

Spirituality and Wellbeing Service

Information for patients, relatives and staff



*Better
together*

Who are we

The Spirituality and Wellbeing Service is available to all patients, relatives and staff whatever your faith or beliefs and for those who do not practice a religion.

There may be times when you feel the need to talk to someone - chaplains have time to listen to your concerns and take what you say seriously. We offer an on-call service and are available for you when you need support.

Chaplains have links with many faith communities and, if requested, can find an appropriate religious representative to cater for your needs.

Spirituality and wellbeing

Each person will experience spirituality in their own way.

Spirituality can be defined as:

- Our uniqueness as a person
- What gives meaning, purpose and value to our lives
- A belief in a God or higher being
- Feeling connected - to yourself, to others, to nature or the universe
- Transcendence - that there is more to life than material and practical things
- Feeling accepted and belonging
- A sense of hope for the future.

Support for staff

We all experience different pressures and stresses in our lives. If you have any issues that you may want to share, please be assured that we are available to listen and offer support in a confidential and safe place.

Quiet space & multi-faith room and multi-faith prayer room

The Spirituality and Wellbeing Service offers a Chapel, Quiet Space & Multi-Faith Room at various locations throughout the Trust. These are accessible to everyone to reflect, sit or pray.

Chaplaincy and spirituality services

The Chaplains provide services regularly throughout each month offering places of quietness, reflection and worship for patients, relatives and staff.

You can access the Spirituality & Wellbeing webpage on our Trust's website at the following address:

www.derbyshirehealthcareft.nhs.uk/services/support/spirituality



Contact

If you would like a Chaplain to visit you, please arrange this either through the ward staff, or by any of the following ways:

Ashbourne Centre: **01332 623700** ext **33358**

Hartington Unit: **01246 277271**

Mobile: **07584 888 656**

Email: dhcft.chaplaincy.service@nhs.net

Post: Chaplaincy Office, Ashbourne Centre, Kingsway Hospital site, Kingsway, Derby DE22 3LZ

Available in other languages and other formats. Please ask for a translation.

Bosnian

Dostupno u drugim jezicima i formatima. Molimo, zatražite prevod.

Cantonese

可翻譯為其他語言或用其他格式顯示。請要求獲得翻譯本。

French

Disponible dans d'autres langues et dans d'autres formats. Veuillez demander une traduction.

Hindi

अन्य भाषाओं और अन्य प्रारूपों में उपलब्ध, कृपया अनुवाद के लिए पूछें।

Mandarin

可翻译为其他语言或用其他格式显示。请要求获得翻译本。

Polish

Informacje dostępne w innych językach i formatach. Prosimy zapytać o tłumaczenie.

Punjabi

ਦੂਜੀਆਂ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਦੂਜੇ ਫਾਰਮੈਟਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ। ਕ੍ਰਿਪਾ ਕਰਕੇ ਅਨੁਵਾਦ ਲਈ ਕਹੋ।

Serbo-Croatian

Dostupno na drugim jezicima i u drugim formatima. Molimo pitajte za prevod.

Urdu

دیگر زبانوں اور صورتوں میں دستیاب ہے۔ براہ کرم ترجمے کے لیے کہیں۔

