

## Pastoral Care Team

We have a committed team of pastoral visitors led by our Pastor and the Pastoral deacons.

To request help please contact:

John Walton (Team Coordinator)

(01787) 371772

[johnwalton@talktalk.net](mailto:johnwalton@talktalk.net)

Syd Platt (Pastoral Prayer)

(01787) 310732

[Sydplatt.cm@gmail.com](mailto:Sydplatt.cm@gmail.com)

Ivan Poole (Pastoral)

(01787) 374206

[poole-i@sky.com](mailto:poole-i@sky.com)

Mark Ulanowski (Pastor)

(01787) 881910

[pastor@sudburybaptistchurch.co.uk](mailto:pastor@sudburybaptistchurch.co.uk)

## Sudbury Baptist Church

Church Street, Sudbury, Suffolk

[www.sudburybaptistchurch.co.uk](http://www.sudburybaptistchurch.co.uk)

Making  
Jesus known  
and Real

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## **Introduction**

As a church we are committed to making the love of God real in our everyday relationships. Pastoral care is the privilege of the whole church as we share the love of God with one another, in encouragement and support, love and practical concern.

## **Sundays**

Pastoral care is expressed in our worship together. As the church family draws close to God in worship, we also draw closer to one another. In worship we receive from God the spiritual resources we need to live well as followers of Jesus. In worship we also pray for one another, encourage one another and build one another up.

## **Home Groups**

Pastoral care in our church is organised primarily through the Home Groups. We encourage everyone in our church to join a Home Group if at all possible. Home Groups offer the opportunity to form friendships where sharing and caring for one another develop naturally.

## **Extra Care in Hard Times**

There are times for us all when friendly support is not quite enough and we need more help to cope with hard times in life. Bereavement, anxiety, loneliness, difficulties in relationships or family crises are some reasons why we may need the comfort of a listening ear. At such times our Pastoral Team is available to come alongside, to listen and pray. To request help, please telephone one of our pastoral deacons.

## **Hospital Visits**

If you have to spend time in hospital and you would like us to, our Pastoral Team will aim to visit you. We can only do this if we know you are in hospital and would like a visit. The Hospital Chaplaincy team is responsible for the spiritual care of its patients, however, you can ask the hospital chaplain to contact our Pastoral Team to arrange a visit and they will usually be happy to help.

## **Practical help and personal care**

Through the network of the church family we aim to help with occasional requests for practical help when we can. If you need regular personal care, we will endeavour to help you find the support you need either privately or from Social Services.

## **When you can no longer come to church**

If frailty or illness mean you are unable to come to church, we will at your request link you with a Home Group for the purpose of pastoral care. The group will pray for you and aim to visit you from time to time. If you would like us to, our Pastoral Team will also aim to organise a regular communion service in your home.

## **When you can no longer cope at home**

Social Services aim to help people retain their independence and continue living at home for as long as possible, but there is a limit to the support they are able to offer. Accepting that we are no longer able to look after ourselves can be very difficult. If you are advised to seek residential or nursing care, we aim to do all we can to help you take this step.

## **For your protection**

Where specialist help is needed, referrals to appropriate agencies will be offered. Conversations with our Pastoral Team are confidential. Sensitive information is only shared in general terms for training or supervisory purposes. Exceptions to this would be if:

- *English Law required disclosure through a Court Order*
- *It was considered that someone was at a serious risk*
- *There was a child protection or vulnerable adult issue*

## **If you are desperate**

If you, or anyone else known to you, is in severe emotional distress and cannot wait for an appointment, it may help to contact the Samaritans who offer 24 hour emotional support and can help you talk about how you are feeling. Their number is 08457 909090.