

# WHO CARES



ATTLEBOROUGH, NORFOLK

# STEP 1

- COMMUNITY GROUPS
- YOUTH
- SOCIAL ACTION
  - PARENT AND TODDLER
  - YOUTH OUTREACH (FRIDAY NIGHTS, GIRLS LOUNGE to start)
  - SENIOR CITIZENS
- LADIES EVENTS
- GROUPS IN THE COMMUNITY
- STREETWORK
- ONLINE

# WHAT?

- **REGULAR RHYTHM** OF CHURCH LIFE
- AS MANY AREAS AS POSSIBLE
- EACH LISTEN AND RESPOND, **ONCE A YEAR**
- OVER A PERIOD OF **ONE TERM**

# STEP 2

- **YEAR 1**

- **SPRING TERM -**  
Senior Citizens  
Community Group  
WC Sunday (Rejection)
- **SUMMER TERM -**  
Parent and Toddlers  
WC Sunday (Worry)
- **AUTUMN TERM -**  
Youth Outreach - Friday  
Nights  
WC Sunday (Stress)

- **YEAR 2**

- **SPRING TERM -**  
Parent and Toddler  
Youth Outreach -Girls Lounge  
Community Group  
WC Sunday (Injustice)
- **SUMMER TERM -**  
Ladies Event  
WC Sunday (TBC)
- **AUTUMN TERM -**  
Youth Outreach - IT Support  
Church Youth  
WC Sunday (TBC)

# WHO CARES ?

## WHEN I'M REJECTED

**We all experience rejection.**

It can come from surprising places: parents, co-workers, so called friends and even the people we love the most.

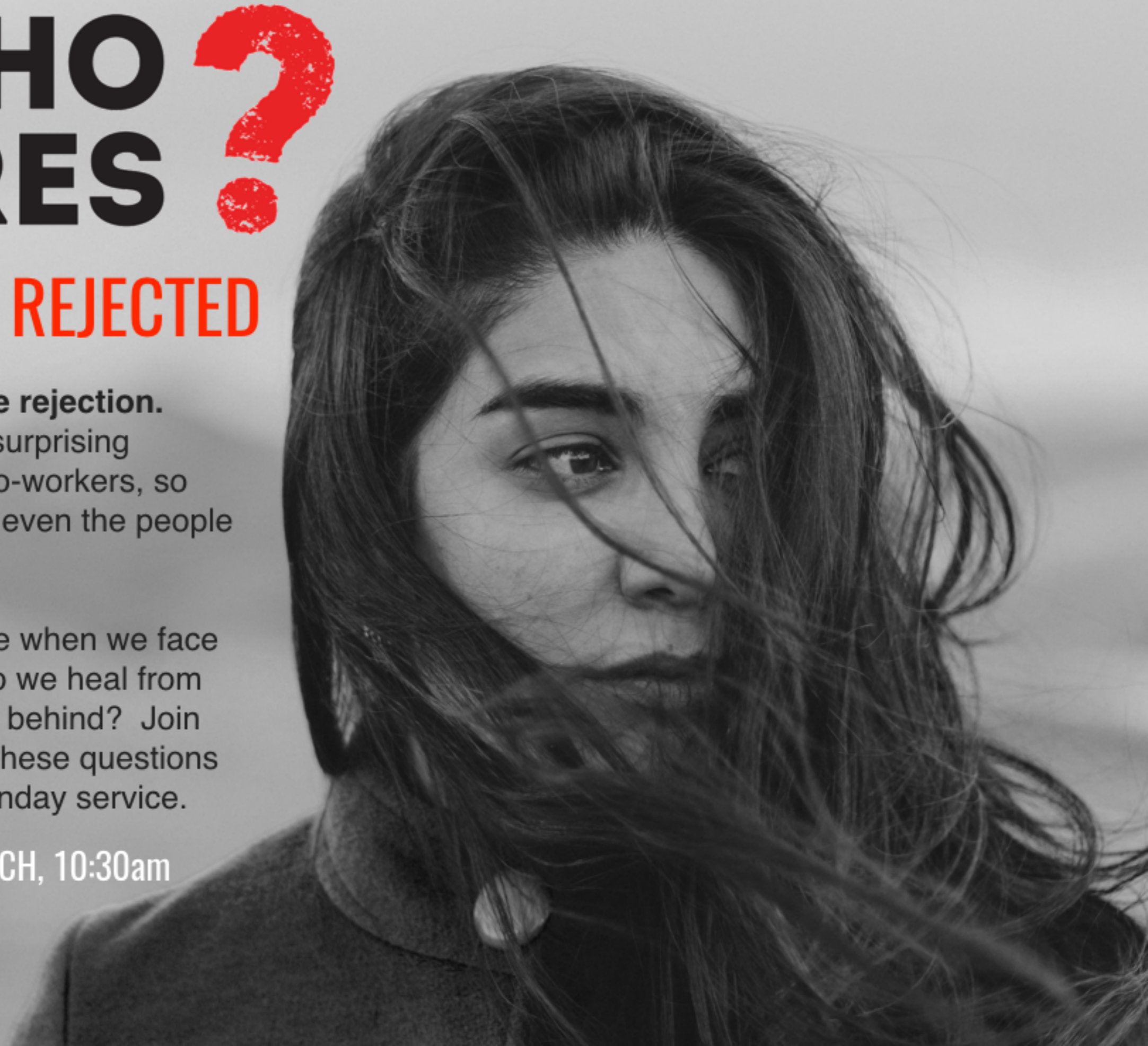
What hope is there when we face rejection? How do we heal from the scars it leaves behind? Join us as we explore these questions together in our Sunday service.

