

Hear4You - Listening Service Information

What is Hear4you?

Hear4you is a listening service run by the charity Love Barton, though it was initially started by Barton Community Church. It is a space for local people to come and have a listening ear over a cup of tea or coffee.

Who benefits?

Hear4You is designed as a talking space for anyone who is feeling stressed, worried or struggling with problems. Some of the people who have used Hear4You in the past have been struggling with things like low mood, bereavement, loneliness, anxious thoughts or family difficulties. Some people are told about us by local professionals such as social prescribers, care-workers or those working for church & community organisations, while others get in touch after seeing it advertised online or through friends who have been before.

What is the role of a listener?

The main role of a listener is simply to be there and hold space for you by actively listening. Our listeners are not trained counsellors or advisors and are not there to solve problems. Instead their role is to listen to you and ask careful questions to help you feel understood and decide if you want to take any steps regarding anything that is discussed. Discussions are fully confidential unless a listener is concerned about the wellbeing of you or someone else, or is unsure how to support you with what you have shared. In this case the volunteer may share necessary information with their team leader and take appropriate steps to ensure you receives the support they need.

How long do sessions last?

We hold 45-minute one-to-one sessions on Tuesday mornings. There are a number of listening slots available and ideally an individual's time slots will be the same each week although there is some flexibility when needed. We tend to work with clients for around 6-8 weeks although this is often dependent on the needs of the individual, so there can be some flexibility.

Where do the session take place?

We use the hub, which is the space rented by Barton Community Church in the neighbourhood centre. We can be found using the door beside the police room.

We have two rooms available for clients to have a quiet, confidential space with the listener and sometimes have sessions simultaneously in both rooms.

How can I attend Hear4You?

If you're interested in having some sessions with Hear4You, we'd love to hear from you. Please get in touch with our team leader Emma who will be able to chat with you more about how Hear4You works and help you work out your next steps. You can get in touch with Emma using any of the following details:

emma@lovebarton.org.uk

07745522296



www.lovebarton.org