

Spiritual care

At EACH, spiritual care means caring for the whole person – body, mind and spirit. It's about helping children and families find peace, comfort and meaning in whatever way feels right for them.

For some this will link with a particular faith or religion. For others it may be a sense of peace found in nature, culture or values. It's about finding connection – with ourselves, with each other and with something greater and beyond.

It is natural at times of suffering and distress to have big questions as old certainties are shaken:

'How could this happen?'

'How can my life have meaning now?'

Living with these questions will look different for everyone.

Spiritual care runs like a thread throughout EACH, from your first meeting with us, through care planning, to support in bereavement. Spiritual care is for everyone of all abilities – children of any age or background, families, staff and volunteers.

Whether you follow a faith, have your own beliefs or just need someone to talk to, our spiritual care team is here for you.

We have volunteers from different faiths, life views and traditions, who can offer:

- Listening.
- Rituals and prayers in your tradition.
- Blessings.
- Quiet spaces for reflection, prayer or peaceful time together.

We can also help you contact your own faith leader or community if you wish. We respect all cultures, beliefs and traditions and will work with you to help you find the right way to express and explore what matters to you most.

The Haven

All of our hospices have their own space where children, young people, families and staff can take a moment of quiet and reflection when needed.

The Haven is equipped with items to support prayer and meditation for key world religions as well as opportunities to creatively express hopes, fears and wishes. You are very welcome to use this space.

If you would like to talk to someone about spiritual care, please ask any member of staff or contact your local hospice team.

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