

## **How to make an appointment**

If you wish to make an appointment to see a Listener, phone or text 07810 562827. If there is no reply, leave a message and the coordinator will get back to you as soon as they can.

Or you can email us at: [mpclisters@gmail.com](mailto:mpclisters@gmail.com)

We only accept self-referrals.

Our Listeners are volunteers and it is much appreciated if you can be on time for your appointment, and if you need to cancel, please give as much notice as possible.

## **Where and when to meet your listener**

You would meet with your Listener at a mutually convenient time and place arranged between you.

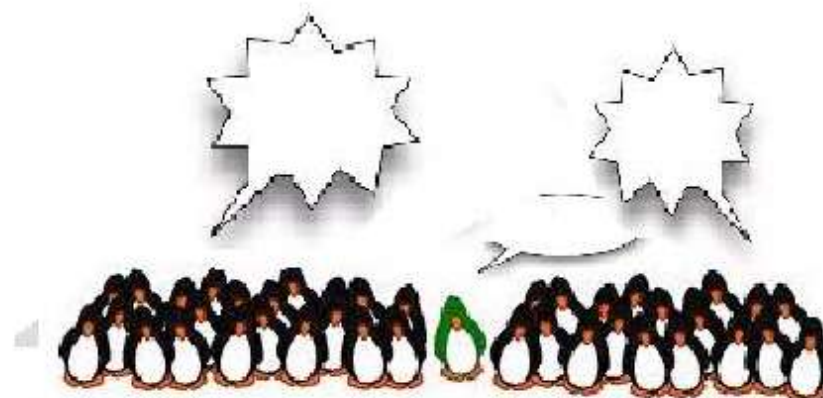
**Time to Listen is a listening service provided by Morecambe Parish Church**

Details also available at:

<http://morecambeparishchurch.org.uk>



**Time to Listen**  
THE LISTENING GROUP of  
MORECAMBE PARISH CHURCH



**Helping you hear yourself speak**



### **Time to Listen**

We live in a society that can be very stressful. Perhaps a relationship has broken down or you have been bereaved. Sometimes the stress of hard working lives has become unmanageable. Many of us experience difficulties and anxieties, which we feel we cannot sort out on our own.

Time to Listen provides a safe place for someone to come as they are and tell their story.

### **What happens in the listening session?**

Whatever the problem, talking with someone trained to listen sensitively and sympathetically, can help to understand it. Your Listener will not judge you in any way or give advice but will be alongside you as you explore your situation.

The session would normally last no more than an hour. If you need more time, your Listener would be happy to arrange another appointment.

*"Listening is the highest form of hospitality... not to change people, but offering them space where change can take place." Henri Nouwen*

### **Confidentiality**

We offer complete confidentiality. This means that the Listeners treat as confidential all personal details and circumstances of your life which might result in your identification to anyone else. This does not extend to situations where there is a serious threat to your own life or that of another or the likelihood of a serious offence being committed.

### **The Listener's Training**

Our team of Listeners have undergone training by Acorn Christian Trust\* and are recognised as Acorn Christian Listeners. They are all CRB checked and given regular supervision.

Listening is not the same as counselling, though for some it may be a stepping stone to counselling elsewhere.

\*For more about Acorn see their website: [www.acornchristian.org](http://www.acornchristian.org)

*"A good hearing is a soothing to the heart".  
Advice to the Pharaoh of Egypt from his Grand Vizier, 2450 B.C.*