

## CONTACT INFORMATION

 07500 788148

 chaplaincy@alabare.co.uk

MONDAY-FRIDAY 9AM-5PM

## OTHER SUPPORT AVAILABLE

In addition to chaplaincy, ALABARÉ offers:

- Mental health and wellbeing support
- Peer support groups
- Life skills and personal development programmes
- Signposting to external counselling or faith communities



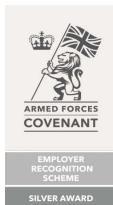
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### ALABARÉ

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# ALABARÉ

Homes. Hearts. Minds.

# ALABARÉ SPIRITUALITY & CHAPLAINCY



# WHAT IS SPIRITUAL & CHAPLAINCY CARE?

**Spiritual care is about supporting your inner life — your values, beliefs, hopes, and questions. It's not limited to religion.**

It includes:

- Listening without judgment
- Helping you explore meaning and purpose
- Supporting you through grief, loss, or change
- Offering prayer, rituals, or sacraments if desired

Our chaplains are trained to walk alongside you, offering compassionate presence and practical support.

## What is “Homes, Hearts, Minds?”

Our chaplaincy care is deeply rooted in ALABARÉ's mission:

**HOMES** - We provide safe, welcoming spaces where spiritual needs are respected and nurtured.

**HEARTS** - We restore emotional and spiritual wellbeing through compassionate listening and presence.

**MINDS** - We empower individuals to explore their beliefs, values, and identity, fostering resilience and growth.

This holistic approach ensures that spiritual care is not an add-on — it's woven into our culture.

## Who Provides Spiritual Care?

Spiritual care is offered by:

- Our Senior Chaplain and a team of trained chaplains
- Faith and belief representatives from diverse traditions
- Volunteers who offer a listening ear and companionship

We welcome people of all faiths and none. Our team reflects this diversity and is committed to inclusive, non-judgmental care.

*“I talked with Gill about my anger issues and about how that affected my marriage. She said at the end something that really stuck with me - about this all being a jigsaw. I now feel I have some of the edges and all the corners. I just need to make up my mind what the picture in the middle is and what pieces of my old life fit in that picture and what I want to discard. I really like that thought that I can remake myself.”*

- ALABARÉ client

# SPIRITUALITY & CHAPLAINCY CARE

## How Can I Access Support?

You can:

- Speak to an ALABARÉ colleague or keyworker
- Contact the chaplaincy team directly (details on the back page)
- Attend a group reflection or spiritual session
- Request a one-to-one visit

We aim to respond to all requests within 24 hours (Mon-Fri), and urgent needs as soon as possible.

## What If I'm Not Religious?

Spiritual care is for everyone.

Whether you're exploring life's big questions, dealing with loss, or just need someone to talk to — we're here for you.

*“Thank you for your help in resolving my supernatural experiences. The chaplains came yesterday and blessed the room and me. I was able to sleep through without hearing any strange noises last night - it was weird it being so quiet.”*

- ALABARÉ client

## What Happens Next?

Once you contact us:

- A chaplain will arrange a time to meet with you
- You'll be invited to share what's on your mind — there's no pressure to talk about anything you're not ready for
- Ongoing support is available if you wish

## Spaces for Reflection & Prayer

Many of our homes include:

- Quiet rooms or reflection spaces
- Resources such as prayer books, mindfulness guides, and sacred texts

