



## **Delivering well-being: an investment for health**

**How can we influence health care  
provision in the East Midlands?**

**Rev Linda Church  
East Midlands Churches Forum**



# The Value of Spiritual Healthcare in Primary Care.

The Well-being Agenda

# Background



## Regeneration or Makeover?



## His/Her story





## **Viewpoints on Health in East Midlands –EMRA 2001**

- **Health:**
  - **a complete state of physical, mental and social well-being**
- **Faith:**
  - **how people make maintain and transform meaning in their lives- may or may not be religious**

## Spirituality

- **A search for meaning within a particular experience or life event...Speck.**
- **A quality that goes beyond religious affiliation that strives for inspiration, reverence, awe, meaning and purpose even in those that do not believe in any God....Murray and Zentner**



## **Spiritual pain**

- **An individuals perception of hurt or suffering associated with the need to transcend the material**
- **Shattered identity and view of life**
- **Has this illness/stress the power to destroy me and my life?**



## **Contributions of Faith to Health**

- **Membership of faith community aids coping and recovery**
- **Faith offers an understanding of meaning and purpose when facing a life crisis**
- **Offers policy makers a wider understanding of the relationship between faith and spiritual health**
- **Offers health professionals indicators of spiritual distress.**



## Investment for Health

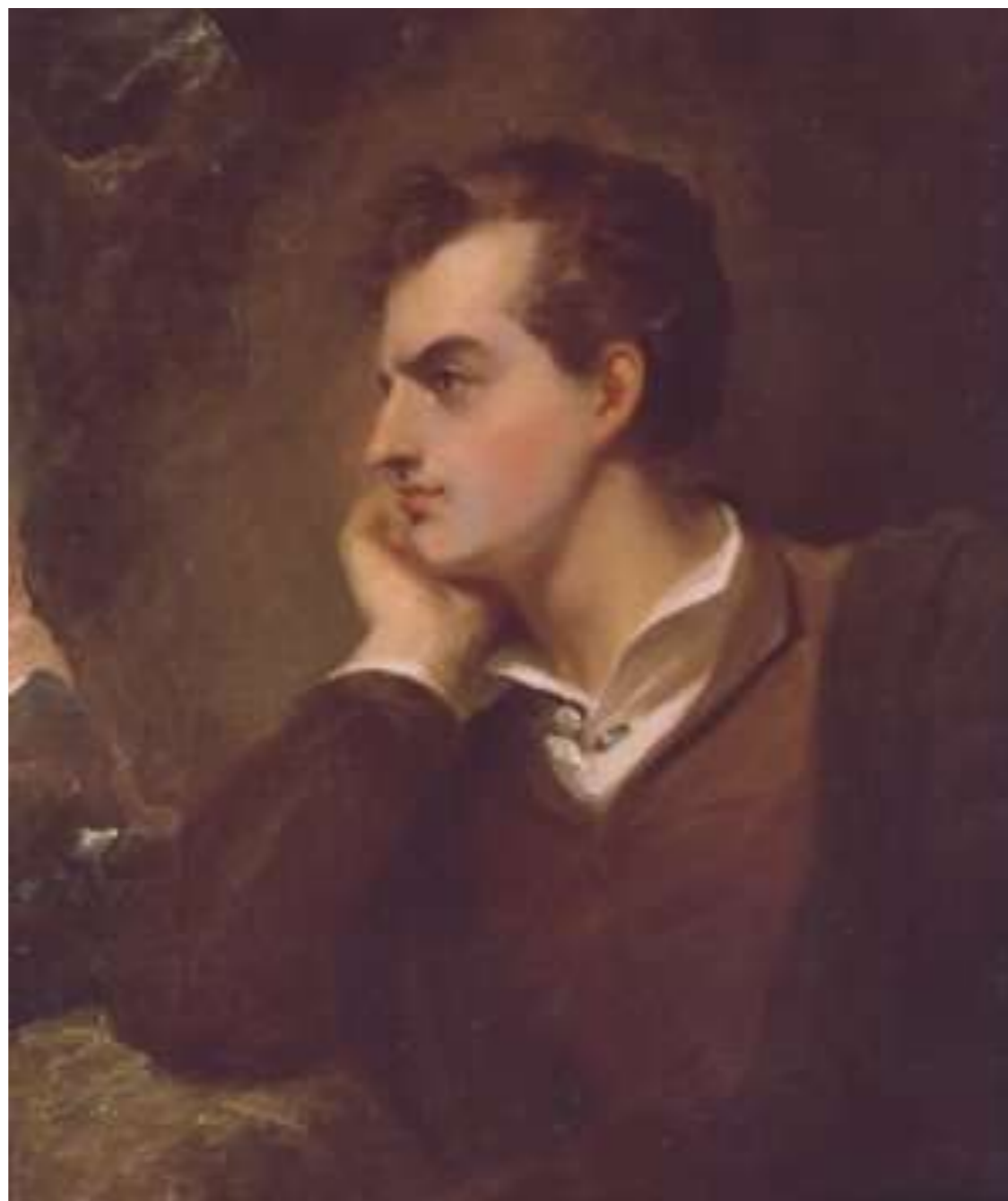
- **PH3**
- **To promote the self-esteem, mental health and spiritual well-being of East Midlands residents.**
- **‘the faith and beliefs of individuals and communities are underestimated influences in the implementation of public health strategy’**



