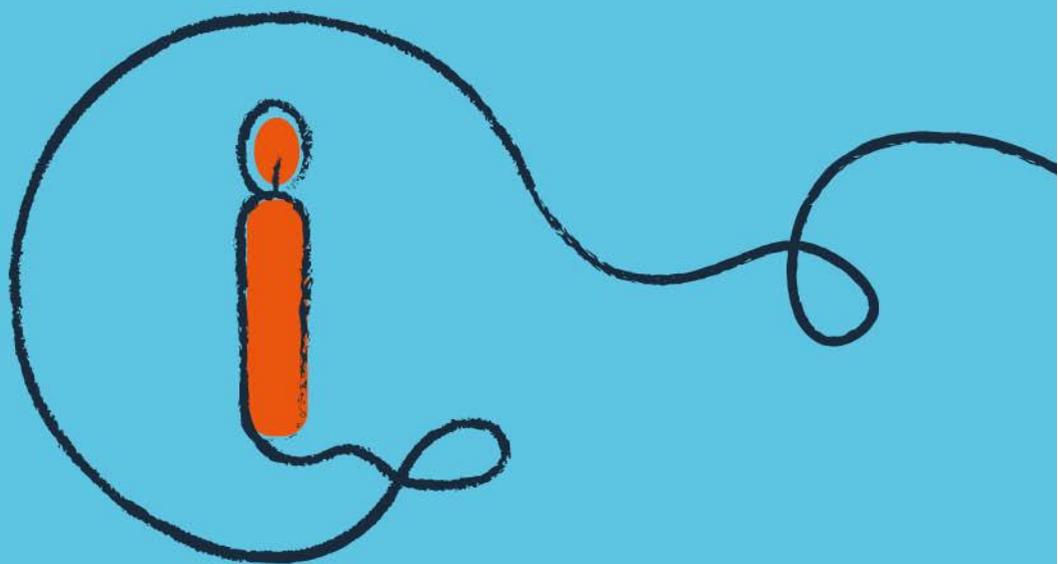


# Spiritual Care



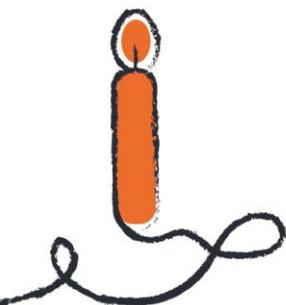
## Content

Spiritual Care available to you at St Catherine's



*St Catherine's Hospice welcomes everyone – of all faiths and beliefs or none – and encourages you to express your spirituality or practice your religion in your own way.*

Our staff care for you as a whole person – your body, mind and spirit. This means that whatever is important to you will be respected and we will always try to meet your needs. We can also support your family and friends.



## **What is Spiritual Care?**

When you are seriously ill, you, and those close to you, may have questions or concerns that can be just as distressing as the physical symptoms of your illness.

Questions such as:

**Why is this happening to me?**

**What has my life meant?**

**What happens after I die?**

Concerns may be about how your illness is affecting you; what feels important to you at this time; your hopes and fears; or your family and others close to you.

If you think it might be helpful to talk to someone, members of the Spiritual Care Team are available to listen and explore your questions, feelings or concerns with you. This support is available to you and your family and friends on our wards, at the hospice or in your own home.



If you would prefer to speak to a minister, priest, or leader of your own faith community, please let us know and we can arrange this.

Our Chaplain and Lead for Spiritual Support is also available to help with the planning and arrangement of special services or blessings.

## The Quiet Room

The Quiet Room and garden at our Crawley hospice is always open: a space set apart for reflection, meditation, prayer and remembrance. Here you can take time out to write a reflection or dedication in the remembrance book or place a paper flower in the water bowl. In the Quiet Room's cupboard you will find prayer books, mats, beads, sacred texts and other resources for your use.

## Contacting us

If you are staying on the ward or visiting our hospice a member of the Spiritual Care Team will probably introduce themselves to you, but do ask any member of staff if you would like to see us.

For those who are under the care of St Catherine's at home, we are happy to visit you there. Please ask a member of the hospice team and we will make arrangements.

## Useful contacts

**Chaplain and Lead for Spiritual Support:** 01293 447332

**Wellbeing team:** 01293 447343

**Hospice Reception:** 01293 447333

There are other spiritual and religious organisations who can offer support for various denominations. For further information, please contact our Chaplain and Lead for Spiritual Support on the number over the page.

Further copies of this leaflet are available by calling the **wellbeing team on 01293 447343**.

This V3 leaflet was published by St Catherine's Hospice in November 2021 and will be reviewed every two years.

If it would be helpful to have this leaflet in another format or language please call the main hospice switchboard on 01293 447333.

**St Catherine's Hospice,**  
Malthouse Road, Crawley,  
West Sussex, RH10 6BH

 **St Catherine's Hospice Crawley**  
 **@stchospice**

01293 447333

[www.stch.org.uk](http://www.stch.org.uk)

Registered as a Charity no. 281362