

YOUR OPINION MATTERS

OCT 2023 - DEC 2023



There was someone who listens without judging and this helped me a great deal.

This service has very much so made a positive difference - it has been so helpful to have the time, space and understanding.

The positive difference for me is that it has allowed me to recognise my feelings and feel in control.

I am no longer constantly angry, and now feel in control of myself and am much calmer.

Invaluable support!