



Adult Social Care

Religious and Cultural Needs Practice Guidance

Version 7

Version: 7 FOI Status: Public	Religious and Cultural Needs Practice Guidance Derbyshire County Council - Adult Social Care	Originally Issued: January 2001 Issued: September 2023 Review Due: September 2025 Author: Quality and Compliance
----------------------------------	---	---

Contents

1. Introduction 2

2. General Principles 2

3. Baha'i Faith 3

5. Buddhism 4

6. Christianity 5

7. Christian Scientists..... 6

8. Hinduism 7

9. Islam..... 8

10 Jehovah's Witness 9

11 Judaism..... 10

12 Mormon 11

13 Quakers..... 12

14 Rastafarianism 13

15. Romany Origin 14

16 Sikhism 15

17 Summary of the Food Laws of Some World Religions 17

18 Sources of Further Information and Guidance 18

19 Sources of Reference 19

Author History 19

If you would like to make any comments, amendments, additions etc please email ASCH.AdultCare.Policy@derbyshire.gov.uk

Version: 7 FOI Status: Public	Religious and Cultural Needs Practice Guidance Derbyshire County Council - Adult Social Care	Originally Issued: January 2001 Issued: September 2023 Review Due: September 2025 Author: Quality and Compliance
----------------------------------	---	---

1. Introduction

This guidance explains the major faiths that are currently practiced within our multicultural society and how religious and cultural needs can impact on the way in which people are supported by Adult Social Care. The guidance contains detailed information and advice across a range of issues including dress, diet, personal care, and end of life care that will enable Adult Social Care staff to support people in a way that is both appropriate to and respectful of individuals religious and cultural needs and preferences.

This guidance will help Adult Social Care comply with its statutory obligations and has been developed with appropriate regard to a series of relating policies, procedures and guidance promoting similar themes that impact on social care. These include:

- Equalities Act 2010
- Personalisation Agenda
- Dignity and Respect Policy
- Our Health, Our Care, Our Say
- Care Act 2014

While every effort has been made to ensure that the information is current, the nature of the guidance and subject matter is an extremely personal one. It is therefore integral for employees to be non-assumptive about a person's faith. This requires taking a person-centred approach.

Using a person-centred approach, employees are encouraged to ask individuals about what is important to them in terms of their spirituality, religion, and culture and how it will impact on the way they would like to be cared and supported. Raising awareness can develop employee confidence when responding to individual requests and comments and may assist in developing strategies for integrating these areas into their practice.

This guidance is intended to promote an awareness of cultural and religious diversity rather than be a prescriptive guide to support people of different faiths. This information has been provided by representatives of the identified faiths and cultures.

It is important that workers ask the person and their family what their support requirements might be, and not make assumptions. Employees must consider aspects of cultural variation when supporting people who receive a service from Derbyshire County Council Adult Social Care - including people living in care homes, short break services, people supported in their own homes, and people who attend day services or who are supported in the community.

It is not acceptable for employees to enforce their own religious views on individuals or initiate their own cultural or religious practices. However, if an individual wishes for an employee to participate in a religious practice such as a prayer and the employee wishes and feels it would be appropriate to do so, then this is acceptable. The employee should discuss this with their line manager.

2. General Principles

Adult Social Care is committed to respecting the religious and cultural needs of all people they support and seeks to meet needs which are fundamental to the person and their daily life. Individuals will be supported to participate in their religious and cultural practices and community

Version: 7 FOI Status: Public	Religious and Cultural Needs Practice Guidance Derbyshire County Council - Adult Social Care	Originally Issued: January 2001 Issued: September 2023 Review Due: September 2025 Author: Quality and Compliance
----------------------------------	---	---

activities, as far as reasonably practicable and within available resources.

Within this general commitment Adult Social Care will ensure that:

- all religious and cultural needs of individuals, particularly those from minority communities, are identified and fully discussed with the individual and carer at the initial assessment
- staff will not intentionally offend or compromise any religious and cultural beliefs or practices of people when supporting them
- social care staff have due regard for the personal preferences, in terms of dress, diet and personal care of the people they are supporting
- where practical and within available resources, people who use social care services are supported to participate in any community or social activity of a religious or cultural nature should they so wish
- where appropriate any religious or cultural needs are recorded in the range of documentation used in Adult Social Care, including the support plan/care and support plan, stating description and the impact it has on personal care, diet, or daily activity
- the way in which providers of care and support will take account of these needs are recorded in personal service plans and other key documentation referenced by workers providing support with personal care, diet, or daily activity

In identifying and recording these needs, several issues should be considered:

- **personal care** – assistance with washing, bathing, using the toilet, dressing, supporting with food and drink
- **dietary requirements** – prohibited foods and drink; preferred foods and cultural dietary characteristics; special instructions for food preparation, cooking and serving
- **religious & cultural practice** – religious or cultural customs practiced or observed within the home; support to attend religious worship or cultural society activity; religious or cultural customs practiced or observed at time of illness or death

3. Baha'i Faith

The Baha'i Faith began in Persia in the middle of the last century since which time it has established itself throughout the world. Its founder Bahauallah (a title meaning Glory of God) lived from 1817 to 1892 and is regarded by Baha'is as a messenger of God. His teachings centre on the unity of mankind and of religions and include the harmony of religion and science, the equality of men and women and the abolition of prejudice.

