



National Faith Toolkit

The document provides information about different faiths in collaboration with national staff networks and colleagues from College of Policing, Greater Manchester Police and NPCC.

The information is correct at time of publishing and as it is not an exhaustive list; we will be seeking to fill in any gaps at the next yearly review. Any requests to amend should be directed to the NPCC Religion and Belief Delivery Board leads timothy.tubbs@essex.police.uk and lucy-jane.milton@btp.police.uk.

Please handle the document with respect and care as it contains religious symbols and words.

Please do not place document on the floor.

Introduction

I am pleased to introduce the updated **Faith Toolkit**, developed to provide practical guidance and support to police officers, staff, and volunteers who engage with members of the public and colleagues from diverse faith communities. This resource is intended as a starting point for building understanding, fostering respectful engagement, and strengthening relationships with the communities we serve.

Faith communities play a vital role in supporting policing efforts both in responding to incidents and in preventing harm. By working collaboratively, we can better protect and support some of the most vulnerable individuals in our society. This toolkit offers key insights into the beliefs, practices, and festivals of major faiths, with a focus on how these may intersect with policing responsibilities.

Our commitment to the **Peelian principles** that the police are the public and the public are the police remains central to our approach. Representation within our workforce should reflect the diversity of the communities we serve, including those of faith. I am deeply grateful to our faith-based staff support networks for their continued contributions to this work.

To enhance the toolkit's relevance, I encourage all users to supplement it with local contacts, including internal and external faith representatives and members of Independent Advisory Groups. These connections are essential in building trust and resilience, particularly in times of crisis.

The events during **Operation Navette** highlighted the critical role faith communities can play in supporting public safety. However, for these partnerships to be effective, it is essential that we, as a police service, understand the cultural and religious contexts in which we operate. This toolkit is a step toward that goal.

Thank you to everyone who has contributed to the development of this important resource. I hope it will serve as a valuable tool in your work and help strengthen the bonds between policing and the communities we serve.

Chief Constable Rachel Kearton

NPCC Race, Inclusion, Religion and Belief Chair

Bahá'i



Background

- Bahá'í faith was founded by Bahá'u'lláh (the messenger of God) and began in Persia in the mid-19th Century.
- The faith emphasises the unity of mankind and of religions, the harmony of religion and science, the equality of men and women, and the abolition of prejudice.

Followers

- Bahá'í/s.

God / Key Figure

- Bahá'í believe in one God, who intervenes throughout different times in human history and reveals his divine purpose and knowledge through his messengers (called Manifestations of God).
- Baha'u'llah is the most recent messenger of God. Messengers before him were Adam, Abraham, Moses, Krishna, Zoroaster, Buddha, Jesus Christ, Muhammad (Peace and Blessings be upon Him) and the Báb.

Scripture

- The writings by Manifestations of God are considered as Divine Revelations.
- The writings of Abdu'l-Bahá are considered sacred. Abdu'l-Bahá was the eldest son of Bahá'u'lláh.

Diet

- Bahá'ís abstain from alcohol and other harmful drugs. However, these are permitted if required for medical treatment.
- Bahá'ís undertake special fasting from 2nd - 21st March. Fasting is not obligatory in sickness, pregnancy, menstruation, nursing mothers, and people under the age of 15 and over 70.

Practices

- Bahá'ís believe in the power in prayer in healing.
- Bahá'ís believe the purpose of life is to know and love God and this is achieved through prayer, fasting and meditation.
- There are obligatory daily prayers. Bahá'ís wash their hands and face before prayer.

Religious Premises

- Small Bahá'í communities may not have a place of worship and therefore meet at family homes or in hired halls.
- Larger Bahá'í communities may have Baha'i centres which are used for worship and general meetings.
- There are no clergy, and affairs are managed by elected administrative bodies known as 'Spiritual Assemblies'; at present there are some 200 of these in the UK.
- A growing number of Bahá'í communities undertake outreach work to young people 11-15yrs, inviting them to take part in groups that provide social and moral education.

Death

Beliefs

- The body is considered the temple of the soul and should be afforded a high level of dignity.
- Bahá'ís believe in the afterlife where the soul will progress and live on.
- Bahá'ís don't believe in reincarnation.

Funeral

- The body is buried in a place no more than 1hr away from the place of death.
- The body is washed, wrapped in a single- or five-piece shroud of cotton or silk. A special ring is placed on the finger which should not be removed.
- Cremation is forbidden.
- Prayer is recited for the deceased.

Postmortem

- There are no religious objections to post-mortems although they may be seen as disrespectful.

Each family is different, each case is different regardless of the bereaved family's cultural or religious background.

Buddhism



Background

- Buddhism arose in sixth century BC in northern India and centres on Buddha (the founder to the way of life).
- Buddhism is a tradition that focuses on personal spiritual development. Buddhists strive for a deep insight into the true nature of life and do not worship gods or deities.
- Buddhists apply different teachings of Buddha are often shaped by culture and depend on the individual situations.
- Three main strands of Buddhism are Theravada, Mahayana and Vajrayana (also known as Tibetan).

Followers

- Buddhists.

God / Key Figure

- Buddhists do not believe in a God or higher power.
- There are many monks. The Dalai Lama is a well-known active monk within Europe who is under Vajrayana.

Scripture

- There are many religious books these individually are known as a Sutra. The collections of books are known as canon.

Diet

- Buddhists believe in non-harm to self and others.
- Buddhism encourages vegetarianism.
- Some Buddhists are vegans or vegetarians.
- Alcohol is a personal choice and is forbidden for monks and nuns.
- Some Buddhists chant before a meal.

Practices

- Buddhists believe the path of enlightenment is through the practice and development of morality, meditation and wisdom.

- There are many forms of worship, and this can be done at home or a temple. It is not essential to worship at a temple.
- Worship takes the form of devotion to Buddha.
- A statue of Buddha, candles and an incense burner will indicate the shrine.
- The image of the Buddha is a visual representation of spirituality and not worship in a theistic sense.
- Worshippers may sit on the floor barefoot facing an image of Buddha and chant.
- Observant Buddhists will wish to chant or meditate early morning, midday and evening. They may use a cushion to sit on the ground. Meditation is important, involving the body and mind as a single entity and avoiding 'duality'.
- Buddhists will need an appropriate clean place for prayer.

Religious Premises

- Buddhist Temples and Meditation Centres are found across all parts of the UK and often they may be within homes.
- Theravada style temple is known as Vihara.
- There are different Buddhist traditions and therefore customs and practices can vary. If in doubt, ask the Buddhist monk or nun what behaviour is appropriate.
- Do not consume alcohol or smoke inside the Temple.
- Women should always dress modestly.
- Shoes may need to be removed when entering the temple; this is dependent on the requirements set by the temple. If it is not possible to remove shoes on operational grounds, then at least clean the soles of the shoes before entering.
- Do not move any Buddha-statues unless absolutely necessary.
- Respect Buddhist scriptures and do not place on the floor.
- Ordained Buddhist Monks of most traditions do not usually shake hands, or touch others, especially women.
- Many Buddhist Monks follow a long list of monastic rules, one of which forbids them from being left alone in a closed room with a woman. To help them comply with this rule, an additional person, preferably a male, should also be present.

Death

Beliefs

- The body and mind are separate entities. The mind leaves the present body and goes onto the next life. The next life is determined by the karma (what goes around comes around) at the time of death.

- Buddhists believe both re-birth and in re-incarnation.

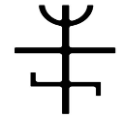
Funeral

- Whether the body is cremated is dependent on individual's wishes.
- A Buddhist family may request that the body is left for 8hrs undisturbed after death this is to allow the mind time to separate from the body and go onto the next life.
- The Buddhist minister/ monk is informed of the death.
- The body is wrapped in plain white sheet.

Postmortem

- There are no religious objections to Postmortems although they may prefer Postmortem not to be carried out for a few days to allow the deceased's consciousness to separate from the body.

Each family is different, each case is different regardless of the bereaved family's cultural or religious background.



Candomblé

Background

- Candomblé (dance in honour of the gods) is an Afro-Brazilian religion based on mixture of Yoruba, Fon and Bantu beliefs.
- Candomblé Practitioners believe there is no concept of good or bad and each person is only required to fulfil his or her destiny.
- Candomblé Practitioners believe we have 'orixas' which is our protector and controls our destiny.