**SUNDAY 24TH MARCH, 10:30am**

The Hub, Station Rd

Attleborough

NR17 2AT



**WHO  
CARES ?**

**WHO CARES WHEN I'M  
WORRIED?**

**PAIGE MARRETT**  
with **ROB TERVET**

**WHO  
CARES ?**

**WHO CARES WHEN I'M  
REJECTED?**

**ROB TERVET**



# WHO CARES



# WHEN I'M WORRIED

———— SUNDAY 30TH JUNE ————

10:30am

THE HUB, STATION ROAD, ATTLEBOROUGH

It's easy to slip into worry  
and anxiety.

We've all been there.

Join us as we consider the  
remedy that Jesus and his  
gospel provide to this  
common problem.

# WHO CARES



# WHEN I'M STRESSED

SUNDAY 1st DECEMBER

10:30am

THE HUB, STATION ROAD, ATTLEBOROUGH

Under pressure? Overworked? Juggling too many things?  
Life doesn't have to be this way.



Join us as we learn the secret  
of a grace paced life in a world of endless demands.  
We'll discover there is an anchor that can hold, even through the darkest storm.



ChristCommunityChurch



# WHO CARES ?

## WHEN THINGS AREN'T FAIR

SUNDAY 29TH MARCH // 10:30am - 12pm

The Hub, Station Rd, Attleborough, NR17 2AT

People can be extremely disappointing. It's frustrating and sad to hear day after day more stories of injustice and unfairness in the world.

Some of us also have a deeply personal experience of injustice. How do we find our way back to hope and joy when the world just seems so unfair?

Join us as we consider this issue.

# COMMUNITY GROUP

- **FEBRUARY**  
**LISTEN x 5**

————— Data processing —————

- **RESPOND** - Fish and Chip Night with 3 interviews  
**INVITATION** - WC SUNDAY “When I’m worried”

# WHO CARES



## ABOUT FAMILY LIFE

Family life can be hard.

Parents face unique challenges and pressures.

We're holding a special evening filled with stories of hope.

TUESDAY 30th APRIL

THE LIGHTHOUSE 131 HARGHAM RD

DOORS OPEN 7PM

**Adam & Lorna** - A family facing all the unknowns of uprooting their lives find peace and courage. **Jerry** - A husband whose life and marriage is falling apart finds surprising joy. **Susannah** – A mum whose son is diagnosed with Leukaemia finds strength and peace.