The faith has no clergy, and its affairs are in the hands of elected administrative bodies known as "Spiritual Assemblies". At present there are some 200 of these in the United Kingdom. Although there are significant numbers of Baha'is in this country of Persian origin, most members here are of British background and their cultural approach and needs are basically the same as those of other individuals.

While they believe in the power of prayer, Baha'is have no objection to orthodox medical practice, seeing it as a different aspect of the same God given healing process.

Version: 7 FOI Status: Public	Religious and Cultural Needs Practice Guidance Derbyshire County Council - Adult Social Care	Originally Issued: January 2001 Issued: September 2023 Review Due: September 2025 Author: Quality and Compliance
----------------------------------	---	---

Key Issues and Special Considerations

Members of the faith observe a nineteen day period of fasting each year. In the western calendar this occurs between 2 and 21 March and is immediately before the Baha'i new year. People suffering with health conditions and the very young are exempt from this, as are the elderly, and expectant and nursing mothers.

Under normal circumstances, Baha'is abstain from alcohol and from other harmful or habit forming drugs, but these are permitted where prescribed as part of treatment. Narcotics will similarly be permitted for the control of pain as prescribed.

Food and Diet

There are no special requirements as far as food and diet are concerned except that the **abstention from alcohol extends to cooking as well**, so that anything containing alcohol, (e.g., sherry trifle) is forbidden.

Care of a Dying Person and What to do after Death

Baha'i believe that after death the body should be treated with respect. Cremation is not permitted, and burial should take place as near as reasonably possible to the place of death, certainly within the distance of an hour's transport.

5. Buddhism

Buddhism is a religion following the teachings of Buddha who lived in India in the 5/6th Century BC. He is revered not as a god but as the founder of a way of life.

There are over about [400 million Buddhists worldwide](#) and there are many variations of Buddhism. Ethnic Buddhists have been born into a Buddhist family or culture, but many Buddhists in the UK have consciously converted to Buddhism.

Followers of Buddha seek to emulate his example of perfect morality, wisdom, and compassion, culminating in a transformation of consciousness known as enlightenment. The Buddhist way of life involves a suit of morality and generosity, the keeping of special festivals, pilgrimage to Buddhist sacred places and social responsibility.

Through its long history Buddhism has developed into different schools. **It is important to ascertain which school of Buddhism the person follows.**

Key Issues and Special Consideration

Key issues and special considerations include:

- peace and quiet for meditation and chanting would be appreciated and individuals would also welcome visits from other Buddhists
- Buddhists have no conflicts with modern medicine

Food and Diet

Many Buddhists are vegetarians because of their respect for all life. It is important to find out each individuals preference.

Version: 7 FOI Status: Public	Religious and Cultural Needs Practice Guidance Derbyshire County Council - Adult Social Care	Originally Issued: January 2001 Issued: September 2023 Review Due: September 2025 Author: Quality and Compliance
----------------------------------	---	---

Care of the Dying and What to do After Death

Buddhists would like to have full information about their imminent death to enable them to make their own preparation for death. Buddhists consider that dying is a very important part of life and that it should be approached positively and in as clear and conscious state of mind as possible. This may mean a reduction of certain drugs which reduce consciousness.

After death there are no special rituals. Generally, cremation is preferred.

6. Christianity

Christians believe that God became man in the person of Jesus Christ. He was crucified, rose from the dead and ascended to heaven. Most Christians are baptised either as babies or when they are old enough to profess their own faith in Jesus Christ. Approximately one third of the world's population profess some form of Christianity.

There are many different Christian churches with differing structures, beliefs, and rituals but the concept of one God who reveals himself as Father, Son, and Holy Spirit (The Trinity) is central to all Christian teaching. Easter and Christmas are the most important feast days.

The main Christian traditions in England include:

- Church of England (the Anglican Church)
- Roman Catholic Church
- Orthodox Churches (Greek, Russian, and others)
- Methodist Church
- United Reformed Church
- Baptist Union
- Salvation Army
- Pentecostal Churches

There are many other smaller Christian churches and groups. All these groups have much in common despite their diversity.

