

Spiritual Care

Support Team

Our Aims and Values.

Perth College UHI is a large and complex community made up of people from all walks of life and backgrounds, from all corners of the earth and from a wide range of cultures.

The **Spiritual Care Support Team** is for students and staff of *'all faiths and none'*. They are here to offer spiritual support, whether as a sounding board carefully hearing your concerns, or as an active listener who offers insight into whatever issues emerge.

Support offered to students or staff will be confidential and non-judgemental regardless of their beliefs or life situations.

This service complements and enhances the provision and support offered through **Student Services** and promoted through Human Resources for staff.

The Golden Rule



Perth College is a registered Scottish charity, number SC021209.

Specifically

- Offering skills, experience and expertise in recognising and supporting the spiritual needs of students and staff in the college.
- Providing support, advice and guidance of an emotional or spiritual nature to all students and staff of all faiths, beliefs and none.
- Offering confidential and non-judgemental support to all students and staff in times of difficulty such as, loneliness, illness, stress, crisis and bereavement.
- Helping celebrate religious and other cultural festivals.
- Offering a safe space to relax, meditate or to explore wider questions of spirituality.
- Working collaboratively with other student college support systems.
- Forging and developing links between the college and appropriate community groups.

Benefits include:

- Adding value to Perth UHI, through caring spiritually and pastorally for students and staff.
- Enhancing and complementing the work of Student Services by working with the Student Support team and other support staff where appropriate.
- Offering a holistic (working together) approach on issues of common concern.
- Providing a service that includes companionship, encouragement and spiritual support to faith and belief groups.

More about us:

Ron McLaren: has a secular Humanist belief/faith/none approach. He is available on a 24/7 basis and can be contacted on:



Tel/text: 07854114898

OR

E: secularon@gmail.com

www.humanisminscotland.org

Carmel Byrne: belongs to the Christian tradition, open to people of all faiths/beliefs. She offers sessions in mindfulness, wellness and self-care.



carmelbyrne@hotmail.co.uk

We have Quiet/Prayer rooms in both the Goodlyburn (room 506) and Brahan (room 214a) buildings. These rooms are open to students and staff of all faiths and beliefs or none.

Other local and national contacts and links include:

Christian Churches

Church of Scotland: Letham St Mark's, Rannoch Road, PH1 2HH;
St Matthew's, Tay Street, Perth, PH1 5LQ

Roman Catholic: St John's, Melville Street, Perth, PH1 5PY

Episcopal: St John's, Princes Street, Perth, PH2 8LJ

Baptist: Almond View, Perth, PJ1 1QQ

Congregational: Kinnoull Street, Perth, PH1 5EN

International Humanist & Ethical Union www.iheu.org

Jehovah's Witnesses: Kingdom Hall, 18 Unity Terrace, Perth
PH2 2BQ

Methodist: Scott Street, Perth, PH2 8JN

For more information, use the following link:

<http://www.perthdirectory.info/category/churches.html>

<http://www.acts-scotland.org/> (Action of Churches Together in Scotland)

Islamic Centre

(Perth, Perth and Kinross) 65 Glasgow Road, Perth, PH2 0PE

Dundee Central Mosque 6 Miln Street/Brown Street, Dundee,
DD1 5BZ

Jewish Centre

Dundee Hebrew Congregation and Synagogue

9 St Mary Place, Dundee, DD1 5RB

Hindu Centre

Tayside Hindu Cultural and Community Centre

10 Taylor's Lane, Dundee, DD2 1AQ

Phone: 01382 669652

Chinese Centres

Dundee Chinese Christian Fellowship

20 Americanmuir Road, Dundee, DD3 9AB

Phone: 01382 665633

Tayside Chinese Community Centre

Dens Road, Dundee, DD3 7JE

Phone: 01382 738885

Sikh Centre

Sri Guru Nanak, 1 Nelson Street, Dundee, DD2 2PN

Phone: 01382 223383