Tickets £5 (concessions available) includes a fish and chip dinner (alternatives available).  
To book either e-mail [admin@christcommunitychurch.co.uk](mailto:admin@christcommunitychurch.co.uk) or ring 01953 452865



# THANK YOU FOR TAKING PART IN WHO CARES? BY TELLING US ABOUT THE ONE THING IN LIFE THAT YOU FIND HARDEST TO HANDLE.

**Who Cares?** isn't just about asking a question. It's about a community of people who care responding with hope and compassion. Below are some details about what we have done, and will be doing, to respond to what we have learnt by asking this question.

## FAMILY CHALLENGES

The biggest single issue that came up was the pressures of managing family life – the expectations of being a parent, worries about children, and the pain of seeing the ones we love suffer.

## OTHER SUPPORT —

### LONELINESS

A number of you wrote about feeling lonely. Who Cares? is passionate about making sure people have the opportunity to connect with others. There are a number of activities already taking place which may be of interest to you. Ring 01953 452865 for more information.

- **Sparklers** – parent and toddler group, every Friday Term time, 10-11.30am\*
- **Treasures** – monthly coffee morning for senior citizens 10am – midday, usually last Tuesday of the month.\*

\*Both at the Lighthouse, 131 Hargham Road, Attleborough, NR17 2JX

- **Community Groups** – we have groups that hold regular hold social events for families and individuals.

## 'THINGS AREN'T FAIR'

A large number of the responses we received were about the unfairness of the world we live in. Issues like animal cruelty, intolerance, climate change and corruption were raised. It's easy to feel powerless in the face of it all. We believe in the power of prayer. If you would like us to pray for you, or would like to be sent some information about prayer e-mail

[rob@christcommunitychurch.co.uk](mailto:rob@christcommunitychurch.co.uk)

## FREE BOOKS

We've produced a couple of free books which are available. '*Who Cares? There is hope when life hurts the most*' looks at the issues of negative emotions, death, money worries, family, relationships and sickness. '*Who Cares? when I can't cope*' is all about how to manage when life seems overwhelming. If you've like a free copy of either simply e-mail

[paige@christcommunitychurch.co.uk](mailto:paige@christcommunitychurch.co.uk)

## PERSONAL HELP AND SUPPORT

We are available to come and visit you and see if there is anything practical we can do to support you. This could include small grants, practical help, counselling, or simply a listening ear. Ring 01953 452865 or e-mail

[admin@christcommunitychurch.co.uk](mailto:admin@christcommunitychurch.co.uk) for more information.

# THANK YOU FOR TAKING PART IN WHO CARES?

## BY TELLING US ABOUT THE ONE THING IN LIFE THAT YOU FIND HARDEST TO HANDLE.

**Who Cares?** isn't just about asking a question. It's about a community of people who care, responding with hope and compassion. Below are some details about what we have done, and will be doing, to respond to what we have learnt by asking this question.

### NEGATIVE EMOTIONS

One of the biggest issues that came up recently is 'negative emotions'. It's no surprise that one of the greatest battles we face is the one inside our heads. It can be a lonely struggle, here are two activities we think might help:

- Community Groups — we have friendly support groups that hold regular social events for families and individuals. These meet at various times.
- Table Tennis Club — we run a relaxed and friendly table tennis group on Monday evenings.

For more information, ring 01953 452 865.

### FREE BOOKS

We've produced a range of free booklets responding to some of the issues that have come up. *'Who Cares? There is hope when life hurts the most'* looks at the issues of negative emotions, death, money worries, family, relationships and sickness. *'Who Cares? when I can't cope'* is all about how to manage when life seems overwhelming. We also have *'Who Cares? when I'm rejected'* and *'Who Cares? when I'm worried'* If you'd like a free copy simply e-mail [paige@christcommunitychurch.co.uk](mailto:paige@christcommunitychurch.co.uk)

### RELATIONSHIPS

Another common issue people find hard to handle, is the pain of tricky and broken relationships. Here are the details of some of the support available:

- We would thoroughly recommend The Marriage Course for couples ([themarriagecourse.org/find-a-course](http://themarriagecourse.org/find-a-course))
- We would also recommend The Parenting Children Course ([themarriagecourse.org/try-parenting/the-parenting-children-course](http://themarriagecourse.org/try-parenting/the-parenting-children-course))

We are open to running courses locally in Attleborough if enough interest is expressed. Ring 01953 452 865 or email [paige@christcommunitychurch.co.uk](mailto:paige@christcommunitychurch.co.uk)

### PERSONAL HELP AND SUPPORT

We are available to come and visit you and see if there is anything practical we can do to support you. This could be as simple as a listening ear.