Followers

- Candomblé Practitioners.

God / Key Figure

- Candomblé Practitioners believe in one God called Oludumaré, he is served by lesser deities called orixas, voduns and inkices.

Scripture

- Candomblé is an oral tradition and has no holy scriptures.

Practices

- Worship takes the form of choreographed dances and hymns.
- Worshippers splash water on themselves to get rid of uncleanness before entering sacred places.
- Worshippers wear clean clothes.

Religious Premises

- Sacred temples are called terreiro which have special areas for the gods.
- Priest or Priestess can read fortunes using cowry shells.
- Services are usually led by women 'mothers of the holy one'.

Death

Beliefs

- Candomblé Practitioners believe in life after death.

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Catholicism



Background

- The Catholic Church is the oldest institution in the western world. It can trace its history back almost 2000 years and has over a billion followers worldwide. What binds this diverse group of people together is their faith in Jesus Christ as the Son of God.
- Catholics are obliged to attend Mass on Sunday and also on defined Holydays of Obligation, namely:
 - Nativity of the Lord (25 December).
 - Epiphany of the Lord (6 January).
 - Ascension of the Lord (Thursday after 6th Sunday of Easter).
 - St Peter & St Paul (29 June).
 - Assumption of the Blessed Virgin Mary (15 August).
 - All Saints (1 November).
- Holydays which fall on Saturday or Monday are transferred to the Sunday.

Followers

- Catholics / Roman Catholics.

God / Key Figure

- Catholics share with other Christians a belief in the divinity of Jesus Christ, the son of God made man who came to earth to redeem humanity's sins through His death and resurrection. They follow His teachings as set out in the New Testament and place their trust in Gods' promise of eternal life with Him. Catholicism, however, is distinct from other Christian churches in both its organisation and its teaching.
- Catholics believe that the Pope is the successor to Saint Peter whom Christ appointed as the first head of His church. He therefore stands in what Catholicism calls the apostolic succession, an unbroken line back to Peter. Popes can speak infallibly on matters of faith and morals and have supreme authority.

Scripture

- Catholic doctrine is based on the scriptures and on the church's own traditions. It believes that its doctrines were revealed to the apostles and have been preserved in the continuous tradition ever since.
- There are several doctrinal issues where the Catholic Church has a distinct position:
 - While all Christians believe Jesus had an immaculate conception i.e. He was born free from original sin inherited from Adam, Catholic faith decrees that his mother, Mary, also had a similarly miraculous conception as a point of orthodoxy. Moreover, Catholics believe her body was assumed (taken up) into heaven at the end of her earthly life. Alongside Eastern Orthodox Christians and some Protestants, Catholics believe that Mary remained a perpetual virgin even after the birth of Jesus and therefore there is a special devotion to The Mother of God.
 - in its belief in transubstantiation, that during the celebration of the Mass when the priest repeats Christ's words from the Last Supper the bread and wine become the body and blood of Christ, though no change takes place in their outward appearance.
 - in its opposition to artificial methods of contraception which interfere with the creation of human life and the sacred purpose of sex.
 - in its unflinching opposition to abortion as the destruction of human life, given that life begins at the moment of conception.
 - With some exceptions, the Roman Catholic Church requires that its clergy be celibate.

Diet

- Traditionally, Friday is observed as a "no meat" day but both Ash Wednesday and Good Friday are days of 'fasting and abstinence' whereby meat is not eaten.

Practices

- Catholicism is a faith that revolves around the seven sacraments - baptism, reconciliation (confession), Eucharist (Holy Communion), confirmation, marriage, holy orders (joining the priesthood) and the sacrament of the sick (once called extreme unction or the last rites). **The importance of receiving Christ's body and blood at communion as the bread of life is central.**

Religious Premises

- Catholics worship in Churches. When visiting a Catholic place of worship:
 - Do not swear or blaspheme.
 - Do not smoke or chew gum.
 - Do not touch religious objects unless necessary.
 - Do not use the names of Jesus, God, Christ or Mary in inappropriate contexts.
 - Seek early contact with a church official.
 - Be respectful, especially when near the altar.
 - As in any church, male officers should remove their headwear. Etiquette dictates that female uniformed staff should wear headdress.
 - Seek advice from colleagues, community members, staff associations and/or community involvement officers if in doubt.

Death

Beliefs

- Catholics believe that after death they will be judged based on how well they have followed God's teachings. Those who have committed 'venial' or forgivable sins go to the place called purgatory 'state of grace' as they may not go straight to Heaven.

Funeral

- Burial or cremation - no specific requirements.
- The funeral might take place in a church or at a crematorium.
- At the time of death, prayers may be said and the person anointed.

Postmortem

- No religious objections to Postmortems.

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Christianity



Background

- Christians believe Jesus Christ is the son of God, who came as a man to earth and gave his life for us, dying on the cross as a sacrifice. In doing this He paid the penalty for our wrongdoing. When a person believes in Jesus Christ and what he has done, this gives them eternal life. The basis of our faith is found in Jesus' greatest commandment which is to Love the Lord our God with all our heart, soul and mind and to love our neighbour as ourselves.
- Christians believe that Jesus Christ rose from the grave and ascended into Heaven.

Followers

- Christians, believers, born again Christians, committed Christians, nominal Christians, churchgoers.
- There are varied demonstrations of worship, and each person can be different levels in their faith journey.

God / Key Figure

- Christians believe that there is one God in three persons (Trinity) God the Father, God the Son, and God the Holy Spirit.
- Believe Jesus Christ is the Head of the Church. Colossians 1:18 and the only way to salvation 1 Timothy 2:5-6.

Scripture

- Christians believe that the Bible is the Inspired word of God without error in its original form. It consists of the Old and the New Testaments. There are many translations from the Authorised Version (AV) King James to more modernised versions.

Diet

- There are no specific dietary requirements that pertain to Christianity; however, some Christians may not eat meat on Good Friday and some may not eat pork due to personal beliefs.
- Some Christians fast during Lent which is from Ash Wednesday to Good Friday, or they may give up something else.
- Fasting is not confined to the Lent Period. Christians may fast at other times as part of an individual fast or a corporate church fast.

Practices

- There are many denominations within Christianity ranging from the more solemn practice of worship to the more exuberant form of worship.
- This sometimes informs the following:
 - Leadership structure.
 - Musical worship styles.
 - Mode of Prayer – introspective or out loud prayer.
- Therefore, if in doubt when visiting a church or wanting to know more about the church of a colleague, do not assume. Please ASK.
- Different Cultures can also impact on prayers and forms of worship. Dependent on if a church is predominantly one culture or a mix of different cultures.
- Sunday is the day of corporate worship for most Christians. Although Messianic Jews and Seven Day Adventists worship on the Saturday (The Sabbath).

Religious Premises

- Services are usually held in church buildings or places with D1 authorisation (permission to use as a place of worship)
- Prayer can be anytime anywhere, with people or solo. It can be kneeling, standing or walking. It can loud or quiet.
- The Great Commission is the last instruction given by Jesus Christ before he ascended to Heaven and is found in Matthew 28 v 19 -20, This commission is to spread the good news about Salvation through Jesus Christ.
- When in the presence of Christians or attending Christian places of worship
 - Do not swear or blaspheme using the name of Jesus Christ or use the name of God in vain.
 - Seek advice from CPA, Christians IAGs, church leaders
 - Churches will always have a safeguarding officer or Team and a safeguarding policy for reference.
 - Respect the premises as a place of worship and where able take conversation outside of the sanctuary (worship area).

Death

Beliefs

- Christians believe that after death they are judged by God. Those who believe that Jesus is the Son of God who died on the cross taking their punishment for sins and

that Jesus rose again will spend eternity with God. Those that don't believe this face eternal separation from God. Hebrews 9:27, 1 Timothy 2:5.

- John 3:16, "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."
- Families may ask for their local church leader to pray for the family or be there for support in times of trauma or bereavement depending on the denomination.

Funeral

- Burial or cremation - either held at a church or a crematorium or both.

Postmortem

- No religious objections to Postmortems, there may be personal preferences.

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Hare Krishna



Background

- Shri Krishna revered as the Supreme Personality of godhead. Ancient text reveals the teachings as a way of life known as the Sanatan Dharm. Devotees believe in achieving highest purity in this human life to be able to connect with Supreme soul also addressed as Paramatma.