Key Issues and Special Consideration

Key issues and special considerations include:

- individuals may wish to see a Chaplain, so that they can be prayed for and/or receive Holy Communion - they may request a Bible and wish to attend services
- call the Catholic Chaplain at any time in appropriate situations
- Catholic individuals choosing to observe Holy Days devoted to particular Saints - sometimes these feast days are referred to as Holy Days of Obligation which means that Catholics have a duty to attend Holy Mass

Food and Diet

There are no general dietary requirements but some Roman Catholics and 'High' Anglicans (who may describe themselves as Anglo-Catholics) may wish to observe the traditional meatless

Version: 7 FOI Status: Public	Religious and Cultural Needs Practice Guidance Derbyshire County Council - Adult Social Care	Originally Issued: January 2001 Issued: September 2023 Review Due: September 2025 Author: Quality and Compliance
----------------------------------	---	---

Friday as a day of self-denial. Those awaiting Holy Communion may prefer to fast until after they have received the sacrament.

Care of a Dying Person and What to do After Death

For individuals who are Anglican/Church of England:

- always ask the person/significant others if they would like to see the Chaplain or would like to make arrangements for their local priest to visit
- prayers may be said at the bedside of a dying person and sometimes it will be appropriate for the person to be anointed
- after death, some families may like to gather around the bed to give prayers of thanksgiving for the person's life

For individuals who are part of the Roman Catholic Church:

- the anointing of the sick is administered to bring spiritual and even physical strength during an illness, especially near the time of death - It is most likely one of the last sacraments one will receive
- a Catholic Priest must be called to the dying person or to one who has just died, and he would normally be of assistance in consoling the relatives

For individuals who are part of Free Churches:

- will welcome prayers but will not normally expect a sacramental ministry as far as possible ministry will be given by the Minister of their own church but visits by the Free Church chaplain will be accepted
- **last offices are appropriate for all Christians**

7. Christian Scientists

Founded by May Baker Eddy in 1879 (who suffered a great deal of ill health, and experienced personal healing after reading of the healing power of Jesus Christ in the New Testament), The Church of Christian Scientists aims to reinstate primitive Christianity and its lost element of healing. It is probably best known for its reliance on prayer alone for the healing of sickness and disease. This is believed to be in line with the healing practised by Jesus Christ and is seen as an integral part of the Ministry of Christianity. Christian Scientists are free moral agents, and the church does not control the actions of its members.

It is unusual for Christian Scientists to be individuals in ordinary hospitals. Instead, they would seek help from a nursing home run by the church, where the emphasis is on healing by prayer alone. However, the church does not rebuke those who defer to the family or legal pressures to undergo conventional medical treatment.

Key Issues and Special Considerations

Key Issues and Special Considerations include:

- the Christian Scientist, is likely to accept minimal medical treatment
- they may also ask for drug therapy to be kept to a minimum
- they may wish to contact a Christian Science practitioner to ask for treatment

Version: 7 FOI Status: Public	Religious and Cultural Needs Practice Guidance Derbyshire County Council - Adult Social Care	Originally Issued: January 2001 Issued: September 2023 Review Due: September 2025 Author: Quality and Compliance
----------------------------------	---	---

through prayer

- access to the Bible and Christian Science published works would be appreciated
- privacy for prayer and healing would also be appreciated

Food and Diet

The only dietary prohibitions are alcohol and tobacco.

Care of a Dying Person and What to do After Death

Care of a dying person and what to do after death requires:

- worship kept free from ritual and there are no last rites
- **post-mortem** – Christian Scientists wish to be free from post-mortems unless required by law
- routine last offices are appropriate
- a female body should be handled by female staff
- cremation is usually preferred, but this is a matter for family choice

8. Hinduism

Hinduism is not a religion with a formal structure; it is the result of 5,000 years of continuous cultural development. It includes several extremely diverse, traditional, and cultural beliefs and practices.

Hindus believe in the theory of re-birth and the principal of action i.e., one must face the consequences of actions in past lives.

It is extremely important to the Hindu that they be allowed to practice their religion in hospital.

Married women and children may wear red markings on their forehead. Married women may also wear nuptial thread/necklace and male adults 'sacred thread'.

Key Issues and Considerations

Key Issues and considerations include:

- female individuals prefer female care staff if possible and consideration should be given to their modesty
- Hindus are accustomed to having running water or a jug in the same room as the toilet and if a bedpan is used a bowl of water must be offered afterwards - ablutions are important
- the individual may want to lie on the floor (close to mother earth)
- the family may wish to always stay with the individual

Food and Diet

The eating of beef is forbidden, and pork is not usually acceptable. Many are vegetarians and do

Version: 7 FOI Status: Public	Religious and Cultural Needs Practice Guidance Derbyshire County Council - Adult Social Care	Originally Issued: January 2001 Issued: September 2023 Review Due: September 2025 Author: Quality and Compliance
----------------------------------	---	---

not eat eggs and dislike plates that have been used for non- vegetarian food. However, milk from cows is acceptable to most Hindus. There will be a need to rinse the mouth after eating.

