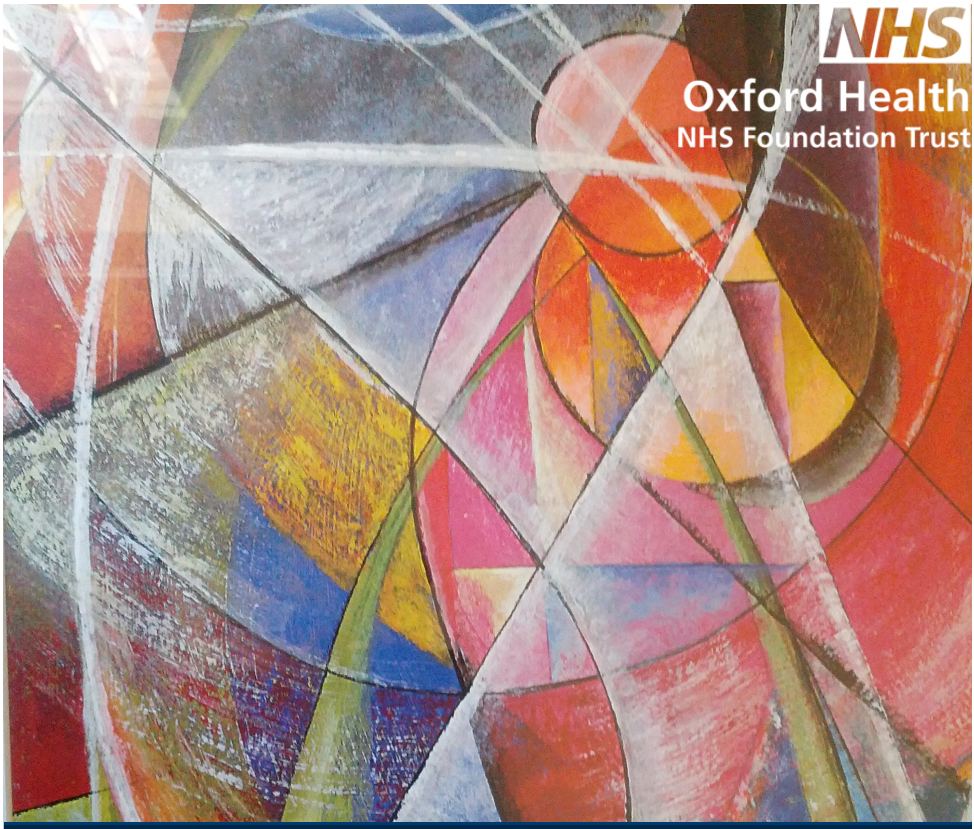

NHS
Oxford Health
NHS Foundation Trust

Spiritual and Pastoral Care

Spiritual and pastoral care

Spiritual care: caring for the whole person

When facing mental health or physical health difficulties, like any experience in life, there is often a need to question what is happening:

- Why am I suffering?
- Why are things so difficult?
- What purpose is there in life now?
- How can I find hope?
- How can I find any sense in my experiences?

Searching for the answers can put a person in touch with the spiritual aspect of their life. Spiritual care offers people the space to explore this area, and is rooted in compassion.

Spirituality recognises that the journey of 'making sense' of our experiences embraces heart, soul and spirit as well as mind and body.

The spiritual and pastoral care team can accompany you on this journey, or simply provide an opportunity to discuss how the experience of illness impacts on your life.

We will not seek to influence you into one or other religious faith, and if you do not adhere to a specific religion or faith, this does not mean you cannot seek support from us.

For some people religion can offer a way of finding a meaningful path to follow. Some people turn to the arts or to nature to find ways of connecting with the spiritual dimension of life.

The spiritual and pastoral care team aims to provide spiritual and pastoral care and to meet specific religious needs across Oxford Health NHS Foundation Trust, to patients, their carers and relatives, and to staff.

"The chaplain related to me as a human being. I can't tell you enough how affirming that was."

Being present

Inpatient services

Members of the team visit each area of the trust's inpatient services on a regular basis. The ward staff can put you in touch with us.

Community care

People with specific spiritual care needs can be referred to us to us by their health care professional or via self-referral. Ask your nurse or care coordinator to put you in touch with us.

Meeting religious needs

The team is in contact with the different religious organisations in the area and can make sure that particular religious needs are met during a stay in hospital, including access to holy texts.

Staff or patients can contact the chaplaincy office to make arrangements.

You are welcome to visit one of our weekly services

Warneford Hospital Sanctuary
Tuesdays 2.15pm

Whiteleaf Sanctuary, Aylesbury
Wednesdays 3.00pm

"The chaplain brings creative hope into my despair, darkness and chaos."

Prayer rooms and sanctuaries provide a place of peace in the midst of the busy daily life of the hospital sites. They represent stability, peace and healing in the face of change.

They are available to anyone of any faith or no faith to be quiet and calm for reflection, for prayer, or simply to get away from it all for a few moments.

Staff support

We are available to support staff in the workplace, informally providing confidential listening or more formally offering short term counselling for any issues that might be impacting upon staff. We can also offer team support following SUIs.

Making contact

Oxfordshire, Wiltshire, Swindon and B&NES area
01865 902 760

Buckinghamshire area
01865 901 723

Email: spiritual.care@oxfordhealth.nhs.uk

"I'm not a religious person, but when I was in hospital I often visited the chapel. It was an oasis where I found peace in turmoil."

Frequently asked questions

1. What if I am not religious?

The chaplains are here to offer spiritual care to all, whether or not you follow a particular religion. Spirituality is a wider subject than simply belonging to one religion or another. It encompasses how we understand the world and our place in it and what meaning we give to the events of our lives.

2. Do I have to make an appointment?

Not necessarily. Chaplains and chaplaincy volunteers visit the hospital sites on a regular basis so you can catch us then. But it is always possible to ring to make an appointment, or ask a member of the nursing staff to do that for you.

3. What if I want to see someone from my own faith community?

We are always happy to contact a representative of your own faith community if that would be helpful.

4. What happens after discharge?

Your ongoing care (including your spiritual or religious care) will be discussed prior to discharge.

Contact

If you have any feedback about spiritual care provision or this leaflet please email spiritual.care@oxfordhealth.nhs.uk or write to us at the address below.

Spiritual and Pastoral Care
Oxford Health NHS FT
Littlemore Mental Health Centre
Sandford Road
Oxford
OX4 4XN

Notes

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઇએ, તો કૃપા કરીને અમને પૂછો

यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए हो तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本，请与我们联系

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੀ ਦੂਜੀ ਭਾਸ਼ਾ ਜਾਂ ਸ਼ਕਲ ਵਿੱਚ ਚਾਹੀਦੀ ਹੋਵੇ ਤਾਂ ਕਿਰਪਾ ਕਰ ਕੇ ਸਾਨੂੰ ਪੁਛੋ

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہوں تو برائے مہربانی ہم سے پوچھیں:۔

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