

# The Listening Hour

We've got the time to talk to you

Could you do with someone to simply listen whilst you share what's on your mind?

Our volunteers offer 1:1 appointments to have a chat where you can think out loud. Difficult news, grief, general struggles or decisions to make, we're here to listen to what's going on for you.

The service works out of various community venues. To find out about booking an appointment and your nearest location, call: 07385 427042 or email [uuh-tr.compassionatecommunities@nhs.net](mailto:uuh-tr.compassionatecommunities@nhs.net)

