



CENTRE FOR
PAEDIATRIC
SPIRITUAL CARE

NEWSLETTER

NOV/DEC 2020

Where are you Lydie—a book for bereaved siblings?

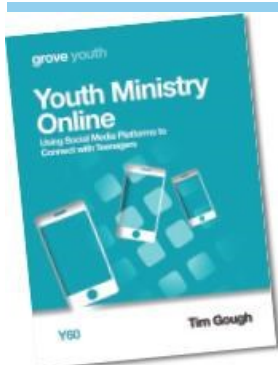
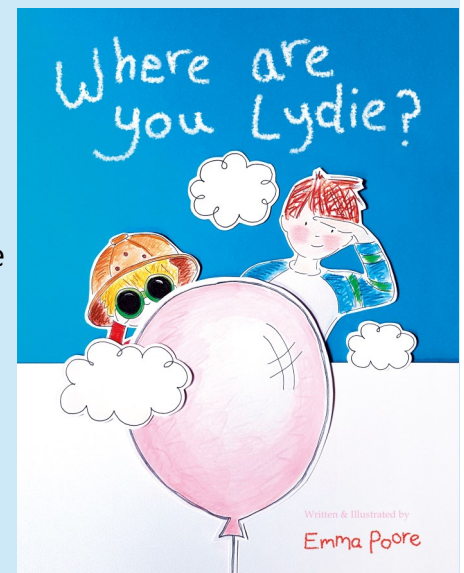
November is National Bereaved Siblings and Child Grief Awareness Month. Emma Poore has written and illustrated "Where are you Lydie?" - a beautiful picture book for young children and families managing the death of a baby or young child.

"In 2010 we left hospital without our daughter and only a handful of baby loss leaflets to hand, as parents we struggled to find anything suitable to read with our 3 year old son George. There were a few books that vaguely touched on "death" but they didn't address the death of a baby. We desperately needed a picture book that might help him and, in turn, us all as a family. George could not understand where Lydie had gone and why. Could he go and see her in a rocket and take her his favourite teddy bear? Was she cold and lonely? Who would look after her?

"Where are you Lydie?" is a facilitative story and guide for young children and their parents to explore death and bereavement together and to start those difficult conversations or explore the questions that may come up after the death of a baby in a safe and inspiring space. Grandparents, Teachers, Caring Support Professionals and friends can also share the story as a platform for exploration too.

Endorsed by Sands – stillbirth and neonatal death charity and recommended by a growing number of bereavement charities and healthcare professionals the book has been well received both here in the UK and internationally.

Emma has written and talked about her family's experience of child grief and sibling loss for The Independent and various other publications and podcasts. To buy a copy of this special book, read more reviews and find out more visit www.emmapoore.co.uk



Social media and young people

If you haven't come across Grove Booklets you may want to check them out, this is the latest one and talks about using a wide range of social media with young people. While that may not always be possible in a healthcare setting it is informative about what is current in that world. Written by a range of experts in the field, this is a booklet aimed at Christian youth workers but with wider application. Costs £3.95 and also available as a download.

<https://grovebooks.co.uk/products/y-60-youth-ministry-online-using-social-media-platforms-to-connect-with-teenagers>



CENTRE FOR PAEDIATRIC SPIRITUAL CARE

Affirming courage

Melchior is one of the most courageous 10-year olds I have met. He has found strength to hold on to hope over many months of a second round of cancer. Before visiting him recently I chose a blue pebble with the word courage on it. Through the window in the door between the ante room and isolation cubicle I showed Melchior the pebble saying I chose it because it reminds me how courageous he is through all the challenges he has faced. I left the pebble in the ante room for mum to collect and give to Melchior (no visitors can enter the cubicle for infection reasons as Melchior’s immunity is suppressed). Mum asked if I could come back to chat later.

On my return Melchior was smiling and holding the courage pebble. He said how much he loved it, loved to feel its smooth cool surface, and hold it in his hand. We talked about courage and courageously taking one step at a time on a long tough journey and how he demonstrated such



courage.

After chatting for half an hour, I prayed through the window (!) with Mum and Melchior, for continuing courage and strength for the way ahead one step by one step. Seeing mum the following week she reiterated how much Melchior loves the pebble and holds it in his hand daily, especially as they pray together.

Who could you give what word to?

Liz Bryson, Honorary Chaplain, BWC

Glass pebbles from www.gillamglass.co.uk

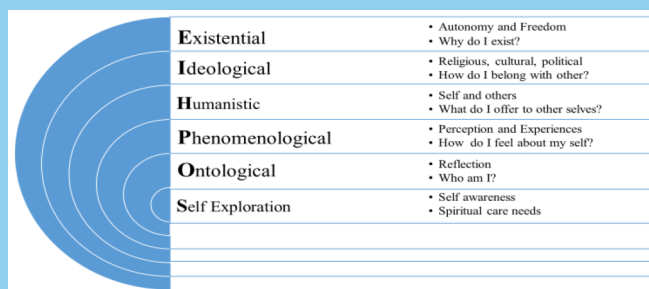
Featured journal article:

Ali, G.; Lalani, N. Approaching Spiritual and Existential Care Needs in Health Education: Applying SOPHIE (Self-Exploration through Ontological, Phenomenological, and Humanistic, Ideological, and Existential Expressions), as Practice Methodology. *Religions* **2020**, *11*, 451.

<https://www.mdpi.com/2077-1444/11/9/451>

Abstract:

Addressing existential and spiritual care needs, often remains a challenge in health education. Spirituality is a subjective human experience that shapes how individuals make meaning, construct knowledge, develop their own sense of reality, and bring personal and social transformation. To inspire health and social students at a London based University; learners were engaged into philosophical reasonings associated with the meaning to care. SOPHIE (Self-exploration through Ontological, Phenomenological and Humanistic, Ideological, and Existential expressions)—a reflective practice tool was applied during in-class activities from June 2019–2020. Using SOPHIE as a tool, students were encouraged to explore existential and ontological care aspects by engaging into transformative learning approaches. Participants identified their own existential and spiritual care needs by reflecting on their own meaning making process. SOPHIE enabled resilience and authenticity among learners as a reflexive discourse.



Upcoming dates

See what festivals are coming up using this link:

<https://www.interfaith.org.uk/resources/religious-festivals>

Training courses:

For information about our forthcoming Paediatric Chaplaincy module and plans for another run of our Postgraduate Certificate in Paediatric Chaplaincy from September please contact p.nash@nhs.net.



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