Spiritual Health Care Team

Bereavement guide
Please accept our condolences on your loss.

When someone dies, it can be a very difficult time. This leaflet is written as a guide for spouses, partners, children, relatives and friends who have experienced a recent loss.

There are many practical things that will need to be done, for example, registering the death and finding a funeral director. At Guy’s and St Thomas’ Hospitals there are people who can help you through this process. This leaflet explains the role of the Spiritual Health Care Team and how we might support you at this time.

The Spiritual Health Care Team
We work together to give spiritual care and support to families and friends of all faiths, including people who do not have a particular faith or belief.

We have representatives within our team from Buddhism, Christianity (including Church of England, Pentecostal and Roman Catholic), Hinduism, Humanism, Judaism, Islam and Sikhism. We have community contacts for people from other faith and belief communities.

We would like to offer support in any way we can while you have contact with the hospital.
Funerals and memorials

Please contact us if you would like:

- prayer or support while you view your loved one in the hospital mortuary. Please contact us for an appointment
- a chaplain to give you support and advice about making arrangements for a funeral
- to discuss specific religious/cultural needs, such as a Muslim or Jewish burial
- your loved one’s name to be added to our Memorial Book in St Thomas’ Chapel
- advice on how you can attend a Hospital Memorial Service at a future date
- to dedicate something in memory of your loved one at the hospital
- religious, non-religious or spiritual support in your bereavement

How else can we help you?

We are a multi-faith and belief team offering help and support to relatives, friends and carers of those who die in our hospitals or when we are caring for you in the community. We offer a listening ear, as well as helping in any way that we can. We can give practical information about local faith and belief representatives, and making funeral arrangements. The Bereavement Centre can put you in touch with us, or you can contact us directly,

\textbf{t:} 020 7188 5588 or \textbf{e:} chaplains@gstt.nhs.uk.
Words of comfort and consolation

Let us treasure our joys but not bewail our sorrows. The glory of light cannot exist without its shadows.

Sir Winston Churchill

Nothing in life is to be feared. It is only to be understood.

Marie Curie

Learn from yesterday, live for today, hope for tomorrow.

Albert Einstein

Jesus said to his disciples, ‘Do not let your hearts be troubled. Believe in God, believe also in me. In my Father’s house there are many dwelling places.’

John 14:1-6

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Psalm 23:4

Impermanent are all created things. Strive on with awareness.

The Buddha

Every person (nafs) shall taste of death; and We try you with evil and good for a testing, then unto Us you shall be returned.

Qur’an 21:35-6

Jeevan maran sukh ho jinhaa gur paa-i-a: In life and in death peace resides with those who attain their Guru.

Sri Guru Granth Sahib: 369
Please let us know if you would like any resources such as a Bible, cross, Qur’an, prayer beads//rosaries, or any other appropriate resource for spiritual or religious needs. We will do our very best to help as far as possible.

There is always someone available during the daytime if you would like support, information or someone to pray or talk with you.

You may feel you would like to continue receiving spiritual support after you have completed the arrangements following your loved one’s death. Please ask if you would like to know about bereavement support groups in your neighbourhood, or if you would like us to put you in touch with a local faith or belief community.

**Sacred spaces**
You are very welcome to visit our chapels or prayer rooms if you would like a quiet place for reflection or prayer.

There are prayer resources and Holy books in the chapels/prayer rooms at both St Thomas’ and Guy’s Hospitals.
At St Thomas’ Hospital
Chapel
1st floor, South Wing, above Central Hall
There are a prayer request book, Bibles and a votive candle stand (electric) for your prayers.

Multi-faith/belief prayer room with washing facilities
Ground Floor, South Wing. Open daily.

Services at St Thomas’ Chapel
Holy Communion (Anglican: all welcome) - Wednesday 12.15pm
Roman Catholic Mass - Sunday 4.30pm
Special services as advertised.

At Guy’s Hospital
Guy’s Chapel
King’s College Campus, St Thomas Street – Science Gallery site (KCLSU) (open Monday to Friday). There are candles and prayer request cards for you to offer your own prayers.

Multi-faith/belief prayer room with washing facilities
Ground Floor, Tower Wing. Open Monday to Saturday.

If the Chapel or prayer rooms are closed, please go to the main hospital reception desk and ask for assistance.
Contact us
If you have any questions or concerns that you would like to speak to us about, please feel free to contact us on **t:** 020 7188 5588 or **e:** chaplains@gstt.nhs.uk.

If leaving a message, please remember to include your name and a contact number.

The departments of Spiritual Health Care are located at:
**St Thomas’ Hospital**
Chaplaincy Office, 1st Floor, South Wing, adjacent to Chapel.

**Guy’s Hospital**
Chaplaincy Office, 3rd Floor, Bermondsey Wing (Tower Link).

Further sources of information
**Bereavement Centre**
**t:** 020 7188 3198 or 020 7188 3182

**Pharmacy Medicines Helpline**
If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.
**t:** 020 7188 8748, Monday to Friday, 9am-5pm
Your comments and concerns
For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS)  e: pals@gstt.nhs.uk
t: 020 7188 3514 (complaints)
e: complaints2@gstt.nhs.uk

Language and accessible support services
If you need an interpreter or information about your care in a different language or format, please get in touch.

t: 020 7188 8815
e: languagesupport@gstt.nhs.uk

NHS 111
Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS website
Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.
w: www.nhs.uk