Care of a Dying Person and What to do After Death

Care of a dying person and what to do after death requires:

- before death, a Hindu may offer food and other articles of use to the needy, religious persons or to the Temple
- Hindu's whenever possible would like to die at home
- a Hindu person may prefer to be cremated
- the family should be consulted regarding performing the last offices, as distress may be caused if the body is touched by non-Hindus.

If there is no family available, the following procedure should be followed at death:

1. wearing disposable gloves close the eyes and straighten the limbs
2. jewellery, sacred threads, and other religious objects should not be removed
3. wrap the body in a plain sheet without religious emblem - in most cases it should not be washed as this is part of the funeral rites and will usually be carried out by relatives later using Ganges water which is collected from the Temple

9. Islam

Islam is an Arabic word which means peace, purity, acceptance, and commitment. The literal religious meaning of Islam is surrender to the will of God. A Muslim person is one who follows Islam. There are approximately 1.8 billion people who profess Islam and believe in the relations of God's last prophet Muhammed. Muhammed was born in Makkah (Mecca) in Saudi Arabia in 570 AD. The Holy Book of Islam is the Quran which is the last revealed Word of God.

Muslim people are charged with the five Pillars of Islam:

1. declaration of faith
2. the mandatory five daily prayers (facing Mecca)
3. the fast of Ramadan or Ramadhan is the ninth month of the Islamic calendar (which is a lunar calendar). It requires that no Muslim person eat, drink, or indulge in pleasures between the period from dawn to dusk
4. give alms to the poor
5. pilgrimage to Mecca (if you are physically and financially able) at least once in your lifetime

Key Issues and Special Consideration

Muslims attach a great importance to cleanliness:

- hands, feet, and mouth are always washed before prayer
- after menstruation, the whole body is washed

Version: 7 FOI Status: Public	Religious and Cultural Needs Practice Guidance Derbyshire County Council - Adult Social Care	Originally Issued: January 2001 Issued: September 2023 Review Due: September 2025 Author: Quality and Compliance
----------------------------------	---	---

- a shower is preferred to a bath - offer washing facilities after using a bedpan
- Muslims of both sexes are modest in their dress and outlook; due consideration should be given as they may be reluctant to wear western style nightgowns

Food and Diet

Halal food is available upon request from the catering department and is food prepared as defined by the Quran. The Islamic form of slaughtering animals or poultry (known as dahabeah) involves killing through a cut to the jugular vein, carotid artery, and windpipe. Animals must be alive and healthy at the time of slaughter and all blood is drained from the carcass.

The religion forbids pork, bacon, ham, and alcohol.

During Ramadan it is incumbent that all Muslim people fast. Although people with certain health conditions are exempt from this.

Food should be made available for any individual before dawn and after sunset. The taking of medication during a fast may cause difficulties to the person and no undue pressure should be applied.

Care of a Dying Person and What to do After Death

Care of a dying person and what to do after death requires:

- individuals may wish to sit or lie facing Mecca (Southeast)
- family or friends may sit with the individual reading the Holy Quran and making supplication

Procedure at Death

Procedure at death requires:

1. do not wash the body
2. where no relatives are available, staff should wear gloves to avoid direct contact with the body
3. the body should face Mecca and the head should be turned towards the right shoulder before rigor mortis begins
4. the body can be made respectable in the usual way i.e., Combing hair and straightening limbs
5. the family will ritually wash the body before burial

10 Jehovah's Witness

Jehovah's Witnesses believe in Almighty God, Jehovah, Creator of the Heavens, and Earth. They regard Jesus Christ as the Son of God and declare themselves to be Christians. There are about 130,000 witnesses in the UK.

Jehovah's Witnesses await the end of the present world system which they believe will begin with the battle of Armageddon. Jehovah and his true witnesses will be the only survivors, his true

Version: 7 FOI Status: Public	Religious and Cultural Needs Practice Guidance Derbyshire County Council - Adult Social Care	Originally Issued: January 2001 Issued: September 2023 Review Due: September 2025 Author: Quality and Compliance
----------------------------------	---	---

witnesses being their sect. After Armageddon there will be 1000 years of peace and life under 'favourable conditions.'

Jehovah's Witnesses believe in making a positive effort to reach the public, just as Jesus did when "he went journeying from city to city and from village to village, preaching and declaring the good news of the Kingdom of God".

Scriptures are offered to householders as well as Bibles and literature, if desired. Witnesses conduct meetings in Kingdom Halls regularly.

The only festival celebrated is the annual memorial of the death of Christ, the date of which varies and is calculated according to the biblical formula. Jehovah's Witnesses do not celebrate Christmas or Easter. Personal celebrations i.e., birthdays are also not observed.

