

## **Eden Valley Hospice – Spiritual Care**

Eden Valley Hospice offers an inclusive approach to Spiritual Care which recognises that whilst not all people are religious, every person is spiritual. Coming to terms with terminal illness and dying raises many questions and concerns, as well as fears about life and death. These are natural symptoms for patients as well as their families and their friends. Provision is made within this hospice to offer spiritual care and counselling alongside emotional and social support.



The Eden Valley Hospice recognises that hospice care is holistic in its approach as it seeks to attend to the total care of each individual in terms of body, mind and spirit as well as their needs in the wider community. The hospice is a safe place to talk about and make preparations for death and dying and where death is regarded as a normal part of life and living. Spiritual Care addresses fears and anxiety, and promotes quality of life.

The Eden Valley Hospice employs a Spiritual Care Co-ordinator who is part of the Family Support Team. With a growing number of spiritual care volunteers and alongside the nursing staff, spiritual care gives space for patients, families and friends to voice their concerns, to talk freely about sickness, death and dying and to have the opportunity for all to prepare inwardly as well as outwardly for the end of life. The Spiritual Care Team is willing to assist with funeral planning, or services of memorial and thanksgiving. This can be especially comforting for those with no contact with a church or religious group.

The Spiritual Care Team offers support for all, irrespective of religious affiliation. All Christian denominations are covered within the team. The Spiritual Care Co-ordinator works with other faith groups to ensure that provision is made whenever or wherever this is required. The Spiritual Care Team also offers non-religious approaches for those wishing to spend time in relaxation and meditation. The Hospice Chapel is offered to all as a “Quiet Place” for stillness, peace, prayer and meditation. There is always the opportunity to light a candle, or to leave a prayer or a thought in the messages book or on the “Tree of Life”. A time of quiet and reflection is held every day when the messages for the whole week are read. There is also provision for communion, laying on of hands and the anointing with oil.



*The Revd Anton Muller MA, Spiritual Care Co-ordinator is an Anglican Minister who works across the Christian denominations and faith communities. He is also a part time lecturer in Ministry at the University of Cumbria. In particular Anton is developing a course on spiritual care at the end of life. You are welcome to contact him to discuss any aspect of spiritual care.*

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