

Health & Belief in Dialogue

Health & Belief during bereavement.

NHS Fife Board approved its first Spiritual Care Strategy in November 2004. Following the revision of the strategy in 2010 and developments within service redesign, the Spiritual Care Forum was established to engage with local faith communities on shared matters of interest.

Through 'Health & Belief in Dialogue' the Spiritual Care Forum aims to build on the work already in progress by engaging with a diversity of perspectives to explore common areas of interest and concern.

Participants found previous events positive, constructive and informative:

"a very interesting and informative meeting exploring our common Celtic heritage..."

"We enjoyed the informality of the meeting which was both informative, helpful and stimulating..."



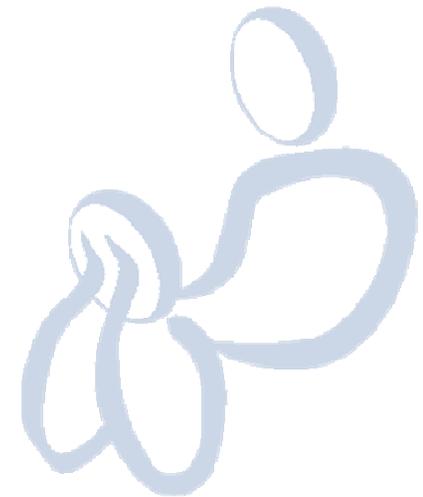
Thursday 14 March 2013
at 2pm, The Main Hall, Lynebank Hospital

Everyone will experience bereavement at some point in their life. How we react to grief and the time it takes to grieve is different for each person. Bereavement involves many different feelings. These feelings take time to work through and the process can not be hurried. Gradually as time passes the pain of loss normally diminishes.

For some individuals however, an illness or an admission to hospital may trigger thoughts and feelings about the losses they have experienced in their lives. This can re-awaken the strong emotions associated with the death or the loss all over again.

Grief can raise many feelings and emotions, some of which may be quite frightening. Belief Communities can be an important source of support and help to the bereaved and often provide someone who the bereaved can talk to about the feelings associated with grief.

Listening to the person's stories, their thoughts, memories, fears and doubts are some of the most important ways we can support the bereaved.



This meeting will provide a forum for belief groups to discuss and share the various sources of support available for the Bereaved within Fife.

For further information and booking form contact Theresa Rodigan on 01592 648153 or email theresa.rodigan1@nhs.net