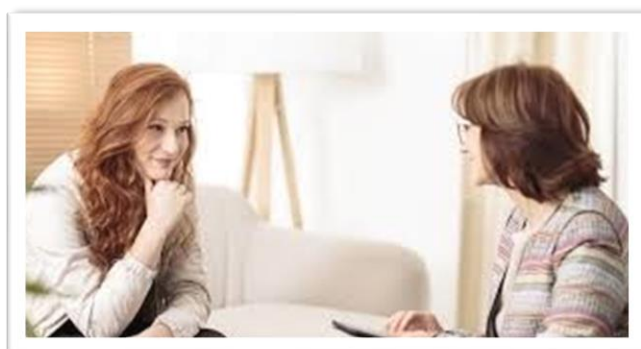


Listening and Caring in Confidence

A **free, confidential** support service for Care Home and Care at Home Staff



- **Would you find it useful to have a non-judgemental space to talk?**
- **Would it help to offload some of the emotional and isolating impact of the current situation?**

Faith in Older People (FiOP) has partnered with colleagues who are experienced in listening and pastoral support to offer care home and care at home staff access to a **confidential and free listening service**.

We aim to support staff to maintain and develop their resilience through the current situation and to create a safe space where it is possible to process the emotional impact on each individual. FiOP aims to support staff so that they can continue to ensure the well-being both for those for whom they care and for their own selves.

It does not matter where you are situated in Scotland or which shifts you are on as the sessions will be on- line using Zoom. **All you need to do is to go to our on-line booking system through the link below and find a suitable time.** You will receive confirmation of the booking and a reminder when it is near to the time of your session.

<http://faithinolderpeople.org.uk/listening-service>

FiOP has worked with care homes over many years and we know the huge impact that the pandemic has had on the morale and general well-being of staff who have been faced with an unprecedented situation. For some staff, this has meant not only coping with the deaths of many residents for whom they have cared over time, but also the need to be surrogate relatives and friends because of lockdown.

Your well-being matters to us

FiOP is grateful to the 'Scottish Government Wellbeing Fund' for its support