Key Issues and Special Considerations

Key Issues and special considerations include:

- Jehovah's Witnesses are deeply religious people who have sincerely held Bible based views that taking blood into one's body is morally wrong. They believe medical treatment is a matter of informed consent of the individual
- Jehovah's Witnesses do not object to modern medicine, but to them blood represents life itself and must be handled with respect

Food and Diet

Jehovah's Witnesses reject food containing blood. They do not smoke or use tobacco products.

Care of a Dying Person and What to do After Death

Care of a dying person and what to do after death requires:

- there are no special rituals or practices for dying people, but individuals who are very ill might appreciate a pastoral visit from one of their elders
- Jehovah's Witnesses do not support euthanasia but if death is imminent then life should not be prolonged artificially - the living body is dedicated to God, but the body has no religious significance once the breath of life has passed from it
- Jehovah's Witnesses may be either buried or cremated, depending on personal or family preferences and local circumstances
- there are no specific funeral rites, though a simple, personal service will likely be held at the deceased's Kingdom Hall, or at the graveside or crematorium

11 Judaism

The foundations of Judaism and the earliest stories of the Jewish people are found in the Hebrew Bible (i.e., the Old Testament). The essential belief is that there is one Spiritual God who cannot be represented in any shape or form. The family has great importance to Jewish life. In Britain today there is a wide spectrum of observance amongst Jews from 'reform' and 'liberal' to ultra-orthodox communities. Their daily lives are guided by the code of laws in the five books of Moses. Most Jewish people in Britain are not likely to expect any particular considerations other than dietary ones.

Version: 7 FOI Status: Public	Religious and Cultural Needs Practice Guidance Derbyshire County Council - Adult Social Care	Originally Issued: January 2001 Issued: September 2023 Review Due: September 2025 Author: Quality and Compliance
----------------------------------	---	---

Key Issues and Special Considerations

Key Issues and special considerations include:

- some Ultra-Orthodox Jewish women may prefer to cover their hair with either a wig or head scarf
- it is considered immodest for men to touch women other than their wives and for such individuals thought needs to be given about what contact is necessary between carer and person
- some orthodox Jewish people may wish to observe the Sabbath

The Sabbath begins at sunset on Friday and lasts until sunset on Saturday and during this time people may prefer not to write, travel or switch on electrical appliances. A person may appreciate such things as having the bedside light switched on for them

Food & Diet

Kosher food is prepared according to Jewish law and be the preferred choice, **but a person should be consulted over his/her level of dietary observance.**

Care of a Dying Person and What to do After Death

Care of a dying person and what to do after death requires:

- many families will wish to sit with their relatives during their last days and hours while listening to or reciting special psalms and prayer (Shema) - The individual may appreciate being able to hold the page on which it is written - it may be preferred that a Rabbi make the recital
- if a person or his or her relatives wish to see a Rabbi then the individual's own Rabbi should be the first call, if not available or contactable then contact the Sheffield Jewish Centre on 0114 2663567
- in normal circumstances where a death certificate is issued by the attending doctor - the eyes should be closed at or soon after death and the body should be covered and left untouched
- a burial should ideally take place as soon as practicable, preferably within 24 hours of death, and will be delayed only for the Sabbath
- the immediate family will set the ritual proceedings in motion - if no family is available contact the Sheffield Jewish Centre, as above
- where death must be notified to the coroner or where the attending doctor is unable to complete the death certificate, the immediate family should be informed and asked to contact their preferred undertaker, who will be able to keep in contact with the coroner's officer

12 Mormon

The Mormon Church, known as the Church of Jesus Christ of Latter-Day Saints, arose in America in the early 19th century. It has a growing membership of over 16 million worldwide, with some 188,000 members in the UK. Their headquarters are in Salt Lake City, Utah, USA.

Mormons believe that God, Christ, and the Holy Ghost are separate personages, although united

Version: 7 FOI Status: Public	Religious and Cultural Needs Practice Guidance Derbyshire County Council - Adult Social Care	Originally Issued: January 2001 Issued: September 2023 Review Due: September 2025 Author: Quality and Compliance
----------------------------------	---	---

in purpose. They believe in continuing revelation and that there is a living prophet, a man who receives revelations from God and directs their churches here on earth. They also believe that we are living in a time just before the Second Coming of Christ and that the Gospel should be taken through missionary work to the whole of the world. They believe in self-sufficiency in honouring, upholding, and sustaining the law, and in being of service in the community.

Missionary work is mainly done by young people between the ages of 19 and 22 who travel in pairs, serving full time without pay. They spread the word of the Mormon Church visiting homes and the community.

