

A smartphone is placed on a dark red notebook. The phone's screen displays a vibrant photograph of a field of purple flowers, possibly lavender, with a tree in the background. To the right of the notebook is a white ceramic mug filled with a light brown beverage, likely coffee or tea. The mug is decorated with several green heart shapes of varying sizes. The entire scene is set on a light-colored wooden surface.

We face this winter together.  
Can we help you through  
to spring?

See over for our  
new free service



St Peter & St James Hospice  
*Hospice care in the heart of Sussex*



HM Government

In partnership with

THE NATIONAL LOTTERY  
COMMUNITY FUND

# The last 6 months have been tough for all of us, and now we face a challenging winter with no clear end in sight for returning to normal.

With assistance from HM Government and the National Lottery Community Fund, we are launching a free support service we call '**Community Reach**'.

**If you are feeling stressed, isolated or low, or would just like someone to talk with to help you through;**

Our '**Caller Companion**' service is designed to provide you with a regular companion who will listen.

A weekly phone call to check-in over a cuppa.

Our '**Counselling Team**' can provide deeper support.

A weekly telephone session to help you better understand yourself and how best you can cope.

If we can help you, please call us today in confidence on **01444 471 598** or email **[crs@stpjhospice.org](mailto:crs@stpjhospice.org)**, asking for our **Community Reach**.