



Fundraising Info Flyers: Helping you to promote SYCLS

In this pack there are some A5 flyers to help you share who SYCLS is and what we do with your sponsors/the people at your fundraising event.

You can download and share any of these flyers digitally and/or print them off to have copies available at your fundraising event. Contact SYCLS if help is needed.

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South Yorkshire Chaplaincy & Listening Service

Journeying with people through the challenges of life

SYCLS is a Chaplaincy and Listening Service for people within their communities across South Yorkshire.

We provide emotional, mental health and/or spiritual support as a one-off or a continuing basis for the people (staff/patients/children) within our partnered organisations, supporting individuals in times of bereavement, stress, personal and/or community crisis.

1 IN 4

people experience a mental health problem of some kind each year in England.



However it is estimated that

75%

of people may not get access to the treatment they need

Our services are a mix of informal, relationship-building support and more formal, appointment-based services, to provide a range of access points to individuals needing support. Offering support within in a wide range of workplace and community contexts allows us to address issues at the earliest possible stage, provide preventative support and early intervention, whilst also being available should a crisis occur.



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Listening Services

Our Listening Service is an independent and confidential service that allows people the opportunity to be heard without judgement or interruption - to offload what they're 'holding in'.

All of us find ourselves facing difficulties from time to time and in a busy, sometimes stressful life, it's important that people know that they are being listened to.

66% say they **have no one to speak to** about mental health, relationships or money.

SYCLS' 1-1 listening appointments provides people with a safe space and a listening ear to talk about any concerns be it home or work, clarify their feelings/thinking on a matter and enable them to identify support they may need and/or action they may want to take.

"I feel like my lungs have got bigger! I now understand the phrase a weight lifted off"

"All I wanted was to talk to someone who didn't know me. It was great to tell them everything I was thinking and feeling"



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Chaplaincy Services

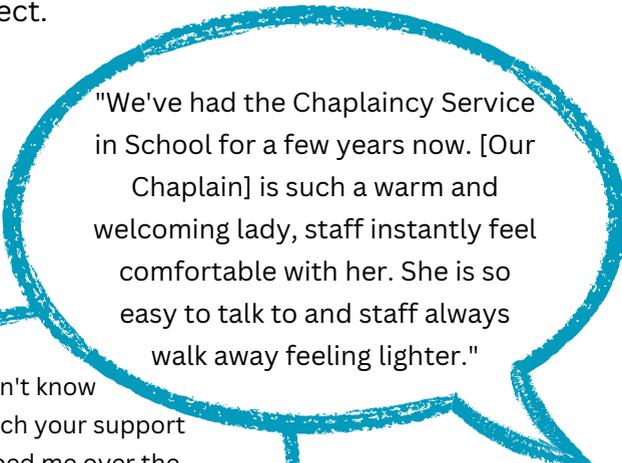
Journeying with people through the challenges of life

Our Chaplains come from a wide range of denominations.

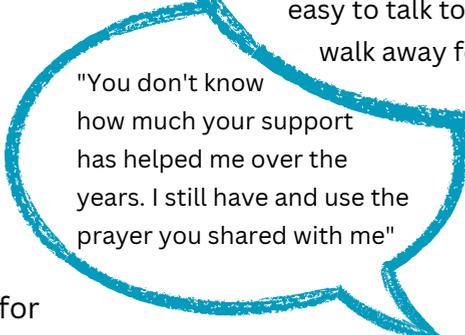
Chaplains are a listening ear, allowing people to talk with freedom and in confidence, they also provide practical and/or emotional support through encouraging words, supportive acts, offering prayer where appropriate.

Each of us is more than just physical. The health of our inner self can affect our well-being in every other aspect.

Our Chaplains are especially there to support people during their most difficult times- facilitating the holistic care of terminally ill patients and their families, holding informal/formal memorials and providing a shoulder for people at times of crisis.



"We've had the Chaplaincy Service in School for a few years now. [Our Chaplain] is such a warm and welcoming lady, staff instantly feel comfortable with her. She is so easy to talk to and staff always walk away feeling lighter."



"You don't know how much your support has helped me over the years. I still have and use the prayer you shared with me"



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Children's Listening Services

The Sibling Listening Service: this service provides a safe space for siblings of children with autism or ADHD.

The Bereavement Listening Service: a service for children who have experienced the loss and/or separation of their parent(s), a family member or a main carer.

These services help children to talk about any new changes or an ongoing situation they have been living with. Children may also do activities with their Listener such as colouring, creating memory boxes, Lego etc. all aimed to help them express themselves.

If we encourage children to talk from an early age this can help with the development of their social and emotional skills.

