

Who are we?

Karis Neighbour Scheme is a small charity working in the community to offer support and friendship to those who need it the most.

From our roots at Karis Medical Centre and the NHS came a new concept in caring for distressed people called Listening and Guidance.

Listening and Guidance is based on a whole person approach to health and wellbeing and offers help at the emotional, psychological, spiritual and social levels.

It has been found to be particularly useful by those experiencing some kind of loss in their lives, e.g. loss of a relationship, work, health, bereavement, confidence, purpose, wellbeing.

Listening and Guidance is offered by Chaplains for Wellbeing.



Contact Us



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Karis Neighbour Scheme is a registered charity, charity no. 1133510
Karis Neighbour Scheme is a company, company no. 06595341



Listening and Guidance



Offering practical support, friendship and
advocacy in the local community.

What's it about?

Each of us is more than a physical being. The health of our inner self affects our wellbeing in every respect:

- Physical
- Emotional
- In relationships
- Work
- Decision making

So if life is stressful, you are facing a difficult decision or illness, you have suffered the loss of a loved one or you just need someone to talk to,:

The Chaplains for Wellbeing are here for you.



How can we help?

The Chaplain offers confidential pastoral and spiritual care for you the patient (and also for Carers, if required).

This may include:

- ◆ Listening to your story
- ◆ Discussing your concerns and offering reflection and support
- ◆ Putting you in touch with other helpful agencies
- ◆ Providing useful resource material
- ◆ Helping you develop your own spiritual journey which may include the offer of prayer

“Sometimes we just need to be heard by someone who will listen”



Who is it for?

The Chaplain is for everyone, of all faiths and beliefs, living in the Ladywood, Harborne or Edgbaston areas.



You can ask your GP to complete a referral form for our service. Or you can request for a referral form yourself

The Chaplain for Wellbeing will see you by appointment and will aim to listen to you without judgement, respecting your beliefs and experiences.