Key Issues and Special Considerations

Key Issues and considerations include:

- some Mormons who have undergone a special temple ceremony wear a sacred undergarment - this intensely private item will normally be always worn, in life and death - it may be removed for hygiene purposes and laundering but it must always be considered private and treated with respect
- the church sometimes has home teachers who assist caring by offering home support

Food & Diet

Food and dietary requirements are:

- some Mormons try to take care of their body, take proper rest, and exercise and eat a healthy diet
- Mormons are not usually vegetarians but will eat meat sparingly avoiding products with much blood (i.e., black pudding)
- some people of the Mormon faith have concerns over the effect of stimulants including caffeine and prefer not to drink tea and coffee
- in residential homes water, milk or fruit juice are acceptable
- alcohol and tobacco are generally forbidden

Care of a Dying Person and What to do After Death

Care of a dying person and what to do after death requires:

- death (if inevitable) is regarded as a blessing and a purposeful part of eternal existence
- there are no rituals for dying people, but spiritual contact is important and active members of the church will know how to contact their bishop
- routine last offices are often appropriate. The sacred garment previously mentioned must be replaced on the body following last offices
- burial is preferred although cremation is not forbidden

13 Quakers

Quakers believe the whole of life is sacred and the experience of God is available to everyone. Quakerism is a group of insights, attitudes and practices which together form a way of life rather

Version: 7 FOI Status: Public	Religious and Cultural Needs Practice Guidance Derbyshire County Council - Adult Social Care	Originally Issued: January 2001 Issued: September 2023 Review Due: September 2025 Author: Quality and Compliance
----------------------------------	---	---

than a dogma or creed. Quakers base their lives on the conviction that looking into their innermost hearts, people can have direct communication with their creator.

The Religious Society of Friends (Quaker) movement rose in the mid-17th Century. Its followers call themselves Friends of Truth or simply Friends. There are no ministers or pastors. Elders and overseers are appointed to oversee the spiritual and pastoral well-being of Quakers meetings and its members. In their meetings for worship, Quakers do not sing hymns or use set prayers, but wait on God in silence, with a member occasionally speaking briefly, praying, or reading from the Bible or other work.

Key Issues and Special Considerations

Key Issues and considerations include:

- there are no typical dietary requirements other than the individual's own preferences
- a person of Quaker faith may like to be visited by another Quaker

Care of a Dying Person and What to do After Death

Care of a dying person and what to do after death requires:

- there are no special rituals or practices for a dying person of Quaker faith
- individuals may appreciate a visit from an Elder or other Quakers who may sit in silent worship
- several people are appointed to support and advise families after a death and to assist with practical arrangements
- for burial or cremation, the wishes of the deceased should be respected

14 Rastafarianism

Rastafarians are followers of a growing movement which began in the 1930's in the West Indies, mainly in Jamaica and Dominica, among the descendants of slave families who had come from Africa.

Identification with Africa is central to the Rastafarian doctrine and the movement is linked to the roots of resistance to slavery. "The Back to Africa" movement led by Marcus Garvey raised black consciousness and self-respect and has inspired this faith.

The accession of Ras (Prince) Tafari as the Emperor of Ethiopia (Haile Selassie I) in 1930, is central to Rastafarian belief. He is considered to be a divine being, the Messiah of humanity who will ultimately lead all black people to freedom.

Various groups have contributed to the Rastafarian Movement and the Old and New Testaments are still regarded as scriptures, but Rastafarians do not consider themselves to be Christians. For them Christ's spirit has been reborn in Ras Tafari, the New Messiah. They believe they are the true Jews who will eventually be redeemed by repatriation to Africa, their true home and heaven on earth.

Rastafarianism is a personal religion and there are no church buildings, set services or official clergy.

Version: 7 FOI Status: Public	Religious and Cultural Needs Practice Guidance Derbyshire County Council - Adult Social Care	Originally Issued: January 2001 Issued: September 2023 Review Due: September 2025 Author: Quality and Compliance
----------------------------------	---	---

Key Issues and Special Considerations

Key Issues and considerations include:

- many Rastafarians are converts to the religion, and members of the faith are sometimes identified by their dreadlocks or 'locks' - these are a symbol of faith and Orthodox members may not permit their hair to be cut
- Rastafarian women always dress modestly - there is a taboo on the wearing of second-hand clothing; therefore, they may be unwilling to wear garments which have been worn by others
- Rastafarians may be unwilling to receive any treatment which might contaminate the body, and some may reject western style treatments - some will prefer to try alternative therapies such as herbalism, homeopathy, or acupuncture
- the faith believe it is important to visit the sick and visits are often made in groups. This could mean that there may be many people visiting

Food and Diet

Food and dietary requirements are:

- all forms of pig meat are forbidden - some feel that all meat is unnecessary and follow a vegetarian diet
- certain fish are regarded as unwholesome, herring and sardines in particular are not considered acceptable under their faith
- Orthodox Rastafarians do not take stimulants i.e., alcohol, caffeine, or tobacco

Care of Dying People and What to do After Death

Care of a dying person and what to do after death requires:

- family members may pray at the bedside of the dying person, but there are no rites or rituals before or after death
- at death, routine last offices are appropriate
- burial is preferred but cremation is not forbidden

15. Romany Origin

This includes English, Irish, Scottish and Welsh Travellers and those who live on a permanent site, those in transit and Travellers who are settled in houses. Although a Traveller may have relinquished their traditional nomadic lifestyle, this does not mean the loss of their ethnic identity or culture.

