**Telephone Listening Service.**

*During this difficult time when we are cut off from our families and friends and those who support us with our problems and difficulties - you may be feeling lonely or isolated, you may be struggling with worries or anxieties, you may be struggling with your grief and sadness and other things that are distressing you during this pandemic.*

*It might help to talk with someone trained to Listen.*

*Jennifer is our Listener; you can make an appointment to speak with her over the telephone.*

*She won't be able to fix the problem but just talking with someone often helps and she will be able to help you look at things differently and find resources which might help.*

*If you would like to use this service, please phone the Practice and ask for an appointment with the Telephone Listening Service.*