Facilities
The hospice has a spiritual room, the Garden Room, which is open to people of all faiths and none. Here you can reflect, pray, meditate or just sit in peace and quiet. If you need any spiritual or religious resources such as a Bible, Quran, prayer mat or inspirational reading, these are also available. The Spiritual Care Lead or any member of staff will be willing to help.

"Spiritual care at Trinity has been invaluable in helping me to unwrap physically and emotionally."

Kiri, Trinity outpatient

How to contact Trinity
Royal Trinity Hospice
30 Clapham Common North Side
London SW4 0RN
Call: 020 7787 1000
Email: enquiries@royaltrinityhospice.london
www.royaltrinityhospice.london

@trinityhospice
RoyalTrinityHospice
@royaltrinityhospice

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This leaflet provides information about spiritual care, how it may help you with your illness and what services are available for you at Trinity.

What is spiritual care?
At difficult moments in our lives we all need help, support and comfort. Discovering that you have a life-limiting illness is life changing. You may feel confused, angry and unsure about what is happening to you or why. Spiritual care is one way Trinity can help you make sense of, and find meaning out of what is happening.

At Trinity we always remind our patients that they are more than their illness; they are unique individuals who should be treated with dignity and respect. It is this idea that spiritual care seeks to promote and support.

Finding comfort
It can be useful to think about where you find comfort, emotional and spiritual support in your life. Some people find it in nature - walking in the countryside or relaxing in their garden. People may find it in nature, music, art, poetry or reading. Often comfort is found in spending time with a close relative or friend.

Whatever it is that sustains you and gives you hope and comfort, Trinity will strive to ensure it is included in your care.

Faith
Some people find great comfort in their religious faith. This may take the form of community worship, personal prayer or visits to the local pastor, priest, Imam, Rabbi or other religious leaders. Equally, you may find that you want to reconnect to a religious faith that you believed you had lost. Trinity will always respect your beliefs and staff are on hand to talk to you about your particular faith needs.

Spiritual Care at Trinity
Staff at the hospice, both on the inpatient unit and in the community, will include any spiritual or religious needs you have in your care. We also have a Spiritual Care Lead who can support you and your family and friends if that is what you want. We can contact local clergy and faith leaders on your behalf should you wish – just ask a member of staff at Trinity.

We also have a group of Spiritual Care Volunteers who offer a listening ear and support if and when you need it.

The team also works with interpreters to ensure that every patient and their loved ones can access the support they need, regardless of their language and/or communication needs.