

# Spiritual and Religious Care Teams

Department of Spiritual Care  
Western Isles Hospital  
Macaulay Road  
Stornoway  
Isle of Lewis  
Tel. 01851 704704 ext. 2408

**Rev. T K Shadakshari** *Lead Chaplain*  
Specialised in CCL in GP surgeries in Lewis and Harris and a trained VBRP facilitator.  
Email: tk.shadakshari@nhs.scot

**Helen Gallacher** *Healthcare Chaplain*  
Trained VBRP facilitator and a skilled bereavement supporter and being trained to be a counsellor.  
Email: helen.gallacher@nhs.scot

**Rev. Gordon Macleod** *Healthcare Chaplain*  
Trained VBRP facilitator, a skilled pastoral care provider and being trained to be a CCL service provider.  
Email: gordon.macleod1@nhs.scot

**Rev. Ishabel Macdonald** *Healthcare Chaplain*  
Experienced in providing spiritual, religious and pastoral care. Developing to provide CCL and VBRP.  
Email: ishabel.macdonald@nhs.scot

Department of Spiritual Care  
Uist & Barra Hospital  
Balivanich  
Isle of Benbecula  
Tel. 07831 600 579

## Further information and help

Please contact:

Rev. T.K. Shadakshari  
Lead Chaplain  
Department of Spiritual Care  
Western Isles Hospital, MacAulay Road  
Stornoway, Isle of Lewis, HS1 2AF  
Tel. 01851 704704 ext. 2476  
Email: tk.shadakshari@nhs.scot

## We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website: [www.wihb.scot.nhs.uk/](http://www.wihb.scot.nhs.uk/) feedback or share your story at: [www.careopinion.org.uk](http://www.careopinion.org.uk) or tel. 0800 1223135
- tel. 01851 704704 (ext 2236) Monday-Friday between 10am-4pm.



Version: 4      Review Date: April 2027  
Produced by: Dept. of Spiritual Care, Western Isles Hospital

### Disclaimer

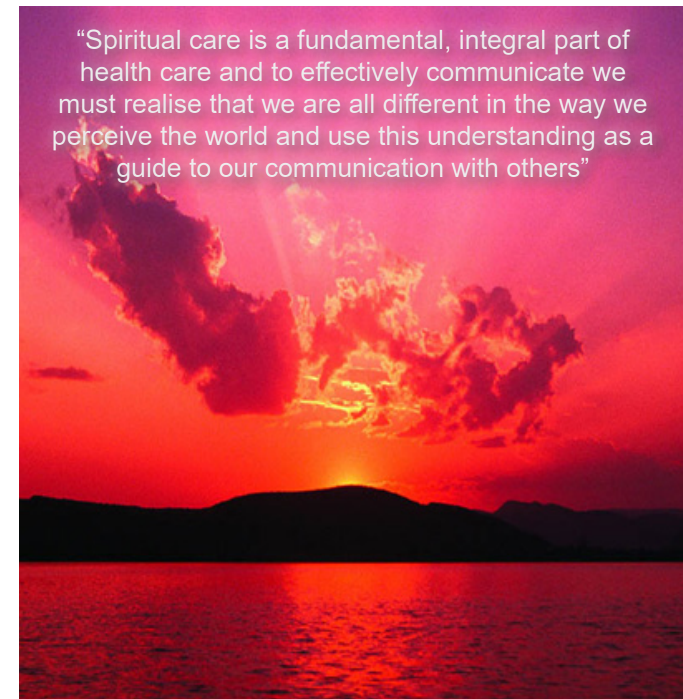
The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

© NHS Western Isles, 2018, 2020, 2022, 2023, 2025.  
All rights reserved.



Bòrd SSN nan Eilean Siar  
NHS Western Isles

## Spiritual and Religious Care Department



Service information guide

Being in hospital can be stressful both emotionally and spiritually.

The NHS Western Isles' Department of Spiritual Care offers a service of comfort and support, one-to-one regardless of faith or non-faith.

## What is spiritual and religious care?

It is widely recognised that the spiritual is a natural dimension of what it means to be human, which includes the awareness of self, of relationships with others and with creation.

The NHS in Scotland recognises that the health care challenges faced by the people it cares for may raise their need for spiritual or religious care and is committed to addressing these needs.

**Spiritual care** is usually given in a one-to-one relationship, is completely person-centred and makes no assumptions about personal conviction or life orientation.

Among the basic spiritual needs that might be addressed within the normal, daily activity of healthcare are the need:

- to give and receive love
- to be understood
- to be valued as a human being
- for forgiveness, hope and trust
- to explore beliefs and values
- to express feelings honestly
- to find meaning and purpose in life.

Spiritual care is available to all patients, family/ carers and staff.

**Religious care** is given in the context of shared religious beliefs, values, worship and lifestyle of a faith community.

Spiritual care is not necessarily religious. Religious care should always be spiritual.

Spiritual care might be said to be the umbrella term of which religious care is a part. It is the intention of religious care to meet spiritual need.

## What do we provide?

The NHS Western Isles' Department of Spiritual Care offers impartial and accessible support to persons of all faith communities or who have no faith, and facilitate spiritual and religious care of all kinds.

Our hospital Chaplains provide for the religious needs of patients and others, when it is requested and desired.

Our underlying principles are as follows:

- respectful and valuing of religious and cultural diversity in the Western Isles
- a resource in the provision of holistic care
- a unifying and encouraging part of the NHS
- person-centred
- the right of all patients
- \*sensitive to the rights of patients, staff and carers to be visited (or not visited) by any Chaplain, member of the clergy, or faith community representative
- integrated by all staff into the normal care offered in NHS Western Isles.

*(\* subject to compliance with the extant NHS Western Isles Visiting Policy)*

## Services offered

Sacraments, prayer, scripture reading and worship are made available whenever possible and practicable for those who would appreciate these.

We also offer:

- bed-side visitation in the hospital wards by a specialist spiritual care provider
- religious services in the Western Isles Hospital Sanctuary
- interdenominational Christian worship service on Sundays at 11am
- Bahai prayers on Saturdays at 3pm
- Community Chaplaincy Listening (CCL) Service in GP Surgeries
- Values Based Reflective Practice (VBRP) to support NHS staff
- bereavement support
- pastoral care and counselling
- 24/7 on-call Chaplain at Western Isles Hospital.

The Western Isles Hospital Sanctuary (Quiet Room) is available to patients, family and staff for a time of reflection, prayer, meditation, etc. The Sanctuary is open at all times for people of all faiths or no faiths

## Referral

Referral to the Department can be made via:

- in-patients stating whether they need a Chaplain and/or their own faith community leader's visit, when asked at ward admission
- referrals from GPs
- referrals from other healthcare professionals
- self-referral.