

## Support for Carers

Support for carers is available from the Pastoral Care team. It may take the form of brief respite when a Pastoral Care team member visits a client. It may be a phone call or a meeting outside the home. We understand that carers are often stretched, tired and grieving as they journey with their loved one.

## Carer Support Groups

Carer Support Groups are regularly held at most HammondCare locations. These groups aim to provide emotional support and education for caregivers. The groups often meet over coffee or afternoon tea. They are a valuable source of emotional and practical support as current and former carers come together to share their experiences.

### **Philippians 4:6**

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

### **Psalms 46:1**

*God is our refuge and strength, an ever-present help in trouble.*

### **Matthew 6:25-27**

*Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?*

### **Isaiah 46:3-4**

*Listen to me, O house of Jacob, all the remnant of the house of Israel, you whom I have upheld since your birth, and have carried since you were born. Even to your old age and grey hairs I am He, I am He who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.*

### **Prayer**


*Lord, we bring to you all we are and all whom we shall meet today. May we recognise your image in others and in ourselves.*

*We give you thanks, Father, that you are always present in all things, each day and each night. Into your loving hands, Father, we place all who are dear to us and all whom we have met today – surround them with your love.*

*Into your hands we place all who are hurting, lonely, sad or anxious – surround them with your peace. May everyone be cherished from the cradle to the grave. Watch over them and watch over us. Help us hear your voice of love and grace, and breathe into us your Spirit, through Jesus Christ our Lord, Amen.*

# Pastoral Care Caring for people is our passion

## HammondCare At Home



**Practising regular self-care is key to your wellbeing as a caregiver.**

**It is okay to take some time to ensure you're at your optimum – mentally, physically and emotionally.**

**The Pastoral Care team is always available if you need to chat.**

Our Pastoral Care team provides care and support for clients and their families in line with HammondCare's mission and motivation.

**Pastoral Care: support through life's journey.**

At HammondCare we believe that providing excellent care comes from knowing and understanding you as a whole person, and tailoring our care to suit your needs. This is especially true for our Pastoral Care service.

The Pastoral Care team at HammondCare is focussed on the emotional and spiritual well-being of clients and their families and friends, as they navigate complex health needs.

**We understand illness can affect not just physical wellbeing but emotional and spiritual wellbeing also.**

Spiritual care gives a person time and space to make sense of what is happening in their life. It is about attentive listening, helping people with questions they are seeking to answer concerning their lives and circumstances. Some key questions which help focus this search for meaning and hope are:

Who am I? Where do I come from? Where am I going? Why?

**Supporting personal faith.**

The Pastoral Care team are very happy to pray and read the Bible with those for whom this is important. Music and singing may be used pastorally to aid reminiscence and to nurture the whole person. The team are also able to contact religious leaders of other faiths to visit with clients.

**We are happy to listen and explore the things that really matter to you.**

The Pastoral Care team can visit your home. They can also be contacted by speaking to a member of the care team who will refer your request to the Pastoral Care team.