## **Possible Actions across the Region**

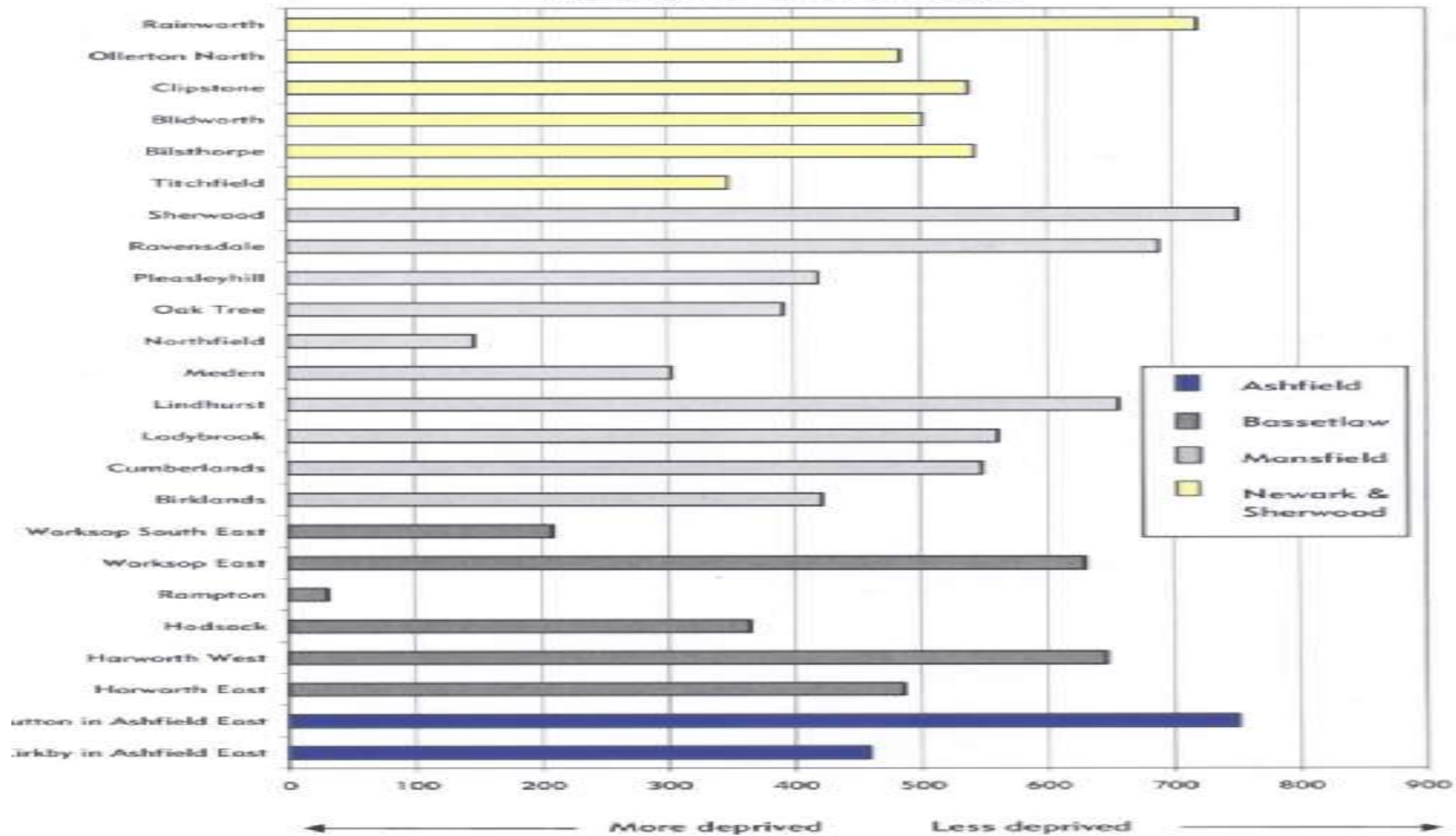
- **Identify what mechanisms exist or can be established to enable faith communities within the East Midlands to influence and respond to regional public health action**

