

st michael's hospice

Nature **God**
Relationships **Spirit** **Quiet** **Poems** **Faith**
Stories **Colour**
Ethics **Beliefs**

Spiritual Support

Available for you whatever your experience
and understanding of life

SPIRITUAL SUPPORT

Spirituality will mean different things to different people, there is not one understanding, it is as individual as you are. However you find meaning, the Spiritual Support team can support you in exploring your own sense of self.

"I hadn't realised how much sharing the story of my life with someone who was just able to listen, really helped me. It gave me space to think things through and express my feelings." Patient

Who are the Spiritual Support team?

The Spiritual Support team is made up of our full time spiritual support lead alongside trained volunteers. The team is experienced in supporting people and their families as they approach end of life.

You and your family may...

- Have questions and concerns affecting your sense of comfort and wellbeing
- Have questions about your illness, questions about the meaning and purpose of your life, what is important to you, or hopes and concerns relating to family and friends
- Want to tell your story, sharing significant things about your life. This could be captured either written down or recorded
- Want help to think about your funeral or life celebration service
- Want to re-explore religious beliefs or share what religion and spirituality means for you
- Want help and support to communicate your wishes and feelings
- Want to get married or renew your vows
- Be feeling a mixture of emotions and want to talk to someone

Your sense of something bigger than yourself and humanity

Your relationships with nature, people and animals

Your personal moral, ethical framework



Your faith and/or spiritual practices

Your rationalist, scientific life view

What gives your life meaning?

- Want someone to pray with you, light a candle, spend time in silent meditation or to read a sacred or significant text/book with you
- Have a desire to be visited by a particular faith or religious leader.

Our Spiritual Support team is available to help you with any of these.

Spaces available to you and your family are...

The gardens

A quiet, natural and living space which you and your family and friends are welcome to use. There are wheelchair accessible paths leading to secluded seating areas and the staff can support you to spend time in the garden. Take your meals outside or just enjoy time relating in nature. Outdoor games are available.

The conservatory, café and reception

A communal space where you can share time away from your room. There is a selection of children's toys and books as well as adult books you are welcome to borrow.

Stop, pause, breathe

Is an area on the ground floor near the Chapel where you can have a change of space, a cup of tea, or time out.



Multi-faith/meditation room

Situated on the ground floor, anyone is welcome to use this room with a selection of sacred texts and other reflective literature; as well as a music docking station, CDs and a prayer mat.

St Augustine's Chapel

The Chapel is open daily and you are welcome to visit alone or attend occasional services. There is a candle station if you wish to light one or have a candle lit for you and a prayer tree. Communion services are held regularly. Communion can also be brought to your room if you are unable to, or do not wish to, attend a chapel service.

Resources you can borrow

Relaxation and audio books on CD, picture, story and poetry books, colouring materials, clay, prayer books, reflective readings, conversation cards which may help with difficult discussions you want to have with family and friends.

Please ask if you are interested in any of our resources or require support to access any of the areas listed above.

To find out more, contact the Spiritual Support Team Leader on **01424 456363** or spiritualsupport@stmichaelshospice.com.

Where to find St Michael's Hospice



**St Michael's Hospice, 25 Upper Maze Hill, St Leonards on Sea, East Sussex, TN38 0LB
01424 445177**

The Hospice is easily accessible by car, train, bus and on foot. There is a car park at the Hospice, as well as free ample on-street parking on the surrounding streets within a short walking distance.

The nearest train station is St Leonards Warrior Square, which is approximately 12 minutes away on foot. The nearest bus stops are on Upper Maze Hill and Pevensey Road. Alternatively buses stop on London Road which is 10-15 minutes' walk from the Hospice.

St Michael's Hospice Donation Centre

Unit 1, Queensway Avenue South, Queensway, St Leonards on Sea, East Sussex, TN38 9AG.
01424 728728

We have a number of shops located within the following towns;
Battle, Bexhill on Sea, Hastings, Ore, Rye, Sidley and St Leonards on Sea.



Making a donation

To make a donation, please call **01424 456396** or visit
www.stmichaelsospice.com/donate

