

How to Contact the Healthcare Chaplaincy Service

I would like to arrange to talk to the Chaplaincy Volunteer :

Name:

Contact number:

Contact Details

Name of Chaplaincy Volunteer :

Tel:

An ecumenical project within the governance of:

The Methodist Church
Lincolnshire Methodist District
Serving locally, connecting the county

Registered Charity No. 1134228

What is spirituality ?



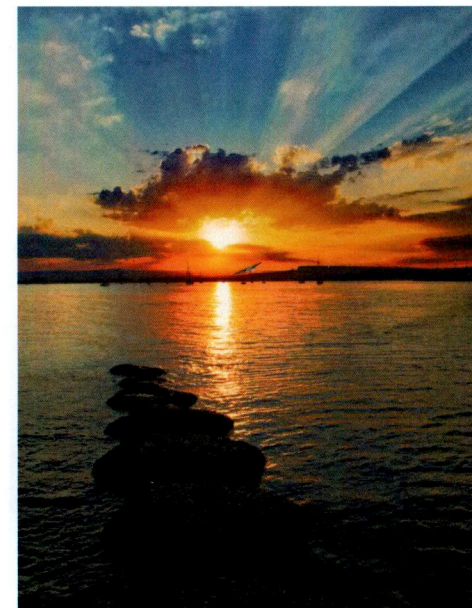
Spirituality is about meaning in life and relationships to others (including a god or gods) and can be expressed in many ways including music, art, nature, community or family.

Spiritual practices include meditation and yoga, or undertaking voluntary work and contributing to the local community. Religion may influence the development of such relationships or there may be no religious association.

Penny Sartori, PhD, RGN
Nursing Times, July 2010



Primary Care Chaplaincy Service



**Chaplaincy
Caring for you**

Primary Healthcare Chaplaincy Service

Why Chaplaincy?

In times of poor health or other crises within our lives, we often need more than just a prescription for tablets from our doctor. We sometimes need help in finding the inner strength to cope with our difficulties, to rediscover a sense of hope, meaning or purpose, to ease the emotional pain of suffering, and to know that we have someone to talk to and with whom we can share our burden.



If you, or someone you know, would benefit from meeting with someone from the chaplaincy service, please ask at reception on how to contact the Chaplaincy Volunteer for your GP surgery or, complete the form on the back of the leaflet and they will contact you.

Care through Chaplaincy

There is evidence¹ to show how spirituality and religion positively affects many aspects of health. Although our society is becoming increasingly secular, studies show that those of us who pray, meditate or are part of a religious community, are most likely to make a successful recovery from illness, have lower incidence of some illnesses, and may live longer than those who are not spiritual or religious.

People following religious or spiritual practices have lower suicide rates, less anxiety and depression, recover faster from depression, are less likely to abuse drugs and alcohol, have a greater sense of optimism and general well-being, consider their lives hold greater purpose and meaning, have higher levels of social support, better immunity to infections, lower blood pressure and cholesterol levels, less heart disease, better recovery rates from heart disease, less sleep problems, lower death rates from cancer, are less likely to smoke and more likely to take regular exercise. Regular religious attendance can add an extra seven years to life.

If you would like to find out more about how Chaplaincy services can help you or someone you know or would like to talk about any of these points please contact the Chaplaincy service or talk to your GP, nurse or Health Professional at the surgery.

¹ Harold G. Koenig (Editor),
Handbook of Religion and Mental Health
(Waltham: Academic Press, 1998)

I would like to find out more

You don't have to wait to be referred to the Chaplaincy service, the contact details are given overleaf.

Neither do you have to be a member of a church to access the service. You don't even need to think of yourself as religious or to believe in God. Many people who have never been to church still have spiritual needs.

The chaplaincy volunteers work within healthcare in a non-denominational manner and will be happy to assist you with whatever your spiritual needs, difficulties or questions may be.

The service is available for people of any faith, and also those without a faith.

