

What brings meaning to your life?

Music Nature Faith
Hope Relationships
Creativity Love Art

When we have to deal with major changes in our lives, like illness or loss, we can find ourselves asking questions such as:

- Why is life so hard?
- What's the point of living?
- Does any of this make sense?
- How can I find hope?

Searching for answers can put us in touch with our deepest human needs. Talking with someone else such as family and friends can help us find meaning, comfort and hope. Sometimes it may be helpful to talk to someone who is not as close to you. Rowcroft staff are here to offer you support for your spirit as well as your mind and body.



Spirituality is difficult to define as it's about who we are and what we do with our lives; how we give and receive love, our deepest longings, our joy and sadness, our friendships and loneliness, our fears, our beliefs and disbeliefs. It is what makes us who we are.

Many link spirituality with religion, a personal faith or belief in a God. For others spirituality is found through their life values and principles, or through music, art or a deep connection with nature and our human relationships.





Questions you might ask yourself:

- What's important / meaningful to you in life?
- When did you feel most alive?
- What makes you smile?
- What do you enjoy?
- What makes you sad?
- What are your hopes?
- Are you afraid?
- Are there particular things you'd like to say to your family?

Spiritual care is about supporting people with the challenges that come with illness. We are here to support you with this aspect of your care if it's your wish to discuss it further.

Alongside our doctors and nurses, you may choose to explore this further with our social workers, art therapist, music therapist, complementary therapists and our chaplaincy team.

As part of our multidisciplinary team the chaplain shares in the spiritual care of our patients and families and is available for those with faith or none.

If you require this information in an alternative format please call 01803 210800