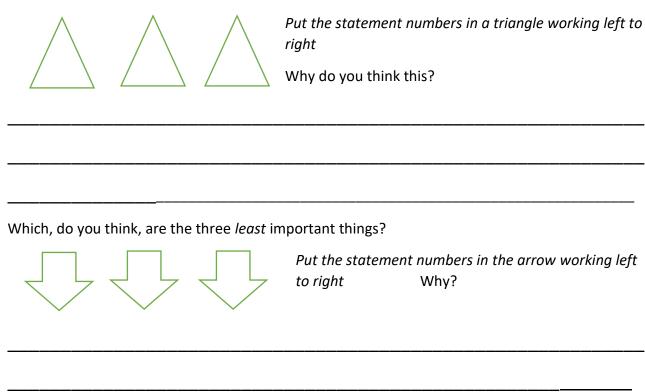
Here is a list of some things offered by The Friary:

- 1. advice about how and where to get help
- 2. barber to cut hair/beards
- 3. clean, dry clothes
- 4. food for service users to take away
- 5. health services (medical help, chiropodist, etc.)
- 6. help for service users who need to find a home
- 7. help to set up a home when a service-users finds somewhere new to live
- 8. hot drinks and nutritious meals in the café
- 9. people who will pray for the services-users
- 10. staff and volunteers who will listen to service-users and their problems

Which, do you think, are the three most important things that The Friary offers?



Listen again to the quotes from the service-users.

Count how many mention practical help (e.g. help to find a home; medical help) and how many mention things which make them feel better about themselves.

Look at the list of things that The Friary offers again.

Which, do you think, might service-users say were the most important to them when they were "at rock bottom"?

