



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

Resource 4:

CCL Scotland - Information Card (Double Sided)



Community Chaplaincy Listening ...in a nutshell

CCL is a service that helps build community resilience and wellbeing.

Our method is active listening which offers the potential for transformation.

Many people have experienced hurt in their lives which means they may struggle to find meaning in life.

Sometimes, and particularly these days, it can be difficult to know who to turn to.

Community Chaplaincy Listening helps people explore their deepest hurts and ask why, in order that they can have confidence in their own inner strengths.

Chaplaincy services do this uniquely because of their spiritual care knowledge, skills and experience.

People tell their story, we listen. And in doing so community resilience grows.

Typical indicators for referral - patients asking:

- Why is this happening to me?
- What have I done to deserve this?
- Why can't I find a point in living?
- Why am I the survivor?
- Have I brought this on myself?
- I'm not religious but...
- Why does God allow suffering?
- How can I survive?

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What is...

community resilience?

Resilient communities...

...demonstrate love, peace, gentleness, kindness, self control, joy, loyalty, integrity, patience and goodness.

Resilient communities...

...reflect understanding and acceptance that people suffer - that life is a challenge - that sometimes things cannot work out the way we want.

Resilient communities...

...cultivate hardiness: the ability to survive in adverse conditions (environmental, social, emotional, health, economic) and still remain hopeful.

Resilient communities...

...contain resilient people who foster hope by encouraging reconciliation and building stronger relationships. These people have a personal capacity to adapt their coping mechanisms to recover meaning from their personal story.

Resilient communities...

...work for the "common good".



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