



Are you a good Listener??

I am currently recruiting volunteer listeners in all areas of Aberdeen City.

Listening to people's concerns can help them feel less isolated and less anxious, whilst helping them feel more hopeful, valued and heard.

Our Listening service provides a safe, confidential space, free from judgement by our trained CCL listeners, for the individuals we support to speak about whatever is troubling them.

There is no requirement for our volunteers or those using our services to be a member of a faith group, just be able to provide a service that has people at heart, giving them space to feel safe, seen and heard, and allowing them to reflect on their own personal situations.

Experience required:

Ideal candidates will be able to display kindness, empathy and patience, as well as having a non-judgemental, open, curious, caring and compassionate mind-set.

Experience of working with others in a listening capacity, either formally or informally, would be ideal, combined with being able to fully commit to the initial training and ongoing support.

Volunteer listeners are placed within GP practices around Aberdeen City and at the Health Village (please note you will not be placed in the GP practice you are registered as a patient).

Training comprises of 4 Full days compulsory in-house experiential training, and is followed by a 20-hour active listening probation period.

In addition there is a requirement to undertake a minimum of 4 supervision sessions and a minimum of 4 Value Based Reflective Practice sessions yearly.

Minimum age: 25 years +

Expenses are paid.

To find out more please email Jane at -

Gram.listening@nhs.scot

your story. **your** time. **your** wellbeing.