

Alex Figgis

Restart

Chaplaincy



Hello. My name is **Alex Figgis** and I work as **Restart Chaplain** at Saltbox. Our chaplaincy service provides pastoral and spiritual care to all Restart clients – no matter if you are going through good times, or times of difficulty and uncertainty. We support people of all faiths and none, and are concerned with broader issues of spirituality and of meaning.

I am here for you...no matter who you are or what your story is. As Chaplain, I seek to support and care for you in whatever way I can. I offer:

- **A friendly listening ear.**
- **Space to talk about life, purpose & the meaning of things.**
- **Support if you wish to practise your faith or tradition.**
- **Prayer support.**
- **Above all, compassion, understanding and confidentiality.**

Contact: alex@restart.saltbox.org.uk or call 07880793105
(Mon - Fri 9.00 - 16.30)