



Spiritual care is an integral part of the healthcare approach to caring for the whole person.

The Spiritual Care team consists of a part-time Spiritual Care Lead chaplain and trained volunteers who provide spiritual and pastoral care and a listening ear for anyone, whether you have a faith or not.

Spiritual care in Health and Social Care does not have a religious focus and does not impose on anyone.

**“We are not human beings having a spiritual experience, We are spiritual beings having a human experience”**

*(Teilhard de Chardin)*

## How can we support you?

- In a sensitive, non-judgemental and confidential way.
- By listening we can be with you for however long you or a loved-one need us.
- Provide comfort and meaning at a difficult or worrying time.
- Be a hopeful presence and help ease anxiety in a clinical setting.

With your consent we can also:

- Talk to staff / relatives on your behalf if talking is difficult for you.
- Read the Holy Books / Pray / offer communion in the sanctuary.
- Arrange for your minister/faith leader to make contact if you feel this might help.

## What is the Sanctuary and where will I find it?

- You will find the Sanctuary open on the lower floor of the Gilbert Bain Hospital along from Pharmacy (where patient travel used to be) Follow signs along the corridor from Main Reception and Accident & Emergency.
- It is a multi-faith space open 24/7 for anyone to find calm, peace and quiet.
- You do not need to be an in-patient to use this space.
- The Sanctuary has comfortable seating for adults and children and there are some soft toys.
- There are areas just for sitting quietly and spaces for meditation and prayer.
- You are welcome to use the space whenever you wish.

## How do I access spiritual care support ?

Please ask if you would like to see someone from the spiritual care team.

We can be contacted via e mail or via Main Reception at the Gilbert Bain Hospital.

We are also available for your family, friends and carers if they might benefit from talking to someone.

Main Reception and Ward staff know easily how to make contact with Spiritual Care. (They are happy to do so)

Come and find the quiet centre in the crowded life we lead, find the room for hope to enter, find the space where we are freed: clear the chaos and the clutter, clear our eyes that we can see all the things that really matter, be at peace and simply be.

*Shirley Erena Murray (b.1931)*



## Shetland Islands Health and Social Care Partnership



## Spiritual Care in Shetland Health and Social Care



Spiritual Care Services  
Unit Offices, 3rd Floor  
South Road  
Lerwick  
Shetland  
ZE1 0TB  
**Spiritual Care Lead Chaplain:  
Neil Brice, (neil.brice@nhs.scot)  
01595 743000**  
**Contact also at main reception**

