



PARISH NURSING MINISTRIES UK

IMPACT REPORT
2023-2024



PARISH NURSING MINISTRIES

Parish Nurses are Registered Nurses who work in communities from Churches and Christian organisations. They promote good health and wellbeing to local people of all faiths and none.

Parish Nursing Ministries UK is a small national charity, our mission is to support local churches and organisations to provide safe and effective parish nursing ministries.

We also equip nurses by offering training, supervision, and resources. While we don't employ Parish Nurses directly or provide care ourselves, our charity plays a crucial role in equipping them to excel in their roles.

The Year in Numbers



92

Services actively supported during the year



76

Nurses supported



13

New churches with Parish nurses



26

New Nurses Equipped



2

New Queen's Nurses



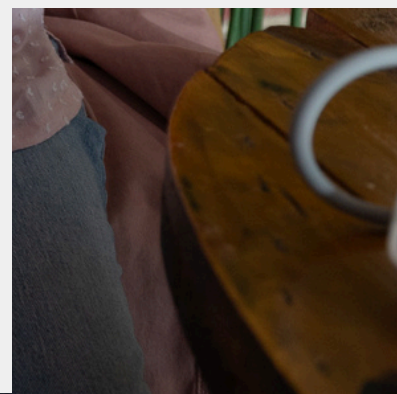
6

Partnership Events



89

Attending online info sessions



Our Impact

We have selected a report from Parish Nursing activities across the UK to illustrate the wide impact the work of Parish Nursing is having.



01

Promoting
Parish Nursing:
Felixstowe, UK

02

Supporting
Churches:
Agherton, NI

03

Equipping Nurses



Focus on Felixstowe

Promoting Parish Nursing

Felixstowe celebrated a significant milestone this year with the addition of a second parish nursing ministry. With nearly 20 years of experience, PNMUK continues to provide vital support in planning and launching parish nursing initiatives, ensuring their successful implementation and smooth operation.

When Old Felixstowe Church decided to explore parish nursing, the team found PNMUK's "Explore Online" course invaluable. Angela, their Regional Nurse Coordinator, visited the group to provide guidance, staying in close contact throughout the process until the ministry was accredited. One participant reflected:

"Whilst a small team themselves, PNMUK provided invaluable support to our parish nursing team and our Parish Nurses in particular."



After being commissioned and accredited, Helen, the new Parish Nurse, quickly established her role in Old Felixstowe. Alongside her work as a General Practice Nurse, she took on various initiatives, such as promoting blood pressure awareness at a men's breakfast, attending a Community Market Summer Fayre, and advising on her local Diocesan Health and Well-being Panel. Helen has since been joined by Ann, another Registered Nurse who completed the PNMUK Preparation for Parish Nursing Practice course and is working towards her Parish Nurse Certificate. Parish Nurse Assistant Ruth, who completed PNMUK's Effective Parish Nurse Assistant course earlier this year, completes the team in Old Felixstowe.



The team has already made a meaningful impact by supporting their church's pastoral carers group and introducing a monthly lunch for anyone seeking companionship over a meal.

These lunches have provided Parish Nurse support while addressing social isolation and loneliness, factors that significantly affect health and well-being. One carer remarked:

“The best thing about meeting with other carers was that we all had an understanding of how it felt to be a carer and knew where each other were coming from.”

“Now I’m alone at home, bereft but not bereaved, lunching together is where I meet others who live alone. We don’t talk about loneliness, but we each appreciate a few hours of company.”

-Lunch Participant



Across Felixstowe, the well-established Walton Parish Nursing team continues its work, staffed by a Registered Nurse and a Registered Mental Health Nurse. They run regular **health drop-in clinics** at community locations, including St Philip's Church hall/community hub, a Pop-Up Shop, and a housing complex. Serving an ageing population, they have seen a rise in referrals for people living with **dementia**. The team supports these individuals and their families by assisting with medical appointments, advocating on their behalf, and ensuring clear communication, which helps reduce anxiety. Parish Nurses also provide **end-of-life support**, offering a listening ear and facilitating spiritual care. They help individuals identify what matters most to them, including, if requested, access to prayer or the Church's Sacraments, or referrals to their own faith leader. This holistic approach to **palliative care** is a source of comfort to both the individual and their loved ones.

After visiting Felixstowe in January 2024, Dame Ruth May, Chief Nursing Officer for England reflected on X **"I had a chance to shadow the parish nursing team in Walton, Felixstowe this week. True partnership working embedded in a community."**

Walton Parish Nursing is also home to two unique ministries. Lesley, a Registered Mental Health Nurse, leads "No Labels", a safe space for people with mental health challenges to socialise and access expert support. Lesley notes:

"People feel supported, having been left feeling abandoned by secondary services. One client commented that they now have 'hope with their mental health.'"