Ring 01953 452865 or e-mail [admin@christcommunitychurch.co.uk](mailto:admin@christcommunitychurch.co.uk) for more information.



# Treasures (Senior Citizens) monthly coffee mornings

- January

**LISTEN**

- February

**LISTEN**

————— Data processing —————

- March

**RESPOND** - 5 min testimony on “loneliness” + 5 min gospel

- April

**RESPOND** : 5 min testimony on “relationship problems” + 5 minute gospel message

**RESPOND** : Invitational Sunday at church on “rejection”

# Youth Outreach Fridays

- October - November (Detached and Drop-In)

**LISTEN x 4**

————— Data processing —————

- December

**RESPOND** - Personable Interview on “When I can’t cope”

**INVITATION** - WC SUNDAY “When I’m stressed”

- December

**RESPOND** : Personable Interview “When I feel low”

**INVITATION** : Christmas Family Service



THANK YOU FOR TAKING PART IN WHO CARES?  
BY TELLING US ABOUT THE ONE THING IN LIFE THAT YOU FIND HARDEST TO HANDLE.

COME AND HEAR STORIES OF HOPE

8pm at The Lighthouse Attleborough

**WHO CARES ?**

**WHEN I CAN'T COPE**

29 . 11 . 19

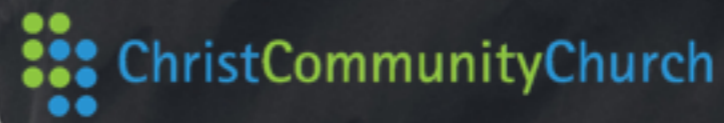
**WHO CARES ?**

**WHEN I FEEL LOW**

13 . 12 . 19



X



# Youth Outreach - Girls Lounge

- February

**LISTEN x 2 (consecutive weeks)**

————— Data processing —————

- March

**RESPOND** - Interviews x 4 (with videos and question time)

Death

Injustice

Family

Relationship Problems



GIRLS  
LOUNGE

X

WHO  
CARES ?

NEXT  
STEPS

I would like to talk to someone about :

I would like someone to pray for :

I would like to:

- Find out more about the church youth group
- Find out more about Christianity
- Pray with a member of the Girls Lounge team

Name (optional)  
.....  
.....

# Who Cares ONLINE

- April / May

**LISTEN** x 2 weeks using a google form, ask church to send round to friends via Facebook Messenger / WhatsApp

————— Data processing —————

- May

**RESPOND** - Who Cares Sunday online

# WHO CARES?



## WHO CARES? Question

Everybody hurts but not everybody has hope. WHO CARES? is a nationwide initiative where churches are working together to listen to the needs of local people and offer compassion and hope. You can tell us what hurts you the most, by filling in the short form below.

Find out more about WHO CARES? at [who-cares.org.uk](http://who-cares.org.uk)

**\*Required**

What hurts YOU the most? (Or put another way, what's the one thing in life you find hardest to handle?) \*

Your answer

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# WHO CARES ? IN A GLOBAL PANDEMIC

SUNDAY 31ST MAY / 10:30am

Coronavirus has brought tragedy and enormous disruption to our lives. It's put relationships under strain, intensified feelings of loneliness, and many are struggling with anxiety and fear.

**Special Live Premiere over YouTube**  
Message from **Rob Tervet**, founder of *Who Cares?* and special interview with **Sandy Millar**, former vicar of HTB a church famous for pioneering the *Alpha Course*.



LIVE PREMIERE / 10:30am

YOUTUBE . COM / C / ChristCommunityChurchAttleborough

# HOW?

**LISTEN**



**RESPOND**  
**(specific)**



**RESPOND**  
**(wider)**



**RESPOND**  
**(wider)**

**Invitational**  
**Sunday**

**Booklet**  
**Giveaway**