

Guidelines for Link People

Thank you for agreeing to be a Link Person for one or more of the All Souls Wet Footers.

Who we ask to be link people:

Link people will often be members of the Wet Foot committee or previous Wet Footers. They will be trusted members of the All Souls church family, able to keep confidences and identify if people need additional support. We encourage you to let your Wet Footer know that you have experience in cross-cultural mission, to establish credibility with them. It is also helpful to tell them that you will keep their confidences unless they advise you of danger to themselves or a child or of serious criminal activity.

Men will be linked with men and women with women. We only provide link people for adult team members, but families including any children will be debriefed together on the debrief day.

What being a link person entails:

- Meet with your Wet Footers once before they go
- Praying for them during the trip
- Meet with them for a personal de-brief when they get back. The team will debrief as a group but there may be specific things that your Wet Footer may want to offload on a personal level that they would not want to discuss at the team de-brief.

You are welcome to meet more than once obviously if you choose.

Helpful questions to ask:

Before:

- What are your hopes? From the trip? From the local church? From the team leaders? From the team? From God? When you return?
- What are your concerns? How will you try to manage any difficulties that arise?
- How will you rest and relax while you're away? How will you keep close to God?
- Are there particular things that I can pray for you?

After:

- How did your trip compare with your expectations?
- What was the most difficult part of the trip for you?
- What was the best part?
- How were your relationships – with the team and local church?
- How has this impacted your faith?
- How do you feel about being home? Have people been interested in your experiences?
- What will help you to process your experiences? Do you need more support?

- How will you use these experiences in the future?
- Is there anything else you want to talk about?

Risk signs

Short term mission can be an unsettling as well as a positive experience. 5% of people returning from short term mission consider suicide. Please alert a member of the ministry team if someone articulates any risk of suicide or self-harm. If people are experiencing symptoms of chronic stress (inability to sleep, relax etc) please encourage them to seek further support (GP, counseling, ministry team). For more information on signs of stress and risk email anna.bishop@allsouls.org