

Virtual Memorial Service

Sunday 1 November 2020

A service to remember our community, patients, relatives
and colleagues who have died this year, and all who
have been affected by the COVID-19 pandemic

Chaplaincy and Bereavement Services

Virtual Memorial Service, Sunday 1 November, 2020, 3pm

Welcome and introduction

Rev Kathryn Darby, Christian Chaplain

Candle lighting

Joga Singh, Sikh Chaplain

Opening prayer

Rev Kathryn Darby

Rt. Hon. Jacqui Smith

Chair of the Board, UHB

Poem - I Heard Your Voice in the Wind Today

read by Pete Bispham, Humanist Chaplain

*I Heard Your Voice in the Wind Today
I heard your voice in the wind today
and I turned to see your face;
The warmth of the wind caressed me
as I stood silently in place.*

*I felt your touch in the sun today
as its warmth filled the sky;
I closed my eyes for your embrace
and my spirit soared high.*

*I saw your eyes in the window pane
as I watched the falling rain;
It seemed as each raindrop fell
it quietly said your name.*

*I held you close in my heart today
it made me feel complete;
You may have died...but you are not gone
you will always be a part of me.*

*As long as the sun shines...
the wind blows...
the rain falls...
You will live on inside of me forever
for that is all my heart knows*

Personal reflection

Azeem Suleman, Member of Faith Advocacy Group

Poem - Walking With Grief

read by Byron Batten - Head of Inclusion-Improvement

*Do not hurry as you walk with grief
It does not help the journey*

Walk slowly, pausing often

*Do not hurry as you walk with grief
Be not disturbed by memories
that come unbidden
Swiftly forgive and let
Unspoken words, unfinished conversations
be resolved in your memories*

*Be not disturbed
Be gentle with the one who walks with grief*

*If it is you, be gentle with yourself
Swiftly forgive, walk slowly,
Pause often,
Take time*

Be gentle as you walk with grief

Reflection and tree planting

Lisa Stalley Green, Chief Nurse UHB

Meditation and time of silence

Rev Kathryn Darby

Song - You'll Never Walk Alone

sung by Dee Lewar

Blessing

Joga Singh

Words of thanks

Rev Kathryn Darby

Andy Langford

Clinical Director, Cruse Bereavement Care

There is no 'right' way to grieve

Each one of us will react differently to a personal or professional bereavement.

If you have experienced close personal bereavements, or bereavements in relation to your work, Cruse and other support services can help.

These tailored services can provide confidential guidance and support where you can talk with a trained support worker about how you are feeling. This "listening ear" may help you to manage the complex range of emotions that grief can cause.

Support for bereaved people

Useful websites and contact information

Cruse National Website: www.cruse.org.uk

Cruse Birmingham website: www.crusebirmingham.co.uk

Cruse Birmingham email: support@crusebirmingham.co.uk

Birmingham Mind: www.birminghammind.org

Telephone: 0121 262 3555

Samaritans: Telephone: 116 123

Support for UHB Staff

UHB staff Counselling

QEHB Direct Line: 0121 371 7170 (Monday to Friday, 8:30 to 16:30)

HGS Direct Line: 0121 424 7001 (Monday to Friday, 8:30 to 16:30)

Health Assured

Staff Employee Assistance Programme by Health Assured
0800 030 5182

#OurNHSPeople

0300 131 7000 7:00am -11:00pm

24/7 text support: FRONTLINE to 85258

The Chaplaincy Team

Tel: 0121 424 7676 (Good Hope Hospital)

Tel: 0121 424 1369 (Heartlands Hospital)

Tel: 0121 424 4099 (Solihull Hospital)

Tel: 0121 371 4570 (Queen Elizabeth Hospital)

Email: ChaplaincyHGS@uhb.nhs.uk

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