Followers

- Are all who are seeking the highest and purest sense of longing. These are also devotees who practice the teachings from Shrimad Bhagvad Gita and the Bhagavatas.

God / Key Figure

- Shri Lord Krishna.

Scripture

- The Vedas – Rig, Yajur and Sama known as the Trayividya.
- Bhaghavad Gita.
- Shrimad Bhagvatam.

Diet

- Lacto Vegans.
- Eggs prohibited.
- Certain vegetables are prohibited.
- Prefer food from other Devotees who have prepared this with good Karma, but in an emergency will accept food from non-devotees.

Practices

- Devotees wear saffron coloured robes made from natural fabrics. They view their clothes as having a number of benefits, including identifying them as a devotee.
- A quiet place is required by Devotee for meditation.
- Chanting holy names and prayers is important.
- Divas are lit and incense sticks offered for calm and reflection.

Religious Premises

- Monks often live in Krishna temples.

Death

Beliefs

- Devotees believe in the concept of the eternal soul, which is at one with God, or Krishna.
- They believe in life after death (reincarnation).

Funeral

- followed to a Sacred practice of cremation. This is in line with life after death.

Postmortem

- No objections on religious grounds.

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Hinduism



Background

- Hinduism is not a single doctrine, and there is no single founder or teacher.

Followers

- Hindus.

God / Key Figure

- There is one God who can be worshipped in many different forms. The three main forms are; Brahma the creator of the world, Vishnu the preserver of the world and Shiva the destroyer.

Scripture

- Vedas, a collection of hymns praising the Vedic gods. Veda means 'knowledge'.
- Ramayana, long epic poems about Rama and Sita.
- Mahabharata, which includes the Bhagavad Gita.

Diet

- Vegetarian and some may be vegan.
- Beef, animal fat, some drugs and vaccines are forbidden.
- Hindus like to rinse their mouth after eating.

Practices

- Hindus greet each other by various ways but the most common ones are:
 - Namaste – This means 'I bow in salutation to the divinity within you.'
 - Jai Shree Ram – This means 'Glory to Lord Ram – an example of the ideal human being and a reminder to Hindus to follow his example.'
 - Jai Shree Krishna – This means 'victory to lord Krishna and is a reminder to Hindus of their internal battle of good over evil.'
- Hindu worship is called Puja and is centered around an image or icon of God.
- Hindu worship is primarily an individual act rather than a communal one, as it involves making personal offerings to the deity.
- Family members often worship together.
- Worshippers repeat the names of their favourite gods and goddesses and repeat mantras.

- Rituals should be performed three times a day. Observant Hindus will wish to pray before 12.00hrs and 18.00hrs. They may wish to wash prior to prayers.
- Some Hindus, worship wearing the sacred thread (over the left shoulder and hanging to the right hip).

Religious Premises (Mandir)

- Worship is done either at home or in the Mandir/Temple.
- Most Hindu homes have a shrine where offerings are made and prayers performed. A shrine can be anything: a room, a small altar or simply pictures or statues of the deity.
- The religious leader is called a priest or pandit.

At the temple:

- Women should cover their heads.
- Don't consume meat or drink alcohol inside the shrine.
- Don't smoke.
- Remove shoes before entering into the Shrine/prayer room, however if not appropriate for operational grounds then clean shoe soles before entering.
- Don't move the statues, deities and Holy Scriptures unless absolutely necessary.
- Don't remove clothing from the Deities. If this must happen, seek the assistance of a priest.
- Don't interfere with any burning lamp/s (usually used for prayers/worship).
- Don't enter the prayer room unless a priest is present.

Death

Beliefs

- When a person dies their soul reincarnates into a different physical body or physical form.

Funeral

- Cremation should take place as soon as possible.
- Religious symbols remain on the body (thread around the wrist or neck).
- Eldest son deals with funeral arrangements.
- Families may wish to place Holy water and basil leaf in the mouth.

Postmortem

- No religious objections against postmortems but are considered to be disrespectful.
- Prior to a postmortem, family members may wish to remove sacred threads from the deceased.
- The family should be consulted before handling of body as distress could be caused if touched by a non-Hindu or touched by the opposite sex.

Each family is different, each case is different regardless of the bereaved family's cultural or religious background.

Humanist



Background

- Humanism (encompasses Atheists and Agnostics) do not believe in God or spiritual beings. However, they believe that humans can devise suitable moral codes to live by without the aid of Gods or scriptures.
- Humanists UK (British Humanist Association) launched in 1896, had over 120,000 members in 2023 and supports non-religious funerals, weddings etc.

Followers

- Humanists.

God / Key Figure

- None.

Scripture

- None.

Diet

- No special requirements.

Practices

- Humanist UK run an annual Humanists UK Convention, with guest speakers and a range of discussion subjects.

Religious Premises

- None.

Death

Beliefs

- Humanists do not believe in life after death.

Funeral

- There are no specific rituals or rites.
- A non-religious funeral may be arranged.

Postmortem

Each family is different, each case is different regardless of the bereaved family's cultural or religious background.

Islam



Background

- The Arabic word “Islam” means “submission to the will of God” and derives from the word “Salam” meaning “peace”.
- The core beliefs for Muslims are: The belief in one God, angels, the Abrahamic holy books where the Quran is the central text, prophets mentioned in the Qur'an with the Prophet Muhammed being the last of the prophets, the day of judgment and afterlife.
- The common core duties in Islam are the five pillars: Shahada (declaration of faith), Salat (prayer), Zakat (almsgiving) Sawm (fasting during Ramadan) and Hajj (pilgrimage to Mekkah).
- The 2021 Census shows that there are 3.9 million Muslims across England and Wales. This equates to 6.5% of the population.
- Islam is the second-largest religion in the world, with over 1.9 billion followers globally.

Followers

- Muslims are the followers of Islam and can be from any ethnicity or background. The two major groups within the UK are Sunni and Shia. Sunni Muslims form the majority with over 90%. Both groups have factions, from different schools of thought. Sufism is another dimension which focuses on Islamic mysticism, Sufi Muslims can be either Sunni or Shia. Many Muslims will also just consider themselves Muslim and not align to any group. All these groups can differ in their practices; however, their core beliefs and duties remain the same

God / Key Figure

- In Islam, God is represented by the Arabic name Allah which means The God or The One True God. Allah is the central figure in Islamic belief, embodying absolute monotheism. Muslims believe that Allah is the sole creator and sustainer of the universe, possessing qualities of omnipotence, omniscience, and omnipresence.
- Allah is considered to be entirely unique, with no equals, partners, or offspring, and is beyond human comprehension. The essence of God in Islam is defined by the 99 names or attributes (Asma' ul-Husna) mentioned in the Qur'an, which describe His nature, including attributes like The Merciful (Ar-Rahman), The All-Knowing (Al-Alim), and The Just (Al-Adl).
- The core belief in Islam is that Allah is one, and worship is directed solely to Him, without any intermediaries. This belief in the oneness of God is called "Tawhid," which

is the foundation of Islamic theology and practice. Some Muslims choose to use these attributes in their names, but they do so by prefacing them with 'Servant of' rather than using one of the 99 names of Allah directly.

Scripture

- Qur'an is the Islamic holy book, revealed in Arabic. Muslims believe that the Prophet Muhammed (PBUH) received a series of revelations from Allah through the recitations of Angel Jibrael (Gabriel). These revelations continued for a period of 23 years. Although Muslims believe in previous Abrahamic scriptures, the Qur'an is considered the final message, which supersedes previous revelations. The Qur'an is passed down via oral tradition, with millions of Muslims worldwide memorising the Qur'an on a regular basis. The Arabic content of the Qur'an has remained unchanged since its revelation. There are translations and interpretations explaining the content in most languages across the world.

