



CENTRE FOR
PAEDIATRIC
SPIRITUAL CARE

NEWSLETTER

July 2017

The Birmingham Children's Hospital Chaplaincy team has recently initiated the *Lifting Spirits: Making Art for Wellbeing* project at Parkview Clinic, a mental health inpatient site for young people up to the age of 18. We aim to work with the young people on the ward to create colourful and engaging pieces of art, both as a therapeutic spiritual care activity and to brighten up the ward environment.

The project is being led by Rev Kathryn Darby, who is working with artist Rev Karen Webber. Each activity will be done in blocks of a few weeks. The first activity has recently been completed. Staff and young people who wanted to take part were each invited to take a blank square of cardboard to decorate with coloured paper and other materials, which had been separated into boxes of different colours.

These decorations were ordinary materials made up of different shades and textures, for example tissue paper, sweet wrappers, pictures from magazines or decorative paper. The theme of reusing these everyday items to make something beautiful can speak about resilience, and building with what we have, in terms of our emotional and mental wellbeing.

The cardboard was covered in PVA glue and then could be arranged to create colourful abstract patterns, and covered in glue again. Participants could stick to using different shades of one colour, or incorporate various colours into their design. Once dried, these tiles were flattened out (as they tend to curl at the edges due to the glue) and arranged together to create a vibrant colourful display.



We are looking forward to the next activity!

Kathryn and some of the other members of the chaplaincy team will be doing a sponsored bike ride to raise some funds for this project, you can find out more [here](#).



Last month the Chaplaincy team were asked to bless some new ambulances given to the KIDS and Newborn Transport Service. The multi-faith blessing included prayers from our Christian, Muslim and Hindu chaplains, a hymn and a special 'bubble blessing', where staff, patients and visitors were invited to bless the ambulances by blowing bubbles on them, instead of the more traditional blessing with water!



CENTRE FOR PAEDIATRIC SPIRITUAL CARE

Blog Posts

Eid-al-Fitr was on 25th June this year. It is one of the most important events in the Muslim calendar and marks the end of Ramadan. In this month's blog, you can find out about how Eid was celebrated at Forget-Me-Not Children's Hospice in West Yorkshire. The team there organised a fun day of activities for families who use the hospices services, including music, food and art activities.

You can read all about how they organised the event and the range of activities on offer [here](#).



Birmingham Children's Hospital also celebrated Eid and its spirit of generosity with staff and patients at the hospital by giving out a gift of a fruit basket to each ward.

Upcoming dates

[Multi-Faith and Cultural Festivals](#)

6th August—Raksha Bandhan
Hindu

15th August—Janmashtami
Hindu

[Paediatric Spiritual Care Activities Day](#)

27th September 2017
10am-4pm

Birmingham Children's Hospital

Find out more about the spiritual care activities offered by Birmingham Children's Hospital's multi-faith chaplaincy team. The day will be spent shadowing members of the team trialling and using spiritual care resources with patients and as appropriate their families.

Cost: £35 (includes a resource bag or £44 to include the book *Spiritual Care with Sick Children and Young People*).

Contact: 0121-333-8526/
p.nash@nhs.net.

Featured Article

Smith, A.P.B and Read, J.E. (2017) *Art, Objects and Beautiful Stories: A "New" Approach to Spiritual Care* *Journal of Pastoral Care and Counselling*, 71(2), pp. 91-97.

<http://journals.sagepub.com/doi/full/10.1177/1542305017703126>

Abstract

The use of story, and the use of art or various arts-based techniques have become popular in a number of helping professions, including spiritual care. There remains a gap in the literature, however, in which an approach comprised of both story and art or objects is explored. This paper addresses this gap by discussing the experience, theory, benefits, and technique of combining story and art or object-based techniques for the provision of spiritual care.