

# The spirituality flower

Information for service users about possible actions which may follow on from conversations about spirituality



The petals of the flower represent five aspects of spirituality which may be of importance:

Are any of these relevant to you?

Would you like to discuss any of them further?

These are some possible actions which may follow on from your conversation about spirituality...

## **Using the spirituality flower to explore your spirituality and spiritual needs in greater depth**

A member of staff will be able to help you to do this if you wish.

## **Making provision for religious practice**

This may include attendance at worship or prayers; having resources such as scriptures, a prayer mat or a rosary; ensuring that religious dietary needs are catered for.

## **Making provision for non-religious spiritual practice**

People, whether religious or not, may experience spiritual benefit in such things as walking and exercise; having access to nature; creative activities such as art, music, cookery or gardening; practicing yoga, meditation or Tai Chi.

## **Referral to the chaplaincy service**

The Trust's chaplains are available to talk to anybody about anything and offer support to service users both in hospital and in the community. Chaplains may be from any faith and are recognised and authorised by their faith communities to offer this kind of care.

They are certainly not just there for religious people and will never try to impose their own beliefs or morality on you. You can trust a chaplain to listen to you and not to judge you.

## **Referral to specialist therapies**

There are some therapies available which have a particular spiritual dimension to them. One example is mindfulness based cognitive therapy which can be very effective for people with recurrent depression, anxiety problems or other difficulties.

You may wish to have a discussion with your care coordinator about the suitability of one of these for you.

## **Making contact with a local faith group**

You may wish to find out about a particular faith, to begin practising it, or to resume a practice which has been important to you in the past by making contact with a local faith community.

## **Making contact with local activity group**

It may be that there are local groups which can help you to get involved in some of the non-religious activities mentioned above.

Some people also find spiritual benefit in getting involved in some voluntary work.

## Feedback

Please let your care team know if you want to comment on whether:

- this information is useful
- any information is missing
- you do not understand the information



## Do you have concerns or complaints?

If you have concerns or complaints about a service, you can:

- tell a member of staff
- call our complaints - freephone **0800 052 0219**
- email [tewv.complaints@nhs.net](mailto:tewv.complaints@nhs.net)

## Information in other languages and formats

All our information leaflets are available in many formats - please contact a member of staff if you would like this leaflet in:

- another language
- large print
- audio
- braille

## Find this information

Staff: Trustwide shared drive > Patient and Carer Information > Trustwide

Patients and carers: [www.tewv.nhs.uk/about-your-care/health-wellbeing/spirituality](http://www.tewv.nhs.uk/about-your-care/health-wellbeing/spirituality)