

**CARA : Care and Resources for people affected by AIDS/HIV : a pastoral ministry : The Basement, 178 Lancaster Road, London W11 1QU ...**

**Contributors**

CARA

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# CARA

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## Care and Resources for People Affected by AIDS/HIV



A Pastoral Ministry

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The Basement • 178 Lancaster Road  
London W11 1QU • Tel: 071-792 8299

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Pastoral Director: Fr David Randall

# CARA

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## Care and Resources for People Affected by AIDS/HIV

Despite its devastation AIDS/HIV infection has produced creative responses in many places. However, the Church has not always been able to share these positive signs. CARA was launched in July 1988 to bring the resources of spirituality to bear on this problem by . . .

1. Providing pastoral care for people with HIV and AIDS; their relatives and friends; professional and voluntary carers.
2. Creating educational training programmes for people wanting to offer non-judgemental spiritual, emotional and practical support to those affected by HIV/AIDS.
3. Working with other agencies, irrespective of creed or philosophy, engaged in the care of people affected by HIV/AIDS.
4. Theological and spiritual reflection on the issues which HIV/AIDS present both church and society.
5. The practical use of resources, including buildings, in caring for people with HIV/AIDS.

**WE OFFER -**

PASTORAL SUPPORT &  
SPIRITUAL CARE

DROP-IN FACILITIES  
AND HOSPITALITY

HOME SUPPORT

BEREAVEMENT  
COUNSELLING

HOSPITAL VISITING

ADVICE ON FUNERAL  
ARRANGEMENTS

SYMPATHETIC CLERGY

EDUCATION AND  
TRAINING

CARERS SUPPORT

COMPLEMENTARY THERAPY

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For further information about  
our services or voluntary support  
please contact the Office:-

**071-792 8299**

## WHAT CARA OFFERS

### 24 HOUR PASTORAL CARE .....

Our experienced and trained Pastors are on call to assist and support in times of crisis and emergency, especially in situations of sudden illness, bereavement, or other times of crisis. They can be contacted at the Basement, or by ringing the CARA Answerphone on 071 792 8299.

### COMPLEMENTARY THERAPIES .....

At the Basement we offer a range of Complementary Therapies as part of our overall Pastoral Care service. These therapies include, massage, osteopathy, reflexology, art therapy and spiritual healing. Other forms of therapy are available too, and help people towards living well, whatever their circumstances.

### FUNERAL AND BEREAVEMENT .....

Whether experiencing the death of a loved-one, or making preparations for your own death and funeral service, CARA Pastors can help support you. We are able to help you cope, help you find the right support, and help to ensure that funerals are what you want them to be.

### TRAINING COURSES .....

Training work is important at CARA. Everyone involved in providing services at CARA takes personal development seriously. We offer Ministry Training and other training opportunities regularly throughout the year, in London and Nationwide.

### DROP - IN .....

The CARA Basement is open during office hours, staffed by welcoming volunteers. You can call in for a coffee and a chat, make bookings for Complementary Therapies, or arrange to see one of the Pastors.

Pastors are available in emergency 24 hours a day, 365 days a year.

On Tuesdays there is a Drop-in Lunch every week.

### VISITING SERVICE .....

Our trained Pastors can be asked to visit at home, in hospital or respite care facilities. We will connect you with a trained Pastor as near to your location as possible, wherever you might be.

## COUNSELLING SERVICE .....

CARA offers some specialist and trained counsellors to those people at CARA who feel they need some confidential place to talk. Our therapists are from different backgrounds, and after some initial discussions, counselling can be arranged. We offer counselling as part of our overall Pastoral Care service.

## VOLUNTEERS .....

CARA is a community, and we rely heavily on the volunteers who offer their time and skills to provide the services which are available. Some of the volunteers are themselves service users, and are represented at all levels of the management of CARA. This keeps what we are doing close to what you need.

## CARA SUNDAY .....

One Sunday each month there is a lunch and social gathering, which takes place either at the Basement and Garden, or at a private home in Chiswick. These lunches are a time for making friends, and becoming more of a part of the CARA Family. People of all ages and backgrounds will be there.

## A NATIONWIDE NETWORK .....

Though based in London, there are many people nationwide who are part of the CARA Network. We try to support people appropriately wherever they are by using this network of suitable people. We also try to share our experience with others who might wish to start their own local HIV/AIDS Project.

## A SAFE PLACE .....

Everyone at CARA aims to offer non-judgmental personal, spiritual, pastoral support. We have clear policies about Equal Opportunities and Confidentiality. We do our utmost to make CARA a safe place, and a place which is personal.

## CARING FOR THE CARERS .....

Because CARA offers support to anyone affected by HIV/AIDS, whether directly or indirectly, part of our work is to support those who are caring for others. We do this through our Pastoral work, our other Basement Services, and our Training activities.

## Patrons

The Bishop of London  
The Bishop of Birmingham  
The Bishop of Southwark  
The Bishop of Kensington  
Rabbi Lionel Blue  
The Dean of Westminster  
Bishop Trevor Huddleston C.R.  
Dr. Anthony Pinching  
Dr. Charles Farthing  
Dame Joan Varley  
Fr. Michael Hollings  
Fr. Kenneth Leech  
Alec McCowan OBE  
The Revd. Martin Hazell  
Nadir Dinshaw  
Christopher Spence  
Ken Livingston MP  
Chris Smith MP  
Prof. Leslie Holden  
Peter Scott  
Bill Kirkpatrick

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Mr. Stephen Chamberlain  
Mr. Keith Hurst  
Revd. John Cooke

## A Prayer

Living God, source of light and life,  
we come to you as broken members  
of your body;  
your strength is our strength,  
your health is our health  
and your being is our being.  
Grant us your wisdom in our work,  
your love in our pain and your  
peace in our hearts.

Send your blessing on all those  
working with CARA, all those whom  
they serve and give us the joy of  
everlasting love.

In the name of Jesus your son.  
Amen.