



NEWSLETTER

January 2017

Welcome to the first 2017 CPSC newsletter. Happy new year to all of our readers and we hope you like our new, redesigned newsletter! This month, you can read about our staff support module which took place last year, and we introduce a new resource, our 2017 calendar.

Last year's chaplaincy module was on staff support. Paediatric healthcare is a particularly challenging area to work in, and spiritual care practitioners will often have a role in their organisation in caring for staff as well as for patients. This is why the chaplaincy team decided to run this module.

The module covered many different kinds of support for staff, both for individuals and for groups, including mentoring, coaching, counselling and giving advice. Participants had the opportunity to practice supporting each other. A particular highlight of the course was carrying out a random act of kindness by giving out chocolates to staff on the wards.

An example of one of the techniques discussed on the course is the idea of marker posts and shelters. This involves considering what things in your life offer you shelter, and what things act as markers and guide you through your life. This is useful both to use with staff, and also for each individual to think about what is important to them. The picture below can act as a visual aid for this exercise.

The next module is on Paediatric Chaplaincy. If you are interested you can find more information [here](#).



Updates

This month, we have launched a 2017 multi-faith and cultural events calendar. This shows the dates of festivals and other cultural events occurring over the year. Where dates are highlighted in blue, click and find out more information about the event!

While this is by no means a comprehensive list of every festival that will be occurring over the year, we hope that it will be a useful guide for those of you working in multicultural environments.



CENTRE FOR PAEDIATRIC SPIRITUAL CARE

Blog

This month, you can read more about our staff support module and hear from one of the participants about her experience of taking part in the module.

You can read this and all previous CPSC blog posts [here](#).

Paediatric Chaplaincy Module Birmingham Children's Hospital

Monday 20 February, Thursday 23 March, Thursday 18 May and
Wednesday 14 June Cost: £300 (£250)

This accredited module is based around the recently researched distinctives of paediatric chaplaincy. It is designed to give chaplains and chaplaincy volunteers (in hospitals, hospices and community) the knowledge, skills, values and understanding they need in paediatric chaplaincy.

For more details, please email paul.nash@bch.nhs.uk

For a booking form, please email g.benson@stjohns-nottm.ac.uk

Featured Article

[Holland, J. and Neimeyer, R. \(2005\) Reducing the risk of burnout in end-of-life care setting: The role of daily spiritual experiences and training. *Palliative and Supportive Care* 3\(3\):173-81.](#)

Individuals in the helping professions are subject to unique stressors that may lead to burnout, and research has shown that those who work with dying or bereaved individuals might be particularly at-risk. This study explores how factors such as spirituality and level of training might buffer the stress of working with terminally ill clients and their families. A total of 80 medical and mental health practitioners attending palliative care seminars were surveyed, with each completing validated measures of daily spiritual experiences and caregiver burnout. Findings indicate that daily spiritual experiences might mitigate physical, cognitive, and emotional forms of burnout in the workplace. In addition, a negative correlation was found between the amount of end-of-life training received and burnout in the physical and cognitive domains.

Upcoming dates

Multi-faith and Cultural
Festivals

5th January-Sikh

Birthday of Guru Gobind
Singh

14th January-Hindu

Makar Sankranti

15th January-Cultural

World Religion Day

27th January-Cultural

Holocaust Memorial Day

28th January-Cultural

Chinese New Year

Call for Contributions

Do you have an example of a unique way of providing spiritual care to sick children? What about an activity that you have developed, or a resource that helps you in your work?

We are looking to put together a newsletter showcasing the work of our readers, and we would love to hear from you with any examples of your work! If you are interested, please contact us using the details below.



www.bch.nhs.uk/cpsc



@BCH_CPSC



bch-tr.cpsc@nhs.net