

Centre for Paediatric Spiritual Care Newsletter

Birmingham Children's Hospital NHS Foundation Trust

December 2015



The Centre for Paediatric Spiritual Care is a unique resource for anyone working with sick children and their families.

We aim to support and encourage research and resourcing for multidisciplinary spiritual care.

If you think you could add to our Centre by sending a resource, writing a blog or contributing to our research please contact emma.roberts@bch.nhs.uk

Take a look at our website to see more of our research and resources:

www.bch.nhs.uk/cpsc



@BCH_CPSC

Welcome to the December edition of the Centre for Paediatric Spiritual Care's newsletter. This month, we look at self-care for staff caring for sick children and young people.

As anyone familiar with paediatric healthcare will know, it's not just patients who need to be cared for. Staff working with sick children face some challenging and upsetting situations, and at the CPSC we have some ideas for supporting them.

Self Care Retreat Day

This is a day held focusing not just on giving staff a chance to relax but also giving them techniques to continually help with their wellbeing. The day was loosely structured to allow participants to do what suited them. Activities included:

- Mindfulness techniques
- An awareness walk
- Art activities e.g. colouring and decorating tea light holders



Mindfulness Sessions

We sometimes hold free mindfulness sessions for staff. These are usually around lunchtime and last for half an hour to give staff some time away from their work.

Mindfulness has become increasingly popular, and Mindfulness-Based Cognitive Therapy is recommended by NICE for the treatment of some mental health conditions. There is a free mindfulness podcast available here: <http://www.mentalhealth.org.uk/help-information/podcasts/mindfulness-10-minute/>

Future developments

We hope to be able to do a research project looking at the effectiveness of our staff support, particularly our retreat day.

We are also producing a booklet to help staff think about their own wellbeing, and suggest ways that this can be improved. This idea was inspired by the growing interest from hospital teams in regular support sessions provided by the Chaplaincy department.

We are hoping to make this booklet available for staff outside of our organisation to use, we'll include details about this in future newsletters.

Multi faith Celebrate Project: December dates
Hanukkah—Jewish—6th December (evening start)

Mawlid-un-Nabi (The Prophet Muhammad's Birthday) - Muslim- 23rd December

Christmas—Christian—25th December

Full details about all of these festivals, and ideas for how to celebrate them, are available here: <http://www.bch.nhs.uk/sites/bch/files/december.pdf>

Featured Article

Garnett, M. (2015) Why?: *American Journal of Nursing*, 115(7), 72.

http://journals.lww.com/ajnonline/Fulltext/2015/07000/Why_.37.aspx

A paediatric chaplain reflects on coping with pain after witnessing a difficult death, and how it is possible to honour pain without being destroyed by it.

Website Updates

We have added a sensory box activity to our website, which is all about giving children the opportunity to express their personality. All resources are available to download here:

<http://www.bch.nhs.uk/node/13511>

Blog Posts

Alison Bennett from Acorn's Children's Hospice has described a Spiritual Care Week, a week of activities particularly aimed at children who are non-verbal and profoundly disabled, and their families.



Kathryn Darby, a Chaplain at Birmingham Children's Hospital, has written about the mindfulness sessions that the Chaplaincy Department runs for staff, including a suggestion of a short mindfulness exercise.

All blog posts are available to read in full here:

<http://www.bch.nhs.uk/story/centre-paediatric-spiritual-care-blog>

Useful new resources:

The Woolf Institute has produced a useful report called **Bridging the Gap: Strengthening the relationship between hospices and Muslims of Britain**, commissioned by Together for Short Lives and Hospice UK. It contains information relevant to those working with Muslim children in a hospice environment.

The Healthcare Chaplaincy Network's Magazine **Caring for the Human Spirit** has a special section on paediatrics this issue, including an article by members of the CSPC team.

Links to both of these resources are available here: <http://www.bch.nhs.uk/node/13511>

Upcoming events (Email paul.nash@bch.nhs.uk for full details)

Participation day – see the CPSC approach to spiritual care

23rd February 2016. Cost: £35 (including resource bag)

Multidisciplinary Spiritual Care Accredited Module

15 March 2016, 27 April 2016, 18 May 2016 and 16 June 2016.
Cost: £300.