

# Church and Community Seminars



# Spirituality and Well-being

Beautiful March Sunset

A series of seminars on 'Spirituality and Well-being' are being held in Sittingbourne and Canterbury in 2011 / 2012. Facilitated by Hospital Chaplain Pam Beckinsale, the seminars are for clergy, ministry leaders, children's leaders, carers, health professionals, chaplaincy teams and anyone interested in the connection between and implications of spirituality and well-being, from all faiths and none.

*Do you care for others professionally, or as a volunteer, family member or friend?*

*Would you like to know what 'spiritual needs' are expressed in various circumstances?*

*Do you have experience you can share with others?*

*Did you know that research shows that the way your spirituality is expressed can contribute to your healing and well-being?*

*Did you realise that to say 'Isn't that a marvellous sunset!' is as much an expression of your spirituality as asking 'How do I pray?'*

# Church and Community Seminars

## Spirituality and Well-being Seminars

It is recommended that Seminars 1 & 2 are attended first and that Seminar 3 precedes Seminar 4.

*See application form for information about venue, dates, times and costs.*

### **1. Being human**

Looking at ours and others' humanity, respect, behaviour, rights and responsibilities, conveying 'bad news'.

### **2. Spirituals needs**

Looking at spirituality. Spiritual needs of self, carers, patients/residents & their visitors. Well-being. Happiness. When and how to refer to a chaplain/minister.

### **3. Grieving: loss through death**

Inner needs and feelings during grieving. Knowing when grieving needs help from others.

### **4. Grieving: other losses**

Losses of various kinds and the inner needs and feelings expressed as a result. Coping with loss. Gains from our losses. Hope.

### **5. Children's spirituality and me**

Children access their spirituality more easily than most adults. By looking at their spirituality, we see the child within us. What does that child say to you today?

### **6. Spirituality and well-being of those with disabilities**

The old adage of 'Does he take sugar?' Who are those who have disabilities, is it 'them' or 'us'? Challenging conceptions. Spirituality and well-being in this context.

### **7. Mental health: spirituality and well-being of all concerned**

Video: 'With a little help from my friends' used to help our understanding of mental illness and how it is experienced. Mysticism. Exorcism. Religious faith & M Health.

### **8. Spirituality and well-being of older people**

Does spirituality change with age? Well-being including for people with dementia & for those who look after them. Spirituality groups. What maturity gives to others.

### **9. – 12. Multi-faith aspects of spirituality and well-being**

Understanding respectfully and with dignity our neighbour, family member, colleague or client, who comes from a different faith community or of no faith.

### **Facilitator:**

Rev'd Pam Beckinsale – has been a Hospital Chaplain since 1996. She will work in collaboration with Rev'd Ronni Lamont, writer and trainer on Children's Spirituality for Seminar 5, and with other faith leaders for Seminars 9-12.

*Additional Seminarians meetings will be held in between groups of seminars.  
An Oasis Day will be held in June each year.*

## **About the Spirituality and Well-being Seminars**

Seminars 1 - 4, & 7 have been running since 2001, the others are new from 2011:

- The seminars were originally run for NHS staff and more recently for a variety of people in the community
- They use a broad definition of spirituality, not just religious aspects
- The seminars use some material which may be suitable for NVQs
- Learning is by sharing our experiences, feelings and expertise, but respecting confidentiality and one another
- The seminars aim to clarify the connection between and implications of spirituality and well-being in a variety of circumstances
- The seminars help professional staff in the NHS and private sector to respond to the dignity, religious and spiritual needs as highlighted in and by The Government's 'Care Quality Commission' and 'Dementia Strategy'

## **Who are the seminars for?**

- People of all faiths and none
- Ministers, lay leaders, pastoral or children's ministry, & chaplaincy teams
- Those visiting or working in hospitals, nursing/residential homes, hospices, homeless hostels, prisons, in a professional or voluntary capacity
- Other interested professionals and individuals
- Those caring professionally in the community or those in their own home
- The Grieving Seminars 3 & 4 are not really suitable for anyone having had a recent significant bereavement or crisis

Previous participants have come from: Church of England churches and other Christian denominations; hospices; prisons; homeless shelters; nursing and residential homes; NHS – primary and acute hospitals, nursing & management, general & mental health, GPs and their surgeries; Chaplaincy; holistic therapies; and the police. Individuals with a personal interest have also attended.

## What people found most helpful about previous seminars:

*'Exploring the 'non-religious' aspects of spirituality.'*

*'Dealing with awareness of self and how to relate to others in difficult situations.'*

*'Sharing with others.'*

*'Practical descriptions of ministry and the role of the chaplain.'*

*'The video clips of people with mental health problems, describing how it feels from their viewpoint.'*

*'The booklet and discussion afterwards, hearing others' experiences.'*

*'Having time to explore feelings.'*

*'Discussion with others.'*

*'Hearing other people's experience of loss and how they coped.'*

## Recent seminars:

*'Thought ice breaker [Seminar 1] was excellent. Music was just right. Good space given to people to contribute.'*

*'I enjoyed the seminar and learned from the way Pam led the morning. She has a very gentle unobtrusive style of leadership.'*

*'Find music at beginning very calming and centring. Good rapport developing in group.' [Seminar 2]*

This leaflet and the accompanying application form may be photocopied.