



Are you searching for a proven approach that brings church and community together?

Could you help to reduce the growing social problems of isolation and loneliness that impact well being?

Care and Share Well Being spaces have been running in two Darlington churches for over five years. They are flexible opportunities for people to share the same space for a couple of hours or less.

People bring their own activity and/or take part in a planned one.

The approach depends on the church. Separate space for prayer can also be offered.

Care and Share operates on four basic principles:

- Present with people of all faiths or none
- Purposeful activity produced by people themselves underpinned by the Five Ways to Wellbeing model
- Prayerful
- Partnership with mental health teams

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