

Christmas 2024: Festive events for our PAHT people

The Christmas countdown has begun and the festive season is upon us.

For many people this is a time for festive cheer, but for many this can also be a lonely and stressful time too.

Our chaplaincy team have arranged a number of different events for our people, patients, visitors, local community to both celebrate and reflect.



Blue Christmas event

On **Monday 16 December**, our chaplaincy team will hold a blue Christmas event to provide advice and support to anyone who may be feeling isolated or anxious during the festive period.

There will also be a memory tree (pictured, right) for anyone to leave a special message or prayer for lost loved ones, which will be available inside the hospital sanctuary until the New Year. The event will be held at the main hospital site and at Kao Park as follows:



- **Main hospital site: 10am-2pm**, ground floor, outside the main lifts
- **Kao Park: 10am-12pm noon**, first floor, main office area

The day will finish with a simple service of reflection, music and prayer in the hospital sanctuary on the lower ground floor from **5-5:30pm** - all are welcome to attend.

For further information, please email paht.chaplaincy@nhs.net.

Christmas carol service

Warm up your vocal cords and get ready to join the festive spirit at our annual Christmas carol service on **Tuesday 17 December**.

The service will take place from **5:30-7pm** at **St. Paul's Church** (College Square, Harlow Town Centre, CM20 1LP), followed by a glass of mulled wine and delicious mince pies.

The evening brings together our people and the local community to listen to readings by our teams and local people and carol singing led by the New Edition Choir and St James Church of England Primary School.

For further information, please email paht.chaplaincy@nhs.net.



Festive carol singing around the wards

Help bring Christmas cheer to our patients and put a smile on their faces by joining our hospital chaplaincy team and local church members, on **Thursday 19 December from 5pm -7pm** as they tour the wards singing festive songs.

You do not need to be a skilled vocalist - all are welcome.

To join, please meet the group at the hospital sanctuary (lower ground floor) at **5pm** on the day.

For further information, please email paht.chaplaincy@nhs.net.