Meanwhile, Lorna, with her background in District Nursing, runs "Sole Mates", a service for individuals with newly healed leg ulcers. By offering support in self-care and preventing recurrence, Lorna helps save NHS resources while improving lives. "We see people gain confidence that they are cared for, relieving loneliness," she explains. Volunteers also find the experience deeply rewarding, with one saying,

"Being a 'Soul Mate' is one of the best things I've ever done. It has greatly enriched my life."





Agherton Northern Ireland

Supporting Churches: St John the Baptist Church

Parish Nurses Nöelle and Eileen form the dedicated Parish Nurse team at Agherton Church of Ireland in Portstewart, Northern Ireland, under the leadership of Vicar Revd Malcolm. Over the past year, their ministry has seen growing engagement, as discussed during their annual partnership meeting in April with PNMUK Regional Nurse Coordinator Catriona.

The team has taken a proactive role in **promoting health and preventing illness**, hosting weekly strength and balance classes led by a **fitness instructor**. These sessions, aimed at improving physical health and reducing the risk of falls, are attended by over 30 people aged 70 and above. Alongside the physical benefits, attendees appreciated the opportunity for fellowship and a simple meal, which helped reduce loneliness and fostered new friendships. Many have requested additional classes.

In response to a parishioner survey, Nöelle and Eileen organised a **community health fair** featuring 18 exhibitors. The event offered health information, demonstrations, and seminars, with the Parish Nurses providing advice while integrating spiritual care and well-being. A mid-week Holy Communion service and coffee sessions have also allowed the nurses to connect with local residents, reintroducing some to the worshipping life of the parish.

Eileen's **dermatology expertise** has been particularly impactful. Over the past year, she has encouraged a few people to seek a medical opinion, leading to treatment for each of them for skin cancer. One individual, unaware of the potential seriousness of their condition, credited Eileen's advice for prompting them to seek timely care.

PNMUK's support has been instrumental in enabling the Agherton team to thrive. **Regular professional supervision**, access to **online courses**, and **reflective resources** equip the team with the tools they need to deliver high-quality care. Reflecting on their partnership, the team shared: *"PNMUK goes above and beyond to ensure our Parish Nurses are well-supported. Their resources and guidance are invaluable, and Catriona's expertise has been an outstanding source of support."*

We are proud to collaborate with this inspiring church in Portstewart, supporting their life-changing ministry for the parish and wider community.





Equipping Nurses

Enriching Education

PNMUK is the only organization in the UK that offers the Certificate in Parish Nursing, a vital qualification for Registered Nurses (RNs) who wish to apply their professional experience in the role of a Parish Nurse through the church. We provided this certification course twice this year: once entirely online and once in a hybrid format, with follow-up Leadership Days after the Parish Nurses began in practice.

This year, 22 nurses completed the course, with 18 returning for their Leadership Day in 2023/24.

“The teaching quality was excellent, offering practical examples of parish nurse practice and spiritual care. As a new Parish Nurse, it helped me address challenges with spiritual assessment and re-examine my approach to improve practice.”


Simulated Learning

Simulated learning is becoming increasingly important in nursing education, enhancing courses that **combine theory with practical skill development**. Recognizing its value, our PNMUK Lead Educator has developed a new session which can be adapted to both the online and residential context, simulating the provision of **intentional spiritual care** which is a distinctive feature of parish nursing practice.

During the session, participants practice aspects of spiritual care, such as simple hand massage, in a safe and supportive environment. One participant shared, *"We also practiced moments of silence which brought a sense of peace."* Another noted, *"The practical elements of the self-care unit, like hand massage, were strangely comforting, even when practiced with a relative stranger."*

These sessions help participants build confidence in providing spiritual care, an often underutilized but essential aspect of nursing practice. The quality of teaching and the integration of spiritual care practices have been highly praised by course participants, fostering deeper reflection and development in their nursing practice.

The impact of this learning led to an immediate change in practice for one course participant who was also working in the NHS. After the spiritual care session, she had a patient close to death who loved her garden. Recognizing the significance of this, the nurse arranged for the patient to spend a short time in the sunshine of an outdoor courtyard just hours before her passing. Reflecting on the experience, the nurse shared:



"The change in her daughter was profound. She couldn't stop thanking us; she now had a memory of her mother with the sun on her face. Her mother died later that evening. We could no longer do anything for her body, but we could give her a moment of breeze and sunshine."



Thank You

As we wrap up another impactful year at Parish Nursing Ministries UK, we're filled with gratitude for the incredible support that propels our mission forward. This report stands as a testament to the strides together we've made, and we extend heartfelt thanks to all who have played a role in our achievements.

Our dedicated trustees, generous donors, and committed team members form the backbone of our progress. Thank you for being part of the Parish Nursing Ministries UK family. Together, we're crafting a narrative of positive change. Here's to another year of collaboration, growth, and meaningful impact.



www.pnmuk.org.uk



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