Diet

- Muslims are guided by their faith as to what is permissible (Halal) and what is prohibited (Haram). These terms are often used to categorise food; however, they are not exclusive to this context. Halal food means it is permissible to eat. For animal meat such as lamb, beef and chicken to be considered Halal, the slaughtering of that animal, handling and other parameters needs to meet the Islamic criteria. Generally, Muslims consider most food caught from the rivers and the sea as Halal and all vegetarian food and dairy produce is also permitted. Pork and some meats (which are rare to find in the UK) are Haram, irrespective of how the animal is slaughtered or prepared. This includes some sweets, marshmallows, jelly, and other products which may contain gelatine derived from pork. Additionally, food items contaminated with lard or pork derivatives, such as frying pork sausages with fish and chips would also make the fish and chips Haram. The process in which the food is manufactured, stored and prepared is considered, not just the source product.
- Beverages are generally considered Halal unless they are alcoholic. Intoxicants and alcohol are forbidden in Islam. Many Muslims will also extend this to alcohol contained within food or desserts.

Practices

- Although there is no specific style of clothing that is required in Islam, there is an expectation for Muslims to dress modestly. Many Muslims will wear clothing that is

loose and not figure hugging, generally covering most of the skin. Muslim women usually cover their hair with a headscarf referred to as a Hijab.

- The dates of religious festivals are not fixed as the Muslim calendar follows the lunar calendar which shifts back approximately 12 days each year. There are two main religious festivals in Islam. Eid al-Fitr, which celebrates the conclusion of the month of Ramadan and Eid al-Adha, which commemorates the sacrifice that Prophet Ibrahim (Abraham) made, the latter is celebrated during the time of Hajj.
- Friday (Jumu'ah) is the holy day of the week for Muslims, where Muslim men would gather for a sermon (Khutbah) and midday prayer. This gathering is held at a mosque and sometimes women may attend in a dedicated place for women within the masjid, however most will pray at home.

Five Basic Pillars of Islam

- **Shahada:** This is the declaration of faith and the belief that there is only one God, and that Muhammed is his prophet. It often appears written in Arabic calligraphy and can sometimes appear on flags (e.g. the flag of Saudi Arabia), in mosques and Muslim homes.
- **Salat:** This is a ritual prayer carried out five times a day facing the direction of Mekkah (Qibla). The prayers take place at dawn (Fajr), early afternoon (Dhuhr), late afternoon (Asr), sunset/dusk (Maghrib) and at night (Isha). Prayer times vary throughout the year and also vary between communities and different schools of thought.
- **Sawm:** This is a duty to fast during the month of Ramadan which is the ninth month of the Muslim calendar. Food or drink are examples of things not permitted during daylight hours.
- **Zakat:** This is a type of almsgiving for Muslims where they are expected to give 2.5% of their wealth to charity. It is quite common practice for this to be sent or taken abroad for families and to support those in need.
- **Hajj:** This is a pilgrimage to Mekkah in Saudi Arabia, which Muslims are expected to complete once in their lifetime if they are capable, particularly from a financial perspective. Often these trips are planned long in advance.

Religious Premises

- The place of worship for Muslims is called a Mosque or Masjid in Arabic. The person who leads the prayers in a Mosque is usually referred to as an Imam. There are many styles and sizes of Mosques in the UK, from a converted building to a purpose-built Masjid.

Please consider the following when visiting a Mosque or Muslim household

(Note that operational needs come first)

- Dress modestly and cover or remove shoes.
- Quiet and respectful behaviour.
- Avoid the use of dogs.
- Mindful of cultural traditions (each Mosque / household will vary with etiquette).
- Avoid interacting with Muslims engaged in prayer.
- Avoid entering parts of the building designated for members of the opposite sex.
Cultural factors should be considered when interacting with the opposite sex. This applies to physical interaction and verbal communication. In some situations, someone from the same sex would be best placed to interact with a Muslim individual.
- When searches are conducted, consideration should be given when handling the Qur'an and Islamic books. A head cap, prayer mat, and prayer beads (Tasbeeh) may also be considered religious artifacts by some Muslims.

Death

Beliefs

- The body is considered to belong to Allah and therefore should not be desecrated. This is why cremation is considered forbidden within Islam. The burial of the body is done as soon as possible, ideally within 24 hours. Considerations should be given around these sensitivities when dealing with sudden deaths, postmortems and deaths in suspicious circumstances.

Mourning

- With the exception of a widow, who is required by the Qur'an to observe a mourning period of four months and ten days, known as the 'iddah', there is no specific mourning period mandated by the religion itself. However, in many Muslim communities, it is customary for the mourning period to last between three and forty days. This tradition serves to console the family and loved ones of the deceased and to support them during their time of grief.
- During this period, it is common for people to visit the family of the deceased, offering emotional and material support. The customs may also involve reducing social and recreational activities as a way to express sorrow and respect for the deceased.

- Islam encourages a return to normal life after a brief period of mourning, as excessive mourning can have a negative impact on the living. These customs and traditions may vary in different communities and families.

Funeral

- Close family members of the same sex will wash the body (Ghusl), and the body is wrapped up in simple cloth (Kafan). The body is then transported to the mosque where mourners and whomever is present at the mosque at the time perform a ceremonial prayer for the deceased (Janazah). The body is then transported to the graveyard for burial. There are usually dedicated areas for Muslims in a graveyard and they are buried facing Mekkah.

Postmortem

- Islam outlines clear and respectful guidelines for handling the deceased, emphasising dignity and prompt burial.
- Islamic law generally prefers burial within 24 hours of death, but there are exceptions when the cause of death requires investigation. Delays are permitted in cases of suspected foul play, unclear cause of death, or when the family wishes to know the cause.
- The handling of the deceased by forensic specialists should reflect Islamic guidelines in relation to living patients. Ideally, Muslim females should be examined by female Muslim healthcare professionals. If unavailable, female non-Muslim professionals are preferred, followed by male Muslim professionals, and finally, male non-Muslim professionals. When a male professional examines a Muslim woman, a close male relative or her husband (Mahram) should be present to avoid Khalwah (seclusion with a non-Mahram man), although exceptions are allowed in cases of necessity, based on the principle **al-ḍarūrāt tubīḥ al-maḥẓūrāt** ('necessities permit what is restricted').
- Postmortem CT (PMCT) scans have become essential in determining the cause of death and are used in both suspicious and non-suspicious cases. The PMCT is able to identify the cause of death with little to no intrusion into the body in most cases. PMCT is particularly beneficial for the Muslim community as it enables the prompt release of the body, aligning with Islamic funeral practices of swift washing, shrouding, and burial, thus preserving the respect and dignity required by Islamic customs.
- Virtual postmortem using PMCT and MRI is an optimal choice, allowing forensic pathologists to determine the cause of death or make a small incision, if necessary, based on the imaging results

Each family is different, each case is different regardless of the bereaved family's cultural or religious background.

Further Information & Resources

Anti-Muslim Hatred Definition

'Anti-Muslim hatred encompasses a range of negative perceptions and attitudes towards Muslims. This may be expressed as a prejudice against and/or hatred towards Muslims, taking the form of rhetorical, physical, or discriminatory behaviour. It may be directed towards Muslim or non-Muslim individuals, the wider Muslim community and/or Muslim property.'

Considerations when dealing with Anti-Muslim Hate Incidents

- Ensure all Anti-Muslim hate incidents are recorded correctly and captured as religious hate.
- The Muslim community are particularly vulnerable during religious periods or during national and international events such as elections, or incidents such as terror attacks.
- Other faiths and minority groups that are not Muslim are often the victims of Anti-Muslim hatred and are targeted due to the perception of them being Muslim.
- Good communication, reassurance and a basic understanding of issues that affect the Muslim community is extremely important for building trust and confidence.

Guidance for the Islamic month of Ramadan

Guidance for Prayer provisions

Anti-Muslim hatred and discrimination

Haji Fraud

Advocating for Virtual Postmortem Examination Practices for Muslim Communities

Jainism



Background

- Jainism originated from India.
- Jains believe all living things have a soul and have equal value, this includes animals and plants.
- The way of life is regulated by non-violence, respect for all life and pluralism in thoughts.

Followers

- Jains.

God / Key Figure

- Jains believe in many Gods who are self-realised individuals who have gone through enlightenment. There are 24 historical exemplary persons (Tirthankaras). The first was Risabhdeva and the last was Vardhaman Mahavira.

Scripture

- There is no single book, there is a collection of texts and writings known as Agam Sutras. These are transcriptions of teachings by Lord Mahavira.

Diet

- Mostly vegetarian and teetotal where they do not eat meat, seafood, eggs and mushrooms.
- Milk is permitted.
- Some Jains may refuse potatoes, garlic and onions.
- Many Jains prefer not to eat between sunset and sunrise but will only drink water that has been boiled, cooled and filtered.
- Fasting is common and is undertaken during Paryushana and Ayambil.

