

The POWER of PRAYER

During the pandemic staff may wish to turn to their faith for support. For those who value prayer for wellbeing, in consultation with chaplaincy and diversity leads, the following guidance for small groups of colleagues (socially distanced) has been agreed:



- (1) Praying before shift or after shift, or during lunch with staff that are of the same faith as you, if all are in agreement;
- (2) Speaking to the local manager about finding a suitable space if one is available;
- (3) Review prayer in the workplace with the hope that it will extend more widely across the Trust, where people are in agreement and it does not conflict with service needs;
- (4) Promote via good news stories
- (5) Remember social distancing and explore virtual prayer options.