



It's that time of year again!

How many times do we say that, within the space of 365 days?

It's true that time seems to go faster as we get older, but have you stopped to consider that there are those in our community who might find time weighing very heavily on their hands? Those who live alone, those who are recently bereaved, those who are experiencing financial difficulties, those who feel that they have nowhere to turn, no-one to talk to, no-one they would want to bother. Look around you – who do you think might be in difficulty at this moment? Does it show? Probably not.

What happens to these individuals? Is there someone who will listen to them? Or maybe give them longer term emotional support?

Raphael – the Jewish Counselling Service provides such a service. At Raphael people can receive confidential support from a highly professional team of counsellors.

We can't deny that, perhaps inevitably, our clients are becoming less and less able to meet the cost of their sessions. Yet it is precisely at those times when counselling might be most beneficial, that financial constraints send it to the bottom of the priority list. But Raphael turns no-one away for financial reasons.

To learn more about Raphael, or to read about it in our clients' own words, please visit our website at www.raphaeljewishcounselling.org.

And if you, or someone you know, might benefit from Raphael's services, please phone 0800 234 6236 - a trained counsellor will respond to your message, usually within 24 hours.

Roberta Coffe - Chairman of Trustees

0800 234 6236

www.raphaeljewishcounselling.org