

'The Whole of You' Groups

We offer groups across the Trust called 'The Whole of You'. These provide you with an opportunity to give attention to yourself as a whole person. The content of these sessions is very much led by those taking part but in broad terms they consider spirituality and recovery as well as the world faiths. Ultimately, they give people the opportunity to 'explore their spiritual side' in a safe, supportive and personalised environment.

Support Services

We can be an important resource for you and if you wish we are available to be invited to take part in CPAs or Tribunal hearings as part of the multi-disciplinary team.

The Spiritual & Pastoral Care Team is also available to offer training and education support to staff groups and individuals. We are always happy to offer advice in the assessment and provision of appropriate religious, spiritual and pastoral care for service users and carers.

Who can use our services?

Anyone, of any faith or none, can use our service and you do not have to be religious to ask for our help or support.



Who are we?

The Spiritual & Pastoral Care service is led by Michael Crilly and consists of a number of full-time and part-time specialist mental health chaplains, representing all the main Christian Denominations as well as the Muslim and Buddhist faiths.

In addition to the chaplains employed by Mersey Care we maintain a small team of trained volunteers who offer spiritual and pastoral care across the Trust.

We have a well established network of faith and spiritual care professionals who are similarly qualified in the field of health care and who are available to support your needs.

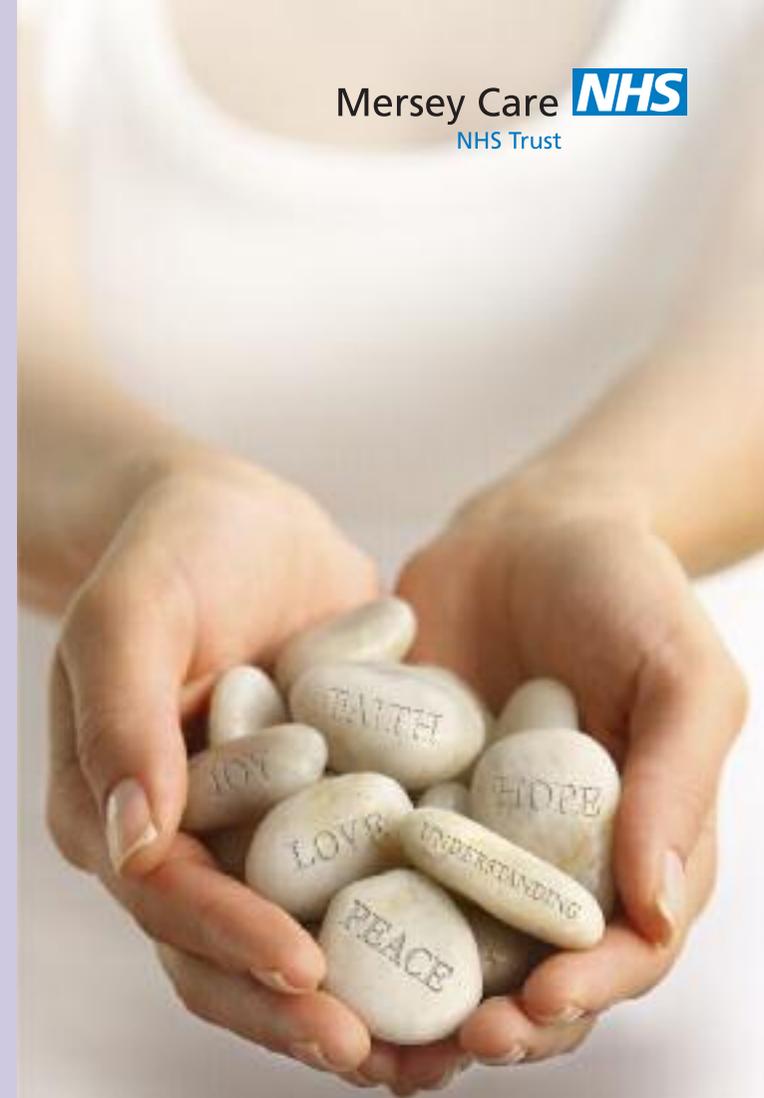
How can we be contacted?

The Spiritual & Pastoral Care Service is available Monday to Friday from 9am – 5pm.

If you would like to make contact with the team just mention it to a member of staff and they will gladly liaise with our service.

The Spiritual & Pastoral Care Service can also be contacted through the Mersey Care Switchboard 0151 473 0303.

Alternatively, email us at:
spirit@merseycare.nhs.uk



Spiritual & Pastoral Care

Caring for the Whole of You

PEACE FAITH LOVE HOPE

What is spiritual and pastoral care about?

Mersey Care pledges itself to delivering 'care worth receiving, care that matters' (*Manifesto: For Improving The Care Experience*) and as such we are committed to providing holistic health care where physical, mental and spiritual health is interwoven and interdependent.

Spiritual and pastoral care is an important feature of the Recovery Approach, and points to a greater sense of hope, self-worth and empowerment amongst service users – and indeed staff – wherever they are on their journey.

The Spiritual & Pastoral Care Team offers support to service users, relatives, carers, and staff, especially around spirituality, faith, and religious concerns. We serve those who do not see themselves as belonging to any faith as well as those who are regular members of their own faith communities and we support a wide variety of spiritual journeys, many of which are not based on any particular faith tradition.

All members of the team are specially trained and experienced in health care and we offer one-to-one and/or group support to people wishing to connect with, or deepen, their own personal spirituality.

Spiritual Care

We recognise that mental illness affects the whole of a person's life – body, mind and spirit. At times of change, crisis or illness, service users often struggle to find answers. The experience of living in a mental health environment can raise questions about the meaning and purpose of life – and your own life goals in particular. We are available to address the 'wider' spiritual questions and we offer pastoral help and support.

Spirituality.....

Is something within all of us, it is about values, meaning, hopes, loving and being loved, believing and trusting. In other words it is what provides our individuality and our sense of identity – it's what makes us a whole person, what makes us tick!

“Spirituality includes our relationship with art and nature, and our experience of 'the other' and of our place in the universe. It can embrace diverse religious experiences. It is an essential part of our humanity. It is in essence mentally healthy because it grounds us and provides us with a perspective from which to see our individual concerns and anxieties that is more powerful than rational reflection alone.”

(Department of Health 2007)

Religious Care

Religion seeks to encompass most, if not all, of the aspects of our spirituality but finds expression and meaning through a particular religious belief and often a belief in God. A religious faith provides a framework within which people understand, interpret and make sense of themselves, their lives and daily experiences.

Our chaplains can help meet your religious needs while you are in hospital, and are happy to talk to you about your faith. We can also arrange for you to receive support from a representative of your own faith community.

We consider everyone to be of equal worth and we respect religious and cultural diversity, recognising that people have different needs.

Our chaplains provide regular worship opportunities throughout the Trust and these are advertised locally.

Sacred Spaces & Quiet Rooms

We provide multi-faith prayer rooms and quiet spaces throughout the Trust. These are available for you to use for prayer, meditation, reflection, or just for some chill-out time. A range of religious and spiritual texts and items are made available within these spaces to support your needs.

Please ask a member of staff if you would like to access these spaces.