

HEAR4U

BROXBOURNE CHURCHES TOGETHER
LISTENING TEAM

The **Hear4U** Listening Team has been set up in response to the increasing numbers of people who are feeling stressed and anxious and their need for a listening ear.

Hear4U is a team of volunteers who are trained in Active Listening. Their role is not to give advice, but to listen to people, reflect back what has been said, and help people to come to their own solutions for the way forwards.

We are working in the Borough of Broxbourne and can take adult referrals from front-line workers e.g. social prescribers at the GP surgery. We will work one-to-one with clients, usually in a church location, giving sessions for up to an hour. Each client can have up to three sessions. Good communication will be kept with the referrers, and the client would be referred back to them if further needs were identified.

Safeguarding procedures will be in place. All listeners have had a DBS check and references.



IF YOU WOULD LIKE MORE INFORMATION, PLEASE CONTACT:

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