



CENTRE FOR
PAEDIATRIC
SPIRITUAL CARE

NEWSLETTER

April 2017

This month our newsletter features spiritual care work that other organisations have done. Thank you to everyone who responded with your stories, it's great to hear the work that's going on!

Rainbows Hospice for Children and Young People—submitted by Leon Dundas (Spiritual Support Worker)

- ◆ Because play is such an amazing spiritual encounter, we did a session making coconut cakes with a group of our young people. As Spiritual Support Worker it was fascinating to see our Care Team Members squeeze every ounce of value out of the encounter: touching coconut shell, bits of the broken shell becoming “a funky hat” or “Abraham Lincoln’s beard”, tasting the coconut water, helping with grating and feeling the grated coconut, stirring and smelling as it cooked and then the big hurrah, eating the finished product. All the way through there was much giggling and conversation about amazing tastes not often experienced.
- ◆ Rainbows Family Fun Days and Music Festivals are for our children, young people and their families to share laughter, make memories and just be together in a setting where the beeping or whirring sounds of C-pap or suction machines etc. don't draw attention. There is always a lot of energy around the creative pieces and the competitiveness yet affirmation of the judging process. In 2016 families did a “Decorate a cake session” giving a chance to talk about the highs and lows of their journey through illness and loss.
- ◆ [“Oscar and the Lady in Pink”](#) (Eric-Emmanuel Schmitt, 2002) was recommended to me. It is an impactful collection of letters addressed to God about life as a little boy hospitalized with a serious illness. Easy to read and hard to put down, it covers issues like why adults go deaf when the word death is mentioned, thinking about getting married and why the most serious questions have answers which begin with ‘maybe’.

Donna Louise Children’s Hospice - submitted by Jayne Dono (Communications Officer)



With space at the hospice being limited we needed to be resourceful to find a “quiet reflective space” within our busy and lively environment.

We decided to have a spiritual care display board in the corridor leading from our play room and we have used the display board to help us learn about the festivals that other faiths and cultures celebrate. We try to make the display interactive not just for our children, young people and families but for all of our staff and volunteers as well, and we consider if there is something from these festivals that we can apply to our own lives to help us think about our spiritual needs.

As an example, Chinese New Year gave us the chance to make our own dancing dragon and feather filled Rooster which the children decorated. We used this festival to think about “Good Fortune” and that sometimes it can be hard to feel fortunate, but if we think about the things that make us smile, we can focus on them. We wrote these on our fortune cookies and added them to our Donna Louise fortune cookie jar!

Although we may only spend a couple of reflective minutes in front of our spiritual care board they are valuable minutes and by giving everyone at The Donna Louise the opportunity to contribute to the display, we show value in each other's feelings, beliefs and customs, which can only strengthen our Donna Louise Hospice Family.



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Susy Insley - Chaplaincy Youth Worker at Queen's Medical Centre, Nottingham

Susy met Lucy in hospital, who said she had a faith but found it hard to pray in hospital: "As Lucy enjoyed art and craft I suggested that she might want to paint or draw a picture that was a reflection of her thoughts, worries and hopes and then offer it as a prayer to God. Lucy loved this idea and drew a beautiful tree surrounded by flowers; each flower represented something or someone that she wanted to give to God. As I talked with Lucy about her drawing and its significance for her I was able to see that this new expression of prayer had enabled her to practice her faith in a new way"

Blog

In the first of two posts, Kate Fox Robinson introduces her research for her Masters dissertation at the University of Manchester on 'Ensuring meaningful spiritual care for children and young people with complex needs and their families throughout palliative care'. In her research she highlights the importance of spiritual care, particularly with children in palliative care, and identifies ways in which staff can be supported to deliver this care.

You can read her blog post [here](#).

Activity

Leon Dundas, a Spiritual Support worker at Rainbows Hospice for Children and Young People, shares an activity his team organised:

Every year, we use the opportunity of Inter-faith Week to run events aimed at increase the profile of and skill in doing spiritual care across the organisation. This year we did Miniature Spiritual Gardens. The invitation to staff was as follows:

1. Seed trays will be distributed to teams/ groups about a month in advance. (Compost will be available too)
2. In your team / group please make time to discuss and share ideas to create your garden by considering the following questions (and others you think of):
 - a. What does a spiritual garden look like for you?
 - b. What do you hear, see, or feel?
 - c. Think about the following: energy; seasons; centerpiece; inclusion.
3. Please list the words/phrases your team/group has identified, then translate these words onto the garden as creatively as possible



Upcoming dates

4th April—Hindu

Shri Rama Navami

10th April—Jewish

Passover

14th April—Sikh

Vaisakhi

14th April—Christian

Good Friday

16th April—Christian

Easter Sunday

23rd April—Cultural

St George's Day

23rd April—Jewish

Yom HaShoah



As you may have noticed, our email address has changed. It is now bwc.cpssc@nhs.net.



@BCH_CPSC

www.bch.nhs.uk/cpsc

bwc.cpssc@nhs.net