Practices

- Leather is unlikely to be worn.
- Jain monks (Shvetanbara monks) wear cloth over their mouth to symbolise their purity to all things and prevent creatures that live in the air from entering their mouth.
- Jains rinse their mouths before praying.
- Namokkara mantra is recited first thing in the morning, at mealtimes and before going to sleep.

- Pratikramana ritual which is used to repent sins may be performed one to two times a day.

Religious Premises

- Jains have two types of places of worship:
- Temples:
 - No food or drink is allowed in the Temple.
 - No smoking.
 - Animals should not be taken inside the Temple.
 - Footwear should be removed before entering.
 - No leather articles permitted.
 - Ladies should not enter the Temple during their menstrual period.
 - Ladies must cover their heads.
 - Do not enter the sanctum sanctorum without permission of a priest/caretaker.
 - Protect the deities from any damage.
 - Handle burning lamps and incense carefully.
- Assembly Halls (for prayer or worship):
 - All of the above apply. However, if the halls are being used for a social event or meeting:
 - Alcohol or non-vegetarian food is never allowed in any form.
 - Smoking is not allowed.
 - These do not form a comprehensive list.
- Seek advice from a Jain if at all possible.

Death

Beliefs

- Jains believe in reincarnation and that each person's karma affects what happens to them in the future. The cycle of life and death can be escaped when there is absolute detachment from worldly cares.

Funeral

- The body is cremated.

Postmortem

- Postmortem is usually seen as disrespectful to the body.

Each family is different, each case is different regardless of the bereaved family's cultural or religious background.

Jehovah's Witnesses

Background

- Jehovah's Witnesses believe in the entire bible as the word of God. They also believe the end of the present world system will begin with the battle of Armageddon, after which there will be 1000 years of peace and life under favorable conditions. Jehovah's Witnesses try to live according to the commands of God as written in the New World Translation of the Old and New Testaments.

Followers

- Witnesses.

God / Key Figure

- Believe in one God called Jehovah and Jesus Christ is the son of God.

Scripture

- New World translation of Old and New Testaments. 'The Watchtower' is also a common publication.

Diet

- Food containing blood is forbidden.
- Do not smoke or use tobacco.

Practices

- Believe in importance of evangelism and often offer literature.
- Witnesses attend weekly meetings in Kingdom Halls and also assemble at homes for Bible Studies.
- Witnesses don't celebrate Christmas.

Religious Premises

- Meetings for worship and study are held at Kingdom Halls, which are typically functional in character, and do not contain religious symbols.

Death

Beliefs

- The living body is dedicated to God, but the body has no particular religious significance once the breath of life has passed from it.
- The soul ceases to exist at death but Witnesses believe that the resurrection of the dead will come in the future.

Funeral

- Burial or cremation. There are no specific funeral rites.

Postmortem

- There are no religious objections either to Postmortems.

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Judaism



Background

- Judaism was founded about 2000BC by Abraham who taught his people to worship one God, carry out the ten commandments, practice charity and tolerance toward fellow human beings.
- There are a number of sub-sets within Judaism, the main ones are:
- Ultra-orthodox (Hasidic, Haredi, etc.) – Observe everything mentioned in the Jewish holy books, are not integrated into wider secular society and maintain a style of dress consistent with how their religious teachers dressed several hundred years ago.
- Modern orthodox (Conservative, United Synagogue, etc.) – Observe most things mentioned in the Jewish holy books, typically Kosher rules and the observance of the Sabbath. Are more widely integrated into secular society and typically dress in modest western clothing. Men often wear a skull cap (known as yarmulke or kippah), woman may cover their hair.
- Reform (encompassing liberal Judaism, etc.) – Believe in a more modernist interpretation of Judaism where women are more involved in prayer. Services are a hybrid of Hebrew and English.

Followers

- Jews.

God / Key Figure

- Prophet Moses.
- Believe in one God (Jehovah or Yahweh).

Scripture

- The prayer books are the Siddur and Torah (Book of Moses).

Diet

- Kosher food is acceptable (meat is slaughtered to Kosher ritual).
- Milk and meat are not eaten together.
- Pork and shellfish are forbidden.

Practices

- The Jewish holy day is the Sabbath (Shabbat in Hebrew) from Friday sunset to one hour after dusk on Saturday.
- Jews refrain from various acts of “work” on the Sabbath, in commemoration of God’s cessation of work on the Seventh day of creation. The day is traditionally spent enjoying time with family members and friends.
- On the Sabbath, Orthodox Jews will not:
 - drive or travel in a vehicle
 - use a telephone
 - write or sign a document
 - switch electrical appliances on or off
 - carry any items
- Observant Jews pray three times per day:
 - For morning prayer (30mins) a shawl is worn, except on the Sabbath. The very religious do not eat food before morning prayer.
 - Afternoon and evening prayer take 5 to 10 minutes.
 - Prayers should not be interrupted where possible.
 - Jews need an appropriate clean place to pray.
 - Jews need to know the direction of Jerusalem for prayer.
- Day of Atonement (Yom Kippur) is considered the holiest day of the year where Jews do not work and also refrain from wearing leather footwear. Yom Kippur commences in September or October. It is a day of fasting and is considered to set the path for the next year.
- Women wear a sheitel or scarf and may cover their hair with a wig or scarf.
- Men cover their head with a skullcap (Yamaka or Kippah). During morning prayers men will wear Tefillin alongside the Tallit (Shawl) these are two black boxes one for the head and the other for the arm and contain Hebrew parchment scrolls. It is a commandment in the Torah to bind Tefillin onto our head and upper arm every weekday.

Removal of this clothing would cause immense distress and offence.

- Observant men will have a beard and also side locks. During certain religious periods, some will not shave at all.
- Modern Orthodox Jews dress in a modern fashion.

Religious Premises

- The Jewish centre of worship is the synagogue. It is the focal point of Jewish activity, being the place for prayer, meeting others and a centre administration.
- The Rabbi is the teacher to the community.
- When entering a synagogue both men and women need to cover their heads. Male officers should wear their hats at all times when inside a Synagogue. Officers without hats should request a skull cap and wear it at all times inside the Synagogue.
- Men and women are separated in Orthodox Synagogues.
- Male officers should not enter the female gallery and women officers should not enter the males' area.
- On arrival at a Synagogue identify the senior member of the congregation, an Honorary Officer or Rabbi and inform them of the purpose of the raid.
- Personal radios and mobile phones should not be used within a Synagogue. When it is essential to keep them turned on, they should be set at low volume.
- Officers should not enter the main body of the Synagogue whilst a service is in progress.
- Officers should not shake hands with members of the opposite sex.
- Should there be a need to arrest or interview a person, they should be permitted to complete their prayers first.

Death

Beliefs

- Judaism believes in life after death.

Funeral

- The body is covered in a white sheet.
- Feet of the deceased should face the door.
- The body should never be left unaccompanied, and it is vital that there is as little interference with the body as possible.
- Eyes and the jaw may be requested to be closed.
- Cremation is forbidden.
- Burial within 24hrs but not on Sabbath. Bodies will not be moved on the Sabbath.
- Jewish law considers blood and any body parts to be part of the individual, thus they would wish them buried with the body. This includes bloodied clothes.

Postmortem

- Non-essential Postmortems are not permitted

Each family is different, each case is different regardless of the bereaved family's cultural or religious background.

Further Information

The Shomrim

A volunteer service within the Jewish community with possibly a neighbourhood watch.

Many in Jewish communities will call the Shomrim about traditional policing issues before they call the police.

Community Security Trust (CST)

Security organisation that works closely with the police to ensure the safety of Jewish people at places of worship, etc. Website: <https://cst.org.uk>.

Mormon

Background

- The Mormon Church (Church of Latter-day Saints) arose in America in nineteenth century and founded by Joseph Smith.
- Mormonism considers itself as the only true Christianity.

Followers

- Mormons/ Members of the church of Jesus Christ of Latter-Day Saints.

God / Key Figure

- Believe that God, Christ and the Holy Ghost are separate divine beings. Each person can develop into God by following the pattern of Jesus Christ.

Scripture

- The King James Bible, the Book of Mormon, the Pearl of Great Price and doctrine and covenants are sacred. Joseph Smith wrote the Articles of Faith, which is generally used.

