

Introduction

Integral to our vision at Vale Community Church is to 'love people'.

We are committed to caring for each other and sharing life together. Lots of support at Vale Community Church happens quite naturally and informally in day to day life but there are times in our lives when we need some extra support and care.

This leaflet outlines some of the ways which we offer support and care. It includes a brief description of the support on offer along with contact details to help you access the care more easily. So, if you need support, please don't hesitate to contact us - we want to help.

How & Where does Pastoral Care Happen?

Most of the care and prayer in Vale Community Church happens informally and spontaneously through existing relationships. Pastoral care and prayer can flow naturally from normal conversations - after a Sunday service or at any time. It happens through existing friendships and in the groups to which you belong, such as Life Groups.

The **Minister** is also available to chat or to pray with people after Sunday worship - just have a quiet word in his ear at the end of the service.

Sundays

Pastoral care is expressed in our worship together. As the church family draws close to God in worship, we also draw closer to one another. In worship we receive from God the spiritual resources we need to live well as followers of Jesus. In worship we also pray for one another, encourage one another and build one another up.

Life Groups

Life Groups are the place where people can grow as disciples of Jesus, get involved in the life of the Church, discover and practice their spiritual gifts and develop their prayer lives. They are places where friendships can be established, grow and develop. Life Groups are where much of the pastoral care takes place in the church.

To find out how you can join a Life Group please see **Steve Gaunt** our Minister.

Pastoral Oversight

You may not be in a Life Group or you may find yourself in a situation where you need to look for support beyond your Life Group. You may just need to have someone to take the time to listen as you discuss a problem or current issue in your life: something that might not require counselling. It may be that you need to talk to someone to find out how the church can support you while you are dealing with a particular issue in your life.

Liz Edwards who has Pastoral Oversight can be contacted confidentially via phone to discuss what support you may need and to discern how this could be met utilising the resources within the church as appropriate. The support we can offer is varied and depends on the set of circumstances you may find yourself in.

Pastoral Care Visiting Team

Individuals from this team are available to come to your home or to hospital to actively engage in listening to you and to pray as appropriate.

For more information please contact **Liz Edwards** who has Pastoral Oversight.

Prayer Ministry

Prayer is available to everyone at the end of each of our Sunday services. It is completely confidential and you don't need to explain why you are asking for prayer. Specific individual times of prayer ministry can be arranged through the Minister but the expectation is that the majority of prayer ministry occurs after services or in Life Groups.

For more information please contact **Steve Gaunt** our Minister.

Counselling Service

It may be that you want to take the opportunity to explore something in depth on a one to one basis with a weekly counselling appointment. This is a confidential service provided by experienced staff and trained volunteers. There is no charge for this service but an affordable donation is appreciated. The service is provided by Bromham Baptist Church who have a number of fully qualified counsellors.

For more information contact **Bridge Counselling**, contact details on the rear of this leaflet.

Need project

Crisis can hit any of us at any time whereby the money we expect to have doesn't turn up, or some other financial difficulty hits. We are part of the Need Project which provides food packages to support individuals and families who are experiencing food deprivation. You must be referred by a statutory body or community group.

For more information please contact **Steve Gaunt** our Minister.

Home Communion

The **Minister** can arrange home communion for you on request if you are no longer able to get to church regularly.

Practical Help and Personal Care

Through the network of the church family and 'Hands Across the Village' we aim to help with occasional requests for practical help when we can. If you need regular personal care, we will endeavour to help you find the support you need either privately or from Social Services. Integral to this support might be practical help such as meal provision at a time of loss or illness, as well as activities like helping digging a garden.

For more information please contact **Steve Gaunt** our Minister.

Courses

We have a variety of courses which provide information, encouragement and support, which run for time to time:

- Parenting
- Marriage preparation
- Help in managing finances

For more information please contact **Steve Gaunt** our Minister.

If you are Desperate

If you, or anyone else known to you, is in severe emotional distress and cannot wait for an appointment, it may help to contact the Samaritans who offer 24 hour emotional support and can help you talk about how you are feeling.

Their number is 08457 909090.

Child Line

Child Line is a free telephone help line operating 24 hours a day for children to ring and speak to an advisor about any problem or difficulty they may be experiencing. Child Line posters are displayed in the church where children and young people meet.

Child Line can be contacted on 0800 1111.

For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.'

"Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?'

"The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.'

Matthew 25:35-40

Support & Care



Contacts

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Vale Community Church
...knowing God...loving others...sharing Jesus

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