

## ' the Waiting Room '



A *quickly available* and **PRACTICAL RESOURCE** for people in the Glasgow area ~ who find themselves on a ' *waiting list* ' for . . . . .

1. . . . **Counseling**
2. . . . **an Operation**
3. . . . **a Consultation**
4. . . . **a Medical Review**
5. . . . **a New Job**
6. . . . **Housing**
7. . . . ?



**Time** . . . continues to tick by relentlessly while we ' *wait* ' for whatever NHS service or other Medical/Social help we still need . . . . . *to arrive*.

**WE HAVE NOT STOPPED NEEDING HELP**  
and importantly . . . .  
**WE ARE STILL CAPABLE OF HELPING OTHERS.**

In fact we are often still more than capable of supporting our peers. **This project is for lay people to help themselves** *and each other* ~ with the profound and practical support of Listening Time and Attention, while still waiting ~ for professional help.

It is intended to bring together existing organisations such as LTCAS, Pathways, SRN, Strathclyde Counselling Unit, Maggie's, CHAS, Sandyford Clinic, BFTA, TFI ~ Gp's, Consultants and NHS professionals. Many of these organisations have people . . . . . on their ' *waiting lists* '.

**The intention is to offer skills sharing in** ~ **Listening** *through the body* and *Creative Communication* ~ using therapeutic Art making exercises. Then, when each person is competent and confident with the basics of this way of Listening to themselves & others ~ invite people to connect with each other and form *Supportive Listening Partnerships* while they continue to wait for . . . *whatever* . . . while ensuring clear boundaries of confidentiality, privacy and equal time are maintained for everybody.

**This is Self and Peer Support . . . using**  
**Creative Communication and Listening through the Body.**

Interested in supporting this project ? ~ then please contact Thomas Binns at:  
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