



Sussex Partnership
NHS Foundation Trust



Your beliefs and culture

Meeting your spiritual
or religious needs

About this leaflet

This leaflet is intended for everyone who comes to Sussex Partnership NHS Foundation Trust either as a client, a visitor or a member of staff.

At times of illness, faith and spirituality can be vital parts of our recovery and wellbeing. Sussex Partnership Trust has a small Spirituality Team, which is there to support you on your spiritual journey and in your faith.

“Spirituality is what makes us more deeply human” - Jon Kabat Zinn

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Meeting your spiritual or religious needs

- Do you consider yourself religious or spiritual or connected to any particular spiritual tradition or way of life?
- Do you belong to a culture whose practices need recognising in your care?
- Do you have questions about meaning and purpose that you would like to explore?

Everybody who receives mental health or learning disability services from Sussex Partnership NHS Foundation Trust can call on the support of the Spiritual and Religious Care team (Chaplaincy).

This means you can access support whether you are being cared for in hospital or in the community.

Chaplains and Spirituality Advocates will offer support whether you belong to a recognised faith group or not, and regardless of your personal beliefs or lifestyle, gender or sexual orientation.

Our service:

- We are here to help you find meaning and renewed purpose in life
- To help you find new connections to life
- To help you find a framework to understand your experiences
- To help you work through feelings of loss, grief or shame
- To help you find self-acceptance and peace of mind
- To affirm you in your faith and beliefs whatever they are
- To stand by you during your time in our care and services.

Who it is for:

- For people of all faiths and none
- For people who just want someone to talk to
- For people in our inpatient services and in the community
- For service users, staff and carers.

What we do:

- We listen non judgementally
- We provide resources
- We can link you with your faith community
- We can offer or arrange religious prayers, services and sacraments
- We can discuss with you your spiritual needs and make sure they are met within our services
- We seek to ensure you can continue your spiritual practise whilst in our services.

Spirituality is about the search for “Wholeness – Acceptance – Peace – Joy”

Our Spirituality Strategy

Meet the team

Simon Hobbs - Team Leader. Simon looks after the Hellingly Centre and Amberstone

Simon is an Anglican Priest and worked for 28 years in a parish setting. It was his experience of spirituality and mental wellbeing and the interaction between the two that inspired him to work in a mental health trust. Simon has been the Spirituality Team Leader for seven years. He looks after Hellingly and Amberstone Hospitals as well as leading the work of the team. He continues to explore and seek to understand how our spiritual lives contribute to our wellbeing and recovery from mental ill health.



Graham Reeves – looks after the Chichester Centre, Meadowfield and Horsham

Graham is an Anglican Priest and has worked as a Mental Health Chaplain for the Trust since 1998. He is also priest in charge of St Mary's Barnham, and an Oblate of the Order of St Benedict. Graham has written and published on matters of religion and spirituality and contributes to the Dementia MSc course at Sussex University. As part of Sussex Partnership's Spirituality Team, Graham is based in the West of the Trust.



Vicky Martin – looks after Brighton and Hove, Langley Green and Department of Psychiatry, Eastbourne

Vicky is an ordained Baptist Minister and has been with the Trust since 2016. She holds a degree in Theology and is trained in Major Faiths of the World and in counselling skills. Her passion is in helping people to find their purpose for living and bringing hope. She employs a variety of techniques to do this, including 'The Happiness Course' and supporting the Occupational Therapy and ward teams in activities, bringing a unique spiritual viewpoint to them. Vicky also maintains good relationships with local faith groups and charities and runs regular Mental Health Awareness training for them as well as supporting the groups supporting our service leaders.



Julie Pearce – looks after Woodlands Centre and St Raphael Ward, Hastings

Julie works in the Spirituality Team as a Spiritual Support Lead in the Hastings area and enjoys supporting service users to focus on their spiritual needs, and to make links between spiritual health and mental health. Julie has long held the belief that our spiritual needs are a vital component of health and wellbeing. She has a passion for supporting those with both religious and non-religious spiritual needs and likes using the HOPE assessment to find out about what spirituality means to a particular person, and also enjoys having the time to dedicate to simply listening.



How to get in touch with our services

Spiritual and Religious Care Team:

You can contact a member of the Spirituality Team through your care team – please speak to a member of staff or you can email chaplain@sussexpartnership.nhs.uk

Patient Advice & Liaison Service (PALS)

PALS are here to help when you need advice or support, if you have any concerns, or want to tell us what you think about our services.

The team are available Monday to Friday, from 9am to 5pm. If there is no one available to take your call or it is outside of these hours, you can leave a confidential message on our answer machine and you will be contacted as soon as possible.

Tel: 0300 304 2198

Email: pals@sussexpartnership.nhs.uk

Web: www.sussexpartnership.nhs.uk/pals

Post: PALS, Sussex Partnership NHS Foundation Trust, Swandean, Arundel Road, Worthing, West Sussex, BN13 3EP



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