**Email/Intranet promotional blurb**

**Space. Stillness. Silence. A time to pause.**

To mark International Spiritual Care Week 2020 (October 25–31), the [Health Service] Spiritual Care team invites you to our virtual space where you can pause, breathe and create some quietness.

At the end of a year marked by the immense pressures of Covid-19, take some time to care for yourself so you can continue to care for others.

We look forward to welcoming you at our virtual space on:

Date: xx October 2020

Time:            xx: xx

Location:      via Zoom/MS Teams (as appropriate)

To register your interest and get the login details, email: [contact email]