Diet

- Avoid products which contain blood.
- Tea, coffee, alcohol and tobacco are forbidden.
- Some avoid hot drinks.

Practices

- Some wear a sacred undergarment for going through a special temple ceremony.
- Members partake in the sacrament each week by singing a sacramental hymn, listening to sacramental prayers and breaking bread & water to symbolise the body and blood of Jesus Christ.

Religious Premises

- Church leaders are called Bishops.

Death

Beliefs

- Death is regarded as a blessing and a purposeful part of eternal existence.

Funeral

- There are no specific rituals.
- Spiritual contact is important and active members of the church may want to contact their Bishop.
- Burial is preferred, although cremation is not forbidden.

Postmortem

- There are no religious objections to Postmortems.

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Paganism



Background

- Paganism is a diverse community of faith that draws on the traditional religions of indigenous peoples globally and holds a belief in the organic vitality and spirituality of the natural world.

Followers

- Wiccans, Druids, Shamans and Heathens all make up parts of the Pagan community. Some groups concentrate on specific traditions or practices such as ecology, witchcraft, Celtic traditions or certain pantheons.

God / Key Figure

- Some Pagans believe in a single creator God or Goddess, others worship a pantheon of Gods/Goddesses.
- Some Pagans do not worship a pantheon of Gods/Goddesses but refer to the Earth which can bear and sustain life as a Goddess and the Sun, which provides the energy for life to thrive, as a God.

Scripture

- Certain scriptures are referred to as mythology, they are treated as sacred scriptures by Pagans.
- Mabinogion for Druids.
- Poetic Eddas, the Prose Eddas, the Völuspá and Hávamál for Heathen Pagans.

Diet

- Vegetarian and Vegan diet may be practiced by Pagans due to their reverence for all life but unlikely by Heathenism. However, it is not a tenet.
- All branches respect the animals that we eat and will usually make a point of seeking ethically raised meat.
- Pagans respect what they eat and seek to do it ethically.

Practices

- Dress can change depending on the ritual or event. Hooded gowns or cloaks may be worn for certain rituals.
- There are 3 main expressions of ritual passage:

- Celebrations of nature.
 - Magical rites.
 - Rites of passage.
- Worship is undertaken to honour divine powers, bring harmony, to celebrate seasons and mark rites of passage within human life.
 - Pagans may use ritual symbolic weapons as part of personal workshop. Wiccans will usually have a knife called Athame, Druids have a sickle known as Boline and Heathens have a knife called a Seax. It is worth noting that Pagans do have a defence in law when using/carrying these articles for religious purposes

Athame



Boline



Seax



- Worship rituals may involve meditation, chanting, music, prayer, dance, poetry, drama, food and drink.
- Some Pagan traditions involve monthly ceremonies around the lunar cycle and the rituals are performed during darkness.

Religious Premises

- Pagans worship the divine in all of nature and recognise themselves as part of it and not outside it.
- Pagans tend to worship outside in contact with nature; most Pagan houses will have an altar (shrine) or a Hearth inside their homes at which they will worship.

Death

Beliefs

- Some Pagans believe in reincarnation.
- Some Heathens believe in a form of afterlife not dissimilar to heaven. Others believe in an almost scientific process in which the nutrients we provide upon death go onto feed other life and that it is the essence sometimes referred to Aether or Ether that continues.

Funeral

- Preparation for the burial of the decedent includes:

- Anointing the deceased's feet with oil to aid in the journey ahead.
- Encircling the deceased with a candle to keep watch before the funeral rites.
- Invoking Gods, guides, and ancestors to ensure safe travel.
- Draping the deceased in hydrangeas for protection.
- Releasing the fragrant smoke of frankincense and myrrh.
- The casket must travel around the room three times sunward, turning from east to west for protection of the deceased.
- The creatures, deities, or spirits responsible for guiding the dead to the afterlife will be called upon to fulfil their duty.
- Protective flowers and resins will be hung around the necks of the decedent's loved ones.
- Offerings will also be placed on the gravesite to provide safe travels.

Postmortem

- No objections

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Rastafarianism



Background

- Developed in 1930s within Jamaica following coronation of Haile Selassie as King of Ethiopia.
- Rastafarians believe Haile Selassie will free those living in exile and return them to their homeland of Africa.
- Rastafarians follow the Nazarite Vow of Separation.
- There are four main groups in Rastafarianism, known as the Twelve Tribes of Israel, Bobo Ashanti, Ethiopian World Federation and the House of Nyabinghi.
- Rastafarians follow many of the teachings in the Old Testament.

Followers

- Rastafarians or Rastafari.

God / Key Figure

- Jehovah (one single God). Some consider Haile as Jehovah.
- Haile Selassie (person).

Scripture

- Old and New Testaments.

Diet

- Marijuana is regarded as herb of religious significance, increasing spiritual awareness and also used in medicine.
- Most do not eat meat.
- Fish with scales is acceptable.
- Pork is forbidden.
- Only natural food is eaten and never canned.
- Many follow Mosaic diet where grapes, currants and raisins are not eaten.

Practices

- Rastafari celebrate a wide range of dates:
 - Grounation Day on April 21.
 - Ethiopian Constitution Day on July 16.
 - Birthday of Haile Selassie on July 23.

- Marcus Garvey's birthday on August 17.
 - Ethiopian New Year's Day on September 11.
 - Anniversary of the coronation of Haile Selassie on November 2.
-
- Music is significant to Rastafari and Reggae has been used to express their beliefs and struggles.
 - Dance and drumming form part of worship.
 - Some meetings, called Nyabingi consist entirely of music alone.
 - Men (brethren) wear dreadlocks as a symbol of faith and culture.
 - Women (sistren) often cover their heads with a scarf or wrap.
 - Red, gold and green hats may be worn.
 - Orthodox members will not cut their hair.

Religious Premises

- Rastafarians don't have specific religious buildings for worship. However, they usually meet weekly at their home or community centre for reasoning sessions.
- The sessions involve chants, prayers, singing and discussion of communal issues.

Death

Beliefs

- Believe reincarnation follows death and life is eternal.
- The body is regarded as the temple of God.
- They are opposed to blood transfusion.

Funeral

- Burial is preferred.
- The body lies at home on view prior to the funeral.
- There are no specific rites or rituals to mark the end of life.

Postmortem

- Postmortems are considered distasteful.

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Scientology



Background

- Scientology is the study and handling of the spirit in relationship to itself, others and all of life.
- Scientology believes man is far more than a product of his environment, or his genes. The ultimate goal of Scientology is true spiritual enlightenment and freedom for all. Three fundamental truths found in Scientology Church of Scientology International (2020) are: "Man is an immortal spiritual being. His experience extends well beyond a single lifetime. His capabilities are unlimited, even if not presently realized."
- There are Scientology organisations based in: Edinburgh, Newcastle, Manchester, Plymouth, Brighton. The largest organisations are in Birmingham and London. The main Scientology base is in East Grinstead in Sussex. The Church of Scientology sponsors several social betterment programmes including drug education and drug rehabilitation, criminal rehabilitation, literacy programmes, helping those in need including disaster relief, and moral reform. More information at www.scientology.org.

Followers

- Scientologists

God / Key Figure

- In Scientology the concept of God is expressed as the urge toward existence as infinity. This is also identified as the Supreme Being. The concept of God rests at the very apex of universal survival. The founder of Scientology is L. Ron Hubbard.

Scripture

- The written and recorded spoken words of L. Ron Hubbard on the subject of Scientology collectively constitute the scripture of the religion. He set forth the Scientology theology and philosophy in his books, films and recorded lectures.

Diet

- Alcohol is forbidden 24 hours before and during an auditing session (spiritual guidance) or before studying Scientology scriptures. Recreational drugs are forbidden at any time. Psychiatric and mind-altering drugs are forbidden.

Practices

- Auditing (spiritual exercises).

- Training (learning to help others with Scientology).
- There is a congregational service with group auditing every week.

Scientology is about learning to do things to improve conditions in your own life and in the lives of others. An active Scientologist is not only considered to be someone who attends a Scientology church or studies Scientology, but rather someone who actively uses the insights and knowledge that Scientology gives them to make a real, positive difference in the lives of others.