Many people of Romany origin are Christians but not all.

Romanes (the Romany language) is still spoken today. However, most Travellers speak English.

Version: 7 FOI Status: Public	Religious and Cultural Needs Practice Guidance Derbyshire County Council - Adult Social Care	Originally Issued: January 2001 Issued: September 2023 Review Due: September 2025 Author: Quality and Compliance
----------------------------------	---	---

Key Issues and Special Considerations

Key Issues and considerations include:

- Romany people do not believe in washing clothes in the same bowl that vegetables or food is prepared in - a separate bowl is kept for washing face and hands etc. – many feel it is mochardi (unclean) to do otherwise
- from the age of eleven, and throughout adulthood, some people of Romany origin would prefer to undress/dress in privacy (out of modesty) - in addition to this they prefer to keep legs and feet covered and it is rude to do otherwise
- traditionally some Romany people prefer to not wash their hair and for it to be cleansed by its own natural process
- individuals may wish to see a chaplain and or request a bible

Food and Diet

There are no general dietary requirements

Care of a Dying Person and What to do After Death

Care of a dying person and what to do after death requires that:

- if a person is dying then his/her family and friends from around the country will visit, wanting to be with the person before they die - this can sometimes mean there may be many visitors
- after the death, the family will request that the person be laid out in clothing of their choice
- family and friends will often place items in the coffin - these will be things that the person who has died was fond of (e.g., jewellery, photographs, and children's toys)
- often family members will sit up all night with the deceased person, allowing family and friends to pay their last respects before the funeral the next day
- burial is preferred since many Romany people do not believe in cremation - however, cremation is not forbidden

16 Sikhism

Sikhs believe in one God, and in many cycles or rebirth. They respect equality of all people, regardless of caste, colour, creed, or gender. The birthplace of Sikhism was in Punjab, India and there are approximately 300,000 Sikh people in the UK.

Sikhs believe that God is the only reality, and that spiritual release can be obtained by taming the ego through devotional singing, recitation of the divine mane, meditation, and service.

Prayers are read five times daily. Sikhs do not smoke, and adultery is forbidden.

To indicate equality all men are given the name Singh (which means lion). Women receive the name Kaur (princess).

As an act of faith Sikh people may wear:

Version: 7 FOI Status: Public	Religious and Cultural Needs Practice Guidance Derbyshire County Council - Adult Social Care	Originally Issued: January 2001 Issued: September 2023 Review Due: September 2025 Author: Quality and Compliance
----------------------------------	---	---

- **KESH** - means hair – long hair is kept under a distinctive turban
- **KANGHA** - small comb which is worn in the hair at all times
- **KARA** - steel bracelet or ring worn on the right wrist
- **KACHHA** - special type of underwear
- **KIRPAAN** - sword worn symbolically by baptised Sikhs

Key Issues and Special Considerations

Key Issues and special considerations include:

- female individuals may prefer a female carer or doctor
- the five K's worn by Sikh men should not be disturbed - if it is necessary, for example to cut the hair, then this should be explained carefully to both the individual and their family
- the Kara should only be removed if surgery or X-ray are necessary
- most Sikh people prefer washing in free flowing water rather than in a bath, and appreciate having water in the same room as the toilet - therefore, a bowl of water should always be provided when a commode has been used
- Sikh people may prefer running water to wash in before meals, and after using the toilet
- the community "Gurdwara" (local spiritual leader) must be contacted if there are no relatives
- if for any reason the person's Kachha (special type of underwear) is removed, they should be replaced by another pair - consult with the person for method of removal and replacement

Food and Diet

Food and dietary requirements are:

- Sikh people may sometimes be lacto vegetarian
- Sikhs do not normally eat beef and pork, and many will not accept fish, eggs, and meat

Care of a Dying Person and What to do After Death

Care of a dying person and what to do after death requires:

- the family will normally be present and say prayers
- at death, routine procedures may be performed but do not remove the 5 k's
- the body should be released as soon as possible to enable the funeral to take place
- Sikh people tend to prefer cremation under their faith

