

Listening & Guidance **– About Our Service**

Are you struggling with illness?
Trying to make sense of a problem?
Have you suffered loss?
Do you just want to talk to someone?

It may be that

- You are coping with the loss of a loved one
- You are trying to cope with illness and need strength to face the day to day
- You are finding relationships difficult
- You find the pressures of life leave you empty and drained, asking, "Is there more to life?"
- You have a difficult decision to make
- You would like space to find inner strength, hope and meaning.

Each of us is more than physical. The health of our inner self affects our wellbeing in every respect – physically, emotionally, in our relationships, in our work and in our decision-making

Listening and Guidance is a service provided by a Chaplain, which includes confidential emotional, pastoral and spiritual care. The Chaplain will listen to you without judgement, and with respect for your beliefs and experiences. This is not a religious service and is for everyone, of all beliefs and none.

What will happen?

After you have been referred to the Listening and Guidance Service the Chaplain will phone you to book an appointment. The first appointment will last about one hour and will enable the Chaplain to understand your situation. In the first appointment you can agree the way forward and understand what to expect from future appointments. Most people meet with the Chaplain four times over a couple of months. Sometimes the Chaplain can do home visits if needed.

How can this service help me?

The Chaplain will listen to you without judgement and with respect to your beliefs and experiences. There will be plenty of opportunity to talk and discuss your issues. The Chaplain may ask some questions.

Contact Us

You can request a referral to the Listening & Guidance Service by contacting your GP practice.