



TOGETHER  
IN SUSSEX<sup>+</sup>

### Parish Nursing Service

Since 2016 we have been offering this service as part of the outreach and ministry of the Christ the Lord Church, Broadfield. The service is run by me, Juliette Williams. I am a Registered Nurse and work under the guidelines and governance of the NMC and Parish Nursing Ministries UK.

At the heart of parish nursing is the promotion of “whole person healthcare”, body, mind and spirit. I work with church and community members to support them with ongoing issues and to enhance their overall health and wellbeing.

The parish nursing service promotes and supports the health of the community in a number of ways.

Supporting those with chronic physical and mental health concerns – As part of my role I support those with long term conditions, offering support with ongoing concerns, sign posting the individuals or their carers to services that may enhance their health and lifestyle. I support clients as they make positive changes to their health through diet and exercise. I also work with those with long term mental health issues as they reintegrate into society, overcome fears and take on new challenges in order to improve their daily lives. I offer information as required on their diagnosis, medical procedures and medication. I also assist clients in their PIP applications and will add supporting evidence if appropriate. Spiritual care is also given if the client wishes in the form of prayer and Bible study. This support may take place in the client’s home or church office depending on the needs of the individual.

Preventing social isolation – The parish nursing service regularly supports individuals who live on their own with home visits and phone calls. I also attend the weekly lunch club and toddler groups in order to talk with those present and offer a friendly listening ear. Often health concerns are shared during these ‘chats’ and I am able to offer support in some way. I sometimes refer individuals to particular groups that would be of interest to them such as the knitting group at the library or the over 60’s group.

Health education is offered both one to one and in group sessions. It is also offered through ½ termly health education craft and story times at the 2 toddler groups and through termly health sessions at the lunch club, where clients may have their blood pressure checked by the parish nurse and receive advice from the Crawley wellbeing service advisor on nutrition, alcohol use and smoking cessation etc. Since September 2019 we have introduced ‘Healthy Church’ services, where the emphasis of the service is on whole person health and healing. During the service participants have the opportunity to attend workshops on different aspects of health such as health goals, Zumba, Lectio Divina meditation as well as receiving a spiritual message and the opportunity of prayer for healing.

Short term health support is also available for those receiving treatment in the community or in preparation for a health procedure, life or health crisis or on discharge from hospital. I have a good working relationship with the GP surgery and community teams.

Carers support – I support those caring for relatives at home. Offering emotional and practical support, listening to concerns and signposting to appropriate agencies, charities and the NHS carers support team.

Bereavement support is offered to those that may be experiencing the loss of a loved one. I refer individuals on to counselling or specialised help if required.

The Parish Nursing Service is currently funded for 8 hours a week for 40 weeks of the year. From April 19 to April 20 the service had contact with 457 individuals. There were 43 new service users, and 47 contact incidences were for individuals with mental health needs. 270 contact incidences were with those who are not regular worshippers at Christ the Lord Church.

Finally, to highlight how the parish nursing service is helping one individual, I have quoted from a text received this week from a member of the community. This individual has struggled for over 25 years with mental health issues, agoraphobia and extreme anxiety. Six months ago, they were unable to leave the house independently and they struggled on a daily basis with tasks within the home.

“Hi Juliette, thank you very much for another amazing conversation and prayer time yesterday. It helps me in so many ways. I enjoyed the rest of my day yesterday. I did loads of washing; I went to the shops & post box to post a birthday card independently. I did all my washing up. “

I see on a daily basis how parish nursing compliments both the work of the church and the NHS. I hope this brief summary gives an insight into how your support helps us to continue to serve the local community.

Thank you for your interest and support for the parish nursing service in Broadfield.

Juliette Williams

Parish Nurse, RGN, BA

Christ the Lord, Broadfield.