17 Summary of the Food Laws of Some World Religions

Food	Adventist	Buddhist	Christian	Hindu	Jewish	Mormon	Muslim	Rastafarian	Sikh
Eggs	most people	some people	yes	some people	yes, but not with blood	yes	yes, but not with blood	most people	yes
Dairy food – milk, butter, cheese etc	most people	yes	yes	not if made with rennet	not if made with rennet and not within 3 hours of eating meat	yes	not if made with rennet	some people	yes
Chicken	some people	no	some people do not eat any meat except fish during lent and some will eat only fish on Fridays	some people	kosher	Yes	halal	some people	yes, but not if kosher or halal
Lamb	some people	no		some people	kosher	yes	halal	some people	yes, but not if kosher or halal
Beef	some people	no		some people	kosher	yes	halal	some people	yes, but not if kosher or halal
Pork	no	no	most	rarely	no	yes	no	no	no
Fish	some types	some people	yes	with fins/scales	with fin/scales and backbone	yes	halal	some people – fish with scales	some types
Shellfish	some people	no	yes	some people	no	yes	halal	some people	some people
Animal fats	no	no	yes	some people	kosher	yes	no	some people	some people
Alcohol	no	no	some people	no	yes, wine should be kosher	no	no	no	some people
Tea & Coffee	no	yes	yes	yes	yes	no	yes	no coffee	yes
Nuts, Veg, pulses etc	yes	yes	yes	yes	yes	yes	yes	yes	yes
Fruit	yes	yes	yes	yes	yes	yes	yes	no vine fruits	yes
Fasting	no	some people	some people	some people	yes, during Yom Kippur	once per month	yes, during Ramadan	no	no

NB. These are only guidelines. Individuals should be asked about their own personal dietary needs.

Version: 7 FOI Status: Public	Religious and Cultural Needs Practice Guidance Derbyshire County Council - Adult Social Care	Originally Issued: January 2001 Issued: September 2023 Review Due: September 2025 Author: Quality and Compliance
----------------------------------	---	---

18 Sources of Further Information and Guidance

This guidance highlights some basic information relating to culture and religion. This information, together with constant dialogue with individuals, should enable social care staff to deliver personal care in a sensitive way. By asking questions employees can seek to better understand a person's individual needs and can help to enable the person to live their daily life according to their culture and observe any religious practice according to their personal preference and choice. For more detailed information and advice, the following contacts may be useful:

Faith and Religious Groups in Derbyshire

Multi-Faith Centre

University of Derby, Kedleston Road, Derby, DE22 1GB
Tel: 01332 5912285

Roman Catholic Diocese of Nottingham

Bishop's House, 27 Cavendish Road East, The Park, Nottingham NG7 1BB
Tel: 0115 947478

Church of England Diocese of Derby

Derby Diocese Council for Social Responsibility Derby Church House
Full Street Derby, DE1 3DR
Tel: 01332 388668

Buddhism

Tara Mahayana Buddhist Centre, Ashe Hall, Ash Lane, Etwall, Derbyshire DE65 6HT
Tel: 01283 732338

Hinduism

Greeta Bhavan Hindu Temple, 312 Normanton Road, Derby, DE23 5WE
Tel: 01332 380407

Muslims

Muslim Association of Britain, 124 Harrowdene Road, Wembley, Middlesex HA0 2JR
Chesterfield Muslim Association, 29 Newbold Road, Chesterfield, S41 7PG
Tel: 01246 277284

Salvation Army

East Midlands, Paisley Grove, Chilwell Meadows Business Park, Nottingham, NG9 6DJ
Tel: 0115 9835000

Sikhs

Ramgarhia Sabha Sikh Temple, 14 James Road, Derby, DE3 8QX
Tel: 01332 371811

Version: 7 FOI Status: Public	Religious and Cultural Needs Practice Guidance Derbyshire County Council - Adult Social Care	Originally Issued: January 2001 Issued: September 2023 Review Due: September 2025 Author: Quality and Compliance
----------------------------------	---	---

19 Sources of Reference

Religions in the UK: Directory 2007- 2012 P Weller (ed.) University of Derby & Multi-Faith Centre

Culture, Religious and Patient Care in a Multi-Ethnic Society: A Handbook for Professionals.

A Henley and J Schott (1999) Age Concern, England.

Caring for Dying Patients of Different Faiths, Mosby, London J Neuberger (1994)

Visions of Reality: Religion and Ethnicity in Social Work, N Patel, D Naik & B Humphries (eds)
(1998) Central Council for Education and Training in Social Work, London

Author History

Approval and Authorisation History

Authored by Emma Benton Service Manager Quality and Compliance August 2022

Approved by DMT August 2022

Change History

Version 1	January 2001		New policy
Version 2	May 2008		Review and Update
Version 3	September 2012	Harold Sharpe	Review and Update
Version 4	April 2015	Denise Mackey	Review and Update
Version 5	January 2018	Denise Mackey	Review and Update
Version 6	August 2022	Emma Benton	Review and Update
Version 7	September 2023	Emma Benton	Review