## Pondering the Issues!



# Health Inequalities Agenda

**IMD Health Deprivation and Disability  
Wards in worst 10%**



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## **Shifting the Balance of Power**

- **Local Strategic Partnerships**
- **Renewing neighbourhoods for better health**



## **Well-being Agenda**

- **Promoting Mental health-mental health and well-being.**
- 
- **Independence, well-being and choice DH 2005**
- 
- **A Well-being Manifesto** **NEF2005**



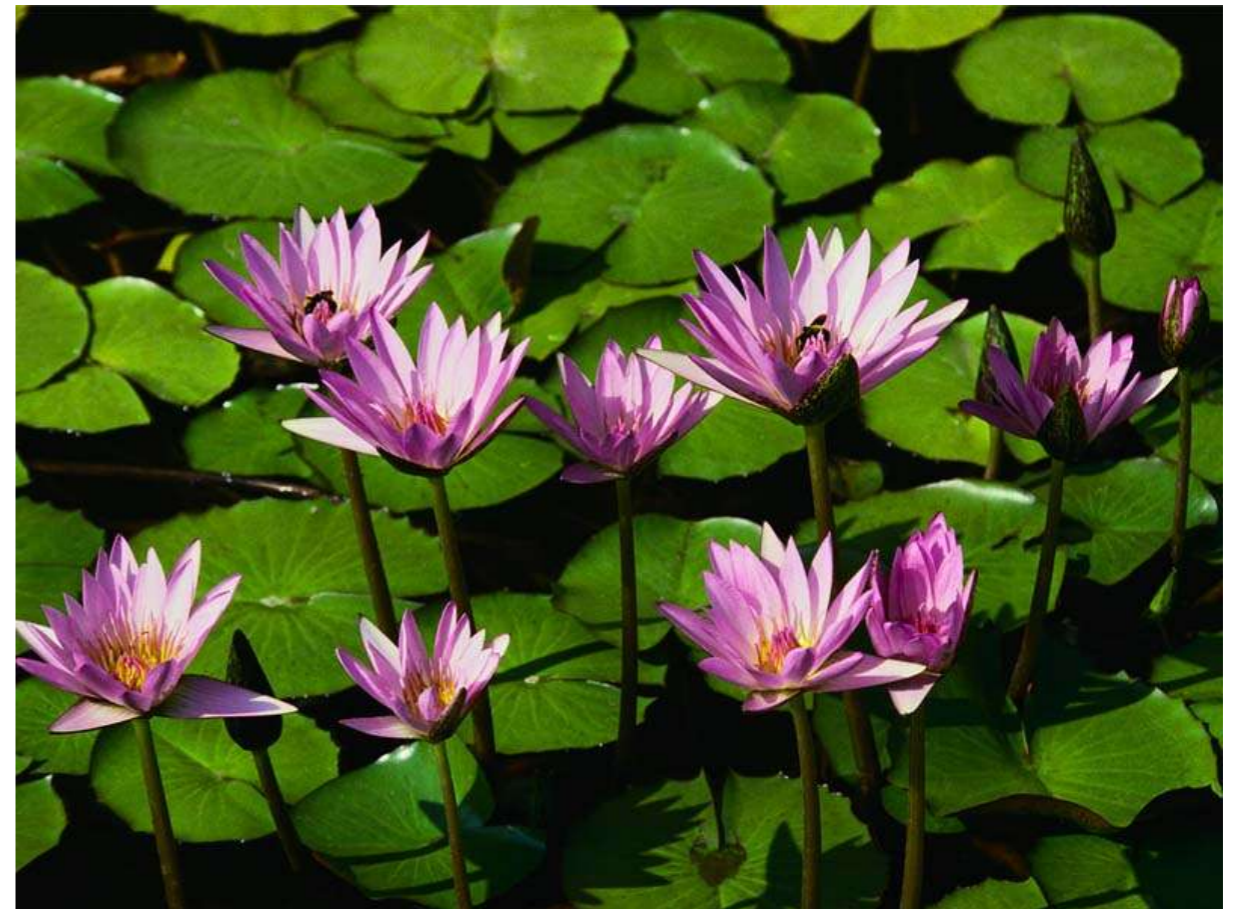
## Health Warning

- **Being HAPPY is seriously good for you and others around you**
- **Happy and fulfilled people live up to 7 years longer, have stronger social networks and are more engaged in their communities**



# The Churches Regional Commission for Yorkshire and Humber

- **More Than happy**
  - **The role of faith in well-being**





## **What can Spiritual Healthcare contribute to Primary Healthcare**

- **Integrated and holistic to**
- **treatment of sickness**
  - **Delivered via GP's practices**
  - **Via Primary Care Nursing Teams**
  - **Specialised services- Macmillan Nurses/hospice outreach**



# Public Health

- **By Facilitating the Well-being Agenda**
- **By working through the PCTs and their partnerships with LSPs**
- **By engaging with health initiatives particularly in areas of health inequalities**
  - **e.g. young adults and obesity**

- **Jonathon Porritt- Chair of the Sustainable Development Commission**
  - **There is no such thing as new wisdom- it is old wisdom rediscovered!**





## **Delivering well-being: an investment for health**

**How can we influence health care  
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**Sherry Clark  
New Economics Foundation**



## **Delivering well-being: an investment for health**

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**Peter Shelton  
Culture East Midlands**

# More than Happy?

The role of faith in wellbeing



**The Churches  
Regional Commission**  
for Yorkshire and the Humber

What makes a healthy community?

What is quality of life/wellbeing/liveability?

The bible's view

- Money – doesn't buy love
- But poverty ruins

Unemployment, poor housing, fear of crime,  
