



GNNSJ

GURU NANAK NISHKAM SEWAK JATHA 18- 20 SOHO ROAD
HANDSWORTH BIRMINGHAM B21 9BH



nishkam

centre

6 SOHO ROAD HANDSWORTH BIRMINGHAM B21 9BH
T:0121 515 4229 W:www.ncauk.org E:chaplaincyservices@ncauk.org

CARE IN THE COMMUNITY COMMUNITIES

Birmingham Council of Faiths

'Speak With Pride, Listen With Respect'

Faith Health & Wellbeing Seminar

'How Are Faith Groups Keeping Pressure Off Hospitals'

Tuesday 15th November 2016 at the

Postgraduate Centre Queen Elizabeth Hospital B15 2GW

Presentations by

Narinder Kaur Nishkam Chaplaincy Services '*Sikh Rogi Aasra*'

Rodie Garland, Policy Advisor FaithAction

CARE IN THE COMMUNITY COMMUNITIES

Faith Communities provide essential service (usually free at the point of use)

These are provided selflessly and without expectations

If we look at our values first

CARE IN THE COMMUNITY THROUGH OUR RESPECTIVE FAITH VALUES

As a Sikh serving humanity through embracing our respective faith values:

- ***Daya*** (Compassion)
- ***Sat*** (Truth) -Truth is high, but higher still is truthful living
- ***Santokh*** (Contentment)
- ***Nimritha*** (Humility)
- ***Pyaar*** (Unconditional love)

‘Being God Centered Not Person Centered’

CARE IN THE COMMUNITY

WHAT IMPROVES THE HEALING PROCESS

AN EXAMPLE FROM A SIKH PERSPECTIVE

A **Gurudwara** is a Sikh Place of Worship

Gu = Darkness **Ru** = Light **Dwara** - The threshold of the Guru
(The Guru takes us from darkness to light through His
threshold) Supporting us through illness and difficult times

- **Darbar** - Is where Guru Granth Sahib Ji, the Eternal Living Guru of Sikhs is enthroned providing the community with **Religious and Spiritual Care** through **GURBANI (PRAYER)**
- **The community** comes to do **Ardaas** (supplication) and listen to Gurbani – (prayer) in the presence of the Guru this in turn improves the healing process.

CARE IN THE COMMUNITY

WHAT IMPROVES THE HEALING PROCESS

- The **support** from the **Sangat/Community/Congregation** in the Gurudwara, through their ***Ardaas*** (supplication) Humility, Love, Kindness and Compassion which helps and improves the healing process

CARE IN THE COMMUNITY

NUTRITION

- **Langar** – This is blessed food which is prepared and served in the Gurudwara for the community
- It is a fresh nutritional hot meal
- Prepared and served daily by selfless sewadars (volunteers)
- Throughout the year 24/7
- At **GNNSJ** Langar is served to **25,000** people a week

CARE IN THE COMMUNITY

STRESS - MOTHER

- **Supporting** mothers to be stress free
- **Good Feelings** through positive thoughts, self care, preventing anxiety, depression and stress
- **Caring and Supporting** them through challenges they face in daily and family life
- **Educating** mothers to develop a firm foundation to improve quality of life to prosper the community

CARE IN THE COMMUNITY

NISHKAM SIKH ROGI AASRA

(Selfless Chaplaincy Service)



**A Free Confidential Service for
Sarbat Da Bhalla
(Care For All)**

CARE IN THE COMMUNITY

NISHKAM SIKH ROGI AASRA

(Selfless Chaplaincy Service)

- This is a **Faith based drop-in service** at the Nishkam Centre in **Handsworth B21** for the local community
- **Caring and Supporting the community through:**
- A **Listening Ear** and understanding their needs through **Culture Sensitivity** and **Bilingual Language**
- Providing **Supportive, Religious, Spiritual, End of Life, Bereavement Care, Emotional Wellbeing, Elderly Support and Befriending Services** through **Places Of Welcome, Friendly Places** and **Love Your Neighbour** weekly coffee mornings
- **Inspiring, Educating and Empowering** the community

CARE IN THE COMMUNITY

Emotional Wellbeing

- **A free and confidential service**
- Delivered by trained professional volunteers
- Available 7 days a week
- Breaking down mental health stigma
- **Supporting people through:**
- Daily appointments/drop in sessions:
- Understanding the root causes

CARE IN THE COMMUNITY

IMPACT

IMPACT OF FAITH COMMUNITY SERVICES

- Improves self esteem
- Improves health
- Improves self reliance
- Fast Track healing process
- Reduces medication reliance
- Uplifts and gives hope
- Breaks down loneliness

CARE IN THE COMMUNITY

Serving God's Creation

By serving His Creation we are serving Him

- Serving humanity not providing a service, doing our job, meeting targets and ticking boxes
- Wrap around services
- We do not subscribe to stopping conventional treatment but supplementing it
- ***'Sarab Rog Ka Ukad Naam'***

His Name Heals All Alignments GGSJ Ang 274

Duty of Care - Requires leap of faith

CARE IN THE COMMUNITY

SIGNPOSTING

**LINKED WITH OTHER INHOUSE SERVICES REDUCING STRESS/
ANXIETY /FAMILY BREAKDOWNS**

- **Niskam Welfare Services**
 - Debit
 - Housing
 - Welfare Benefits
- **Niskam Health and Wellbeing**
 - Gym, Steam and Sauna
 - Alternative Therapies
 - Yoga
 - Nutrition