

LISTENING TIME4U (LT4U)

Listening Time4U is a 1:1 free, confidential listening service.

Cairn Medical Practice and the charity Listen Well Scotland are working together to provide this service.

As a medical practice we recognise how important good listening is for the health and wellbeing of our patients.

Times of concern, anxiety and fear are a normal part of life yet can make us feel physically and/or mentally unwell.

Medical treatment, however, may not always be necessary. Having someone trained who will listen well is often more appropriate and helpful to prevent more serious physical and/or mental health issues developing.

LT4U offers a safe space where you have the opportunity and time to explore your concerns or worries in confidence with a trained Registered listener. Each Listening session is 50 mins.

LT4U sessions will continue until you feel there is improvement or other more appropriate help has been identified.

YOU CAN ACCESS LT4U:

- In person at Cairn Medical Practice
- Virtually via 'Near Me' platform
- By phone

Perhaps you are experiencing:

- Change and uncertainty
- Issues at work
- Relationship difficulties
- Carer responsibilities
- Long term illness
- Bereavement and Loss
- Stress and Anxiety
- Loss of confidence

Talking things over with a trained listener is often very helpful in exploring ways of managing life's stresses.

"Listening Time4U has been like a lifeline to me. It has given me something vital that medication can't in that it made me feel I am not alone"

"I deeply appreciate your compassion and skill as you've walked with me and helped me endure this difficult journey to this point. What you do is special, more special than perhaps you know. Thank you"

WHAT YOU CAN EXPECT FROM LT4U

You WILL be given time to:

- talk over your concerns in a safe and confidential environment
- express and explore your feelings in a non-judgmental atmosphere
- experience respect for your story and you as an individual
- find your own solutions
- make your own decisions for the future and so build resilience

It is important to know that you will NOT be given any advice.

What you say to the Listener will be totally confidential unless it is outwith the law or the Listener is concerned for your safety or that of someone else.

Your doctor will then be informed and together we will talk with you about providing the best and more appropriate support or medical intervention.

HOW CAN I MAKE AN APPOINTMENT FOR LT4U?

- You can request a referral during your GP appointment.
- You can book at reception.

For further information about the work of Listen Well Scotland you can find us on:

www.listenwellscotland.org.uk

www.facebook.com/listenwellscotland

We all have a need to:

- be understood and understand
- feel valued and respected
- express feelings honestly
- find meaning and purpose
- build inner resilience
- discover hope

**Listening Time4U
can help meet
your needs**

It is important to remember that LT4U is not counselling or therapy but a service provided by Registered Listeners who are trained and supervised by Listen Well Scotland

Listen Well Scotland is a registered SCIO under Scottish Charity Number: SC044382

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Information Leaflet