Religious Premises

- Religious premises are called Church of Scientology. There are special rooms for individuals to study the written work and recorded lectures of L. Ron Hubbard (Scientology scriptures). Studying is done in a precise order at an individual's own pace, the emphasis being on full understanding and application of the materials studied. There is a Course Supervisor in each room to help get full understanding of the learning material.
- There are training courses from introductory to advanced, in the study and application of the scriptures giving you tools to improve conditions in different areas of your life and to use to help others. Members can also train to become an Auditor which is a minister of the Church. (Auditor = one who listens).
- Auditing is spiritual counselling provided by the Minister of Church of Scientology. The Auditor listens and asks questions to the individual. The goal of auditing is to restore beingness and ability, by removing spiritual limitations and increasing spiritual abilities.

Death

Beliefs

- The body is mortal and the spirit is immortal.

Funeral

- Either burial or cremation can take place. The Scientology funeral service celebrates the life of the person, where friends and family have the opportunity to thank the person for what they have done during their life and say their goodbyes.

Postmortem

- There is no doctrinal objection to post-mortems or autopsies. However, families may prefer minimal interference with the body, depending on personal beliefs.

Each family is different, each case is different regardless of the bereaved family's cultural or religious background.

Seventh Day Adventists



Background

- Adventists believe that Jesus will come again as promised throughout the gospels (the advent). Adventist Churches observe Sabbath on Saturday.

Followers

- Adventists.

God / Key Figure

- Believe in one God (Father, Son and the Holy Spirit).
- Jesus Christ.
- Ellen G White.

Scripture

- The Old and New Testaments.
- The writings of Ellen G White.

Diet

- Mainly vegetarian.
- Avoid pork, shellfish, caffeinated tea and coffee.
- Don't smoke or drink alcohol.

Practices

- Adventists dress modestly.
- Sabbath (seventh day) is a day for rest, worship and bible study.
- Adventists worship from sunset on Friday to sunset on Saturday.
- Children may attend Sabbath School.

Religious Premises

- Worship may be performed in Seventh-day Adventist Church or in private meditation and prayer.

Death

Beliefs

- Adventists believe the deceased remain unconscious until the return of Jesus Christ in judgment. Those who give their life to Jesus Christ will be resurrected to a new and immortal life in heaven. Unbelievers and unrighteous will die for eternity.

Funeral

- Burial or cremation.

Postmortem

- There are no religious objections to Postmortems.

Each family is different, each case is different regardless of the bereaved family's cultural or religious background.

Shinto



Background

- Shinto rituals can be found to be embedded right across Japanese daily life from family to sports.

Followers

- Shintoists.

God / Key Figure

- There is no recognised founder.
- There is no God.
- Kami (spirits) are found everywhere and in everything. Kami can be good and bad. Kami is a concept that encompasses the spirits of the dead, elements of the landscape and forces of nature.

Scripture

- The Kojiki (Record of Ancient Matters), dating from the early 8th century, recounts many of Japan's myths, elements of which are represented in Shinto ritual.

Diet

- Shinto meals often include seasonal produce and rice, sake, rice cakes or fish. Food reflects a connection with the Kami.

Practices

- Most Shinto worship contains similar elements of ritual practice. These include an act of purification (harae); an offering; and a prayer.
- Shintoists may have shrines.

Religious Premises

- Worship can take place at home to a shrine called kami-dana where offerings of flowers and food may be made.
- Worship can take place at a shrine called a Shinto.

Death

Beliefs

- Death is seen as impure and conflicting with the essential purity of Shinto shrines. For the same reason, cemeteries are not built near Shinto shrines.
- The result of this is that most Japanese have Buddhist or secular funerals.

Funeral

- Cremation is common.
- Shinto funerals are called Sosai.
- Funerals are largely developed from Buddhist funeral rites.

Postmortem

- There are no religious objections to Postmortems.

Each family is different, each case is different regardless of the bereaved family's cultural or religious background.

Sikhi



Background

- Founded in the 15th century in the Punjab district of what is now India and Pakistan. Sikhi preaches the equality of all people, earning an honest living, working hard, serving others and being generous, all whilst remembering Vaheguru (God). These are considered the pillars of Sikhi.

Followers

- Sikhs.

God / Key Figure

- 11 Gurus (The last and present Guru is Sri Guru Granth Sahib Ji).
- Believe in one God.
- Ik-Onkar is a lot deeper than 'there is one God', it explains the oneness of everything and in effect the big bang theory - how God created everything.

Scripture

- The Guru Granth Sahib scripture is treated with the same respect as a living person and has its own bed and room.

Diet

- Vegetarian.
- Alcohol, tobacco, consuming halal/kosher meat are forbidden.

Practices

- Baptised or initiated Sikhs wear a turban and the removal of this can cause great distress.
- The 5 Ks taken together symbolise that the Sikh who wears them has dedicated themselves to a life of devotion and submission to the Guru. Baptised Sikhs will wear all 5 Ks which are 5 physical symbols that are worn:
 - Kachera - Shorts to symbolise modesty.
 - Kirpan - A sword symbolising readiness to fight against injustice and protect the oppressed.
 - Kara – An iron bangle symbolising unity with God.

- Kanga - A comb to keep hair tidy.
- Kesh – Uncut hair.
- A baptised Sikh male wears a turban, called a 'dastar'. Baptised Sikh females will often have their head covered at all times with a scarf, and some females choose to also wear the dastar.
- If the individual is adhering to the 5 Ks these should always be present for the individual and should never be removed by anyone else.
- PACE 1984 addresses the removal of headwear during a search. The search should not be done in a public place or in direct view of the public. The same care and sensitivity should be applied to any of the 5 Ks.
- Sikhs can pray at any time and in any appropriately clean place.
- Sikhs aim to get up early, bathe and then start the day by meditating to God.
- There are sets of prayers that a Sikh should recite in the morning and evening, and before going to sleep.

Religious Premises

- A Sikh place of worship is called the Gurdwara.
- When visiting the Gurdwara:
 - Seek assistance of someone familiar with the Gurdwara.
 - On arrival, speak to the person in charge, usually the Management Committee Manager.
 - Keep Gurdwara authorities updated on developments in the case.
 - Do not smoke inside a Gurdwara nor enter a Gurdwara if you have just been smoking or are carrying tobacco.
 - Entering the Gurdwara whilst under the influence of alcohol or being in possession of alcohol or drugs is forbidden.
 - You should leave shoes within the cloakroom located within the Gurdwara.
 - Heads MUST be covered, and headscarves are available at the Gurdwara.
 - Do not take dogs inside a Gurdwara.
 - Free vegetarian food is provided for all in a Gurdwara. Ensure your hands are washed. Do not take food without it first being offered. There is a tradition of hospitality within Sikhi often experienced as the giving of food to visitors to Gurdwaras, called Langa.

- If Holy Scriptures must be removed, seek advice of a person with religious authority to ensure proper procedures are followed – if possible, draw up a written agreement about how to handle scriptures.
- Wash hands or wear clean gloves before handling articles of faith or religious writings.
- Do not remove any articles of faith from a Sikh, particularly the 5 Ks (Kanga – a small wooden comb, Kachera – shorts, Kara – iron bangle, Kirpan – small knife, Kesh – hair).
- Do not touch anything in the Sach Khand – the room where the Sacred Scripture/s is kept at night.

Death

Beliefs

- Sikhs believe the soul is reborn.

Funeral

- The individual is usually cremated as soon as possible.
- The body is viewed at home before the funeral.
- The body is washed prior to cremation.
- The 5 Ks are not removed.

Postmortem

- No religious objections to postmortems. However, there may be strong cultural objections. The 5 Ks should be treated with respect and replaced.

Each family is different, each case is different regardless of the bereaved family's cultural or religious background.

Spiritualist

Background

- Spiritualists regard 31st March 1848 and the Hydesville Rappings as the start of Modern Spiritualism. This is where it was found that it is possible to have a two-way communication with the deceased, that this could be further established with codes and that there is a spirit world which is intelligent.

Followers

- Spiritualist/s.

God / Key Figure

- Believe in one God, who is the source of all life and all things. May use different names for God, such as God Force, the Divine Spirit and the Great Spirit.