work-life balance, poor health, service  
access

- Impacts on wellbeing, sense of worth

# Social capital -

East London study:

Community spirit (bonding)

Reaching out (bridging)

Power and influence (linking)

- Contrast to Neighbourhoods that Work –  
JRF - Bournville

High quality environment

Sustained management

Involving residents

Slow turnover

Deprived neighbourhoods less likely to  
volunteer

Or to trust neighbours

but happy people look outwards, creative,  
productive

- Increase the circle of trust

# What does faith bring?

- Spiritual expression
- Networks of social capital
- Delivery of projects
- Encouraging individuals to care
- Promoting values of peace and justice
- Committed to localities for the long-term

## Personal belief makes you healthier:

- Prayer and meditation
- Feeling at peace, full of hope
- A sacred support, symbols, meaning
- A network of love

Some Issues:

Our own role in another's health/wellbeing

A world perspective

Deprivation needs to be tackled

We need to model the inclusive love we  
proclaim

We need to promote what we do as faiths

# Fullness of Life

Faith and Wellbeing



**The Churches  
Regional Commission**  
for Yorkshire and the Humber



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**Dr Narinder Saund  
A GP's perspective**



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**A patient's perspective**

# LIZ - 1998

- Her story-
- 1989 - M. E.
- 1991 – referred to physiotherapy
- 1992 – St Bart’s Hospital - research.
- 1998 - ‘kyros’ moment
- 2005 - O.U. B.Sc Hons.



# LIZ-2005

- Living Independently
- Working in Adult Education - 18hours
- Studying – Psychology MA



# Journey

- Realising balance between:
- 
- Body
- Mind
- Soul: Social
- Spiritual



# Place of Desolation

- Existing, not living
- ‘the illness’
- Invaded



# Place of Hope

- Ownership
- Internalisation
- Work began at her core
- Faced her fears
- Personal choice



# Present Resting Place

- Owned responsibility for well being
- Confidence in knowing self worth
- Feelings of connectedness
- Owned her new identity





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**SUMMARY AND QUESTIONS**