

As well as our Sunday talks, the church has many events in place to help support those suffering or dealing with hurt. In response to community needs, the church recently appointed a full-time member of staff, Jane Hughes, to work with families, complimenting the work already done by the Youth and Children's worker and volunteers working with all ages.

Tea & Chat

Monthly on Wednesday afternoons
For the older folk in our community

Messy Church

Monthly on 2nd Saturdays
Free fun and a family meal

Tea & Bowls

Monthly on Wednesday afternoons
For the older folk in our community

Toddler Lunch

Fortnightly on Thursday afternoons
For parents and toddlers

Visiting team

If you would like someone from the church to visit you at home, please contact us

Youth Group

Fortnightly on Wednesday evenings
For year 7s - end of college

For more info on any of the above, contact the church office
01420 560622 | cogsoffice@googlemail.com

Other organisations that can offer help and support

Christians Against Poverty (Alton)

Debt support and counselling. Harvest Church, The Maltings. Tel. 0800 3280006

Premier Life

The National Christian Helpline offering a listening ear, emotional and spiritual support
Tel. 0300 1110101

The Alton Food Bank

Helping local people in crisis
alton.foodbank.org.uk

Relate

Relate offers counselling for any type of relationship www.relate.org.uk Tel. 0300 1001234

Age UK

Advice and information www.ageuk.org.uk
Tel. 0800 6781174

Samaritans

www.samaritans.org Freephone from any phone, at anytime. Tel. 116 123

Childline

www.childline.org.uk Tel. 0800 1111

Cruse Bereavement Care

Support, counselling, advice and information following bereavement. www.cruse.org.uk
Tel. 0808 8081677

Silverline

Confidential, free helpline for older people.
www.thesilverline.org.uk Tel. 0800 4708090

WHO CARES ?

HAMPSHIRE



broken relationships hurt by people
worries fears
future WHO ? anxieties
forgiveness CARES ? friendships
overloaded life people I care about
family ageing well money concerns

Who Cares? is a Hampshire-wide initiative where churches are working together to listen to the hurts and needs of people within the church and those in the community. 57 churches have been involved and collected a total of 11,798

The Church of the Good Shepherd in Four Marks surveyed people within the church, local community groups and at the church-run Village Picnic. We asked 1 question:

'What Hurts You the Most?'

What hurts you the most or what do you find the hardest to handle in life?

Thank you for filling in the response cards.

At various community groups and events in Four Marks and from our Sunday services we collected 488 responses and have summarised the findings.

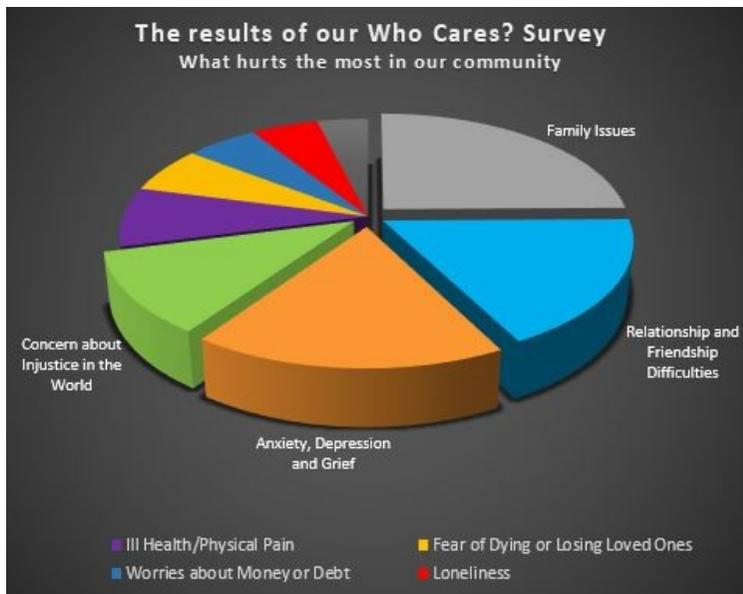
The 4 largest areas of hurt/need are:

Family Issues:
24.8%

Relationships with others: 17.6%

Emotional Issues - Anxiety, Depression and Grief: 17.2%

Injustice in the World - concern about terrorism, crime, politics, poverty: 11.27%



These responses were gathered across all ages.

Please know that we care about you. Every response card has been prayed over and we are continuing to pray that we all know the comfort of God for our pain and hurts and that God promises us hope for the future.

The Church of the Good Shepherd has a number of activities and support opportunities planned over the coming months and through 2018. We will continue to advertise these as they arise. Thank you again for taking the time to share your hurts and needs with us.

If you'd like to meet someone to talk and pray through issues, please do contact Matt in the COGS church office:
cogsoffice@googlemail.com | 01420 560622

Also available via the office are:
Howard Wright - Vicar
Lorna Randall - Youth & Children's Worker
Jane Hughes - Family Worker



Over the coming Sundays we are giving a series of talks which will address some of the hurts that have emerged from the survey. You are *always* welcome at any of our church services, but over these weeks we'd like you to be aware that you are invited to come. There is no expectation that you tell us anything or participate in any way that makes you uncomfortable.

On Sundays at our 9.30 am and 11.15 am services

- Sunday 8th October: **Who Cares** when others hurt me?
- Sunday 15th October: **Who Cares** when I find it difficult to forgive?
- Sunday 22nd October: **Who Cares** about the people I care about?
- Sunday 29th October: **Who Cares** about my anxieties, worries and fears?
- Sunday 5th November: **Who Cares** about my over-loaded life?
- Sunday 19th November: **Who Cares** about my friendships?
- Sunday 26th November: **Who Cares** about my family?
- Sunday 3rd December: **Who Cares** about my future and aging well?
- Sunday 10th December: **Who Cares** about my money concerns?

We plan to make these talks available online shortly after they take place, for any who are unable to get to the church.