Scripture

- There are no sacred scriptures.
- The UK Spiritualists' National Union is based on 7 principles which members must accept, these explain the Spiritualist view of the world:
 - The Fatherhood of God.
 - The Brotherhood of Man.
 - Communism of Spirits and the Ministry of Angels.
 - Continuous Existence of the Human Soul.
 - Personal Responsibility.
 - Compensation and Retribution Hereafter for all the Good Evil Deeds done on Earth.
 - Eternal Progress Open to Human Soul.

Practices

- Spiritual Healing does not replace GP and medical specialist treatment. It is open to all including non-members and can have an effect mentally, emotionally, physically and spiritually. The Spiritualist Healer will be trained and registered, approved by the Spiritualists' National Union and follow the healing Code of Conduct. All registered healers carry a registration card, which certifies their name, registration number and renewal date of registration

- The Spiritualist Healer attunes and transmits beneficial energies to the patient. There are 4 methods of healing:
 - Contact Healing - the Spiritualist healer seeks permission to place his/her hands on to the patient, while ensuring there is no cause for embarrassment.
 - Near to the Body Healing - the Spiritualist healer does not actually touch your body but administers healing by placing his/her hands within three inches of your body.
 - Distant Healing - healing is sent by power of thought to someone who is physically present but is not receiving contact healing.
 - Absent Healing- the patient is not physically present, and healing thoughts are extended to them.

Religious Premises

- Spiritualism is practiced at a special church building / hall.
- The Spiritualists' National Union (SNU) has affiliated Spiritualist churches or centres. Local churches remain within the SNU's rules and accept the Seven Principles.

Death

Funeral

- A typical Spiritualist funeral will focus on celebrating the life of the person who has died.
- The service will usually be led by a spiritualist minister.
- Spiritualists can choose any type of funeral whether that is a burial, a cremation or a green funeral.

Postmortem

- There are no objections on religious grounds to Postmortems.

Each family is different, each case is different regardless of the bereaved family's cultural or religious background.

Taoism



Background

- Taoism (or Daoism) is a religion which originated in China.
- The Tao is not a thing but is everywhere and considered the mother of the universe.
- It is a religion of unity and opposites; Yin and Yang. The other key concept is the five elements of matter (water, fire, earth, metal and wood).

Followers

- Taoist.

God / Key Figure

- Taoist do not believe in a God.

Scripture

- Tao Te Ching.
- Chuang-tzu.

Diet

- Original Taoists may be vegetarian.

Practices

- Taoists pray to various deities and also meditate on talismans. Taoists practice Tai Chi as chi is connected to the universe. This may be performed using hands and also a sword.

Religious Premises

- Temple rituals are used to regulate the balance the flow of yin and yang (ch'i) for the individual and also the community.

Death

Beliefs

- Death is seen as another phase of life. Life is seen as eternal.

Postmortem

Each family is different, each case is different regardless of the bereaved family's cultural or religious background.

Quaker



Background

- Quakers respect the creative power of God and work through quiet processes for a world where peaceful means bring about just settlements.
- They can also be known as The Society of Friends or Friends Church.

Followers

- Quakers.

God / Key Figure

- God is shaped by our personal experiences.

Scripture

- The Bible is considered as an inspirational book.
- The Quaker faith and practice writing is from 375yr history.

Practices

- Worship can be done anywhere and time and is through quietness and stillness. It usually takes place on Sundays at a Quaker meeting house.

Religious Premises

- There may be a circle or square seating plan which is considered to connect each member.
- You can sit anywhere.
- The meeting ends when Quakers shake hands and then the rest of the meeting joins in with shaking other people's hands.
- There may be specific worship sessions for children

Death

Funeral

- May be buried or cremated.
- Mourners tend not to wear black.
- A Quaker funeral involves thanking God for life and also helping the mourners feel God's presence. There may be a 'meeting for worship on the occasion of the death of our Friend'.

- A senior person will begin the meeting who can provide an explanation of Quaker worship.
- Contributions may include prayers, readings and memories.

Postmortem

Each family is different, each case is different regardless of the bereaved family's cultural or religious background.

Zoroastrianism



Background

- Originated from ancient Iran and Central Asia dating back to the third millennium BCE. Water, earth, and fire are sacred elements.
- Fire is a symbol of purity, and sacred fires are maintained in Fire Temples (agiyari or dar-e-mehr).
- Plants, animals and human beings are also seen as God's perfect creations and need to be protected.

Followers

- Zoroastrians.

God / Key Figure

- God is represented by Ahura Mazda and evil represented by Angra Mainyu. Zoroaster is the founder of Zoroastrianism.

Scripture

- Avesta is a collection of religious texts and contains 17 hymns grouped into sections, known as Gathas, these are a core part of worship (Yasna).

Diet

- May not eat pork or meat.
- Non-smokers.
- Consume alcohol in moderation.

Practices

- Between 7-15yrs age a child goes through initiation ceremony of Navjote where the child is given a sacred sudra (shirt) and kushti (belt). These are treated with great respect and worn all the time.
- Choose whether to pray and how and worship communally in a Fire Temple or Agiary. Zoroastrians practice good thoughts, good words and good deeds.

Religious Premises

- The only UK registered place of worship is the Zoroastrian Centre for Europe is based in London borough of Harrow and is owned and managed by the Zoroastrian Trust

Funds of Europe (ZTFE). There are specific customs for attending the centre, see website for further details.

Death

Beliefs

- Death is considered the work of Angra Mainyu, who is the embodiment of all evil. After the last breath the body is considered as impure.

Funeral

- Traditionally the body is placed on a special tower (dokhma) where it is exposed to sun and eaten by birds of prey. The body is usually cremated within 24-48hrs of death where tradition can't be followed due to it being illegal / impractical.
- The deceased may wear a sacred girdle.

Postmortem

- Objection to Postmortem on religious grounds.

Each family is different, each case is different regardless of the bereaved family's cultural or religious background.

National Staff Networks & Support Organisations

Police Chaplaincy UK



Police Chaplains serve those of all faiths and none and their primary purpose is to be a listening ear to anyone in the police service.

Website: www.policechaplaincy.uk

Catholic Police Guild of England and Wales



Sodality of the Catholic Church open to serving and retired police officers and staff.

Website: <https://www.catholicpoliceguild.co.uk/>

X: @catholic_police Facebook and Instagram also.

Christian Police Association



Encouraging and supporting Christians within UK police forces.

Website: <https://cpauk.net/>

Email: office@cpauk.net

Hindu Police Association



Please contact your Force branch or email:

hpa@btp.police.uk

mpha@met.police.uk

wyhpa@westyorkshire.police.uk

Jewish Police Association



Providing a network of support to Jewish police officers and staff, promoting understanding of the Jewish faith within UK police forces.

Website: <https://jewishpoliceassociation.org.uk/>

E-mail: info@jewishpoliceassociation.org.uk

X: @JewishPoliceAs

National Association of Muslim Police



Promoting equality within UK policing for Muslim officers and staff.

Website: <https://www.muslim.police.uk>

X: @Official_NAMP

National Sikh Police Association



A national association representing Sikh police officers and staff across the UK.

Website: <https://nspauk.org/>

Email: info@nspauk.org

X: @nspauk

Instagram: @nsa_uk

Police Pagan Association



A national organisation supporting Pagan police officers and staff. Working together to improve the relationship between the Pagan community and the police.

Website: <https://policepaganassociation.org/>

X: @PolicePagan Instagram:

@Police_Pagan_Association

National Police Autism Association



Promoting neurodiversity in UK policing. Website: <https://www.npaa.org.uk/>

National Black Police Association



Promoting good race relations and equality within UK police forces and the wider community.

Website: <https://www.nationalbpa.com/>

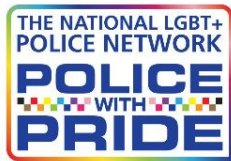
Disabled Police Association



The national body representing disability support networks in UK police forces, promoting equality of opportunity for disabled people.

Website: [Disabled Police Association \(DPA\)](https://www.disabledpolice.org/)

National LGBT+ Police Network



Helping to create a police service that is reflective of our diverse communities. Promoting inclusiveness and equality of opportunity for all LGBT+ colleagues.

Website: <https://lgbt.police.uk/>

British Association for Women in Policing



Raising awareness and understanding of issues affecting women in policing. Developing a network of serving and retired officers, staff and volunteers and contributing to professional development of members. Website: <https://www.bawp.org/>

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