

# Pastoral Healthcare Network - Australia



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## Pastoral Healthcare Network *Australia*

### Who are we ?

A registered Health Promotion Charity - Coordinated by Div 1 Registered Nurses and Midwives who have additional training in pastoral & spiritual care. The Nurses are assisted by volunteer allied health professionals, associates, delivering creative holistic healthcare.

In operation since 2005, PHNA is inspired by the charisms and works of some great International and Australian pioneers: Rev. Granger Westberg, Saint Mary McKillop, Blessed Catherine McAuley, Mary Aikenhead, St John of God, & Caroline Chisholm.

### What do we do ?

.....We **Listen** !



To people's stories offering referrals for specialist support where necessary.

Offering reassurance and help in understanding medical issues.

.....We are **Available** !

- Each **Thursday** (by appointment)
  - Blood pressure monitoring and medication checks.
  - Education and referral for Advanced Care planning at Barwon Health. PHNA also provides an optional supplement for people wishing to document their Religious, Spiritual, Cultural and emotional care wishes .
  - Accompany patients to Doctor's appointments, providing another set of ears and take notes to assist recall of the visit and instructions.

.....We **Provide** !

- Monthly **Tender Loving Care** (T.L.C.) days where individuals can enjoy a relaxing gathering of people receiving pampering care with hand and foot massages, Bowen therapy and socializing, over afternoon tea.
- A listening ear and accompany patients to Doctor's appointments.
- Pre surgery meditation sessions for those anxious about the process.
- Referral for carers for free counseling through *Carers Australia* and companion cards to entitle them to free admission to entertainment venues.
- Consultations on referrals from faith communities, GP's, Hospital discharge planners and Pastoral care departments.

### **Regular Events**

- **Pastoral Nurse Clinic**  
Every Thursday during school terms (to book a consultation phone 5249 5799)
- **Health Ministry Associates Team meeting**  
2nd Thursday Month - 10-12pm
- **Signed Prayer Exercises** (Sign chi Do)  
1st Thursday each month - 10.30 - 11.30am
- **TLC Days**  
4th Saturday Each month 1 -3 pm  
(to book phone 5229 7954)
- **Prayer Shawl meeting & Blessing**  
4th Thursday 1.30 -3pm



## 'Forget me not'

**Oscar**, who died before he was born last year, left his Mum and Dad with some beautiful momentos - a Prayer shawl from PHNA and a felt heart for each of their pockets.

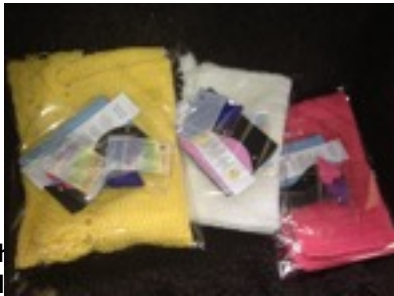
In response to the PHNA and the gratitude expressed by Oscar's parents, Tennielle and Mark, the team at PHNA have commenced packaging pink and blue Shawls and Hearts for neonatal units.

Tennielle was inspired by the gifts from PHNA and has since been crafting little felt elephants with an accompanying verse to add to our Prayer shawl packs.

### 'Forget Me Not'

**An elephant never forgets. This small elephant helps you remember the happy times. Remember the times when you smiled, loved and laughed. Remember that your baby is precious and as parents you will never forget their memory and your love for them will never fade. This elephant can be tucked into your pocket to remember all the good times and comfort you through the difficult times. Remember, an elephant never forgets.**

Inspired by Oscar.



## Coming Events:

### Contact details:

PHNA-Geelong Website: <http://sites.google.com/site/pasthcnw/>

email: [info@phna.org.au](mailto:info@phna.org.au)

Address: PHNA office is located in the Wesley Centre, 100 Yarra St., Geelong, 321  
VICTORIA. Australia

Ph: 5249 5799 - Mob 0408217375

Date	Event
April 19	Advanced Care Planning
April 19	PHNA Nurses Clinic
April 26th	PHNA Nurses Clinic
April 26th	Prayer Shawl Meeting
April 28th	TLC day 1-3pm
May 3rd	PHNA Nurses Clinic
May 10 th	PHNA Nurses Clinic / Team meeting
May 17th	PHNA Nurses Clinic
May 24th	PHNA Clinic/Team/Prayer Shawl
May 26th	TLC day 1-3pm
June 7th	PHNA Nurses Clinic
June 14th	PHNA Nurses Clinic / Team meeting
July 27th	PHNA EXPO - 10-4pm

## Education & Resources

We promote health in Mind, Body and Spirit for both individual and community groups through:

1. Hosting the Australian Parish Nurse Resource Centre
2. Health Expos and Health seminars.
3. Nurturing and education at our 'Time out for TLC" (tender loving care)' days for carers and those suffering in any way.
4. Facilitating "Five Wishes", a planning and documentation tool for spiritual, religious, emotional & cultural needs for reference in the event of serious illness or accident.
5. We provide faith community information forums education and resources for Pastoral Nurses.
6. Sales of "Healing Hearts', Parish Nursing books, Prayer Shawls, Sign Chi Do DVD's.

