

Porter Valley Primary Care Network Listening Service



www.sycls.co.uk

Carterknowle & Dore
Surgery

Falkland House
Surgery

Greystones
Medical Centre

The Hollies
Medical Centre

Nethergreen
Surgery

Rustlings Road
Surgery

What is the Listening Service

All of us find ourselves facing difficulties from time to time and in a busy, sometimes stressful life, it's important that people know that they are being listened to. Each of us is more than just physical. The health of our inner self can affect our well-being in every other aspect.

“The Service provides space, security and respect for your story.”

You may find it helpful to talk to someone independent, who has time to listen and is experienced in supporting people through life's challenges.

Talking to a Listener may

- Enable you to offload and 'get out' what's 'held in'
- Help you identify your feelings
- Help you clarify your thinking
- Help you see the situation differently
- Enable you to identify support you may need and/or action you want to take.

Being listened to without interruption may help enable you to resolve issues or identify positive action you could take.

Why use it?

If you are:

- Facing difficult choices- at home or work
- Wanting to identify what you think or feel about a situation
- Feeling the pressure of life
- Needing the strength to face an illness or difficult situation
- Trying to cope with the loss or illness of a family member or friend
- Experiencing anxiety or stress
- Concerned about any other issues

the Listening service could help you.

Life through COVID has been, and is, difficult and we all need opportunity to chat in a safe space

To make an appointment

Your doctor, nurse or other member of the team may suggest you might like to use the Listening Service and if so:

Your GP will advise you how to book an appointment

This is a free, independent and confidential service for patients.

The Listening Service

The Listening Service is provided by South Yorkshire Chaplaincy and Listening Service, a charity with experience in supporting individuals in a variety of circumstances. The service is not counselling or advice-giving. We offer an independent, confidential service, and all our Listeners work to a code of practice which is available on request.

The Listeners will listen to your story and reflect back what you say. They will ask you questions, encourage you to explore and process your thoughts and feelings, and summarise occasionally. They will not counsel or advise. If appropriate, they may suggest other forms of support that could help you.

Sessions last between half an hour to 50 minutes.