

# YOUR PARISH NURSE - A FREE SERVICE IN CROXLEY GREEN

Holistic Wellbeing = Physical + Emotional + Spiritual Care

We all understand what it means to care for our 'physical selves' and our need to look after our 'emotional wellbeing'. But what about caring for our 'spiritual' selves, what does that even mean and why is it important?

Questions we might like to ask ourselves:

- What/who is important to me?
- Am I satisfied with my life or do I feel that there is something missing?
- Do I feel at peace with myself and others?
- Is there someone/something I believe and trust in?
- Who might I talk to about my fears and worries?
- How do I relate to others?
- Where is there meaning and value in my life?
- Do I have questions about 'life, the universe and everything'!?

Spiritual care addresses how these aspects might impact upon our sense of wellbeing. In spending time exploring these questions, we give ourselves the opportunities to achieve a better quality of life. Parish Nurses have time for this type of conversation.

## Parish Nurses are able to:

- offer a confidential\* space for conversation;
- promote health by encouraging everyone (whether they have a faith or not) towards healthy lifestyles;
- visit and spend time listening to people, giving informed reassurance where necessary;
- liaise with GP surgeries and staff (where consent is given to do so); help people to understand their medications/treatments;
- signpost towards appropriate agencies/support groups.

And yes, we will pray with someone if we are asked to do so

- **Parish Nurses do not:** preach or convert, charge for their services, put pressure on anyone to change their religion or join a particular church; give medical treatments or direct nursing care (e.g dressings, injections); replace NHS or other health services.

\*We will only share with statutory agencies if we believe someone to be at risk of harm.

**CROXLEY PARISH NURSE**  
Churches *in*  
**CROXLEY GREEN CIO**

Registered Charity Number: 1179287 | A member of:

 Parish Nursing  
Ministries UK

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