

THE HORIZONS PROJECT

PUBLICATION SERIES

HP-005

Momentum Support Sessions

A conversation with purpose, not a service with dependency.

Version 1.0

Publication Edition

July 2026

About This Publication

Every conversation begins somewhere. Sometimes it begins with a question that has been difficult to ask, with a cup of coffee and a few minutes of silence, or with the simple admission that life has become harder than expected. Momentum Support Sessions were developed to create space for those conversations.

In practice, a session is a held conversation with a clear purpose. Someone arrives with whatever is most present for them: a worry, a decision, an appointment, a missed letter, a relationship strain, or sometimes only the sense that everything has become difficult to organise.

The session does not begin by taking control of that story. It begins by making enough space for the person to hear themselves think. The agenda is shaped with them, not imposed upon them, and what matters first is usually discovered through the conversation itself.

From there, the conversation gently gathers shape. The person may identify what feels most urgent, what can wait, who is already involved and what one realistic next step might be. Even when nothing is resolved, the session can still end well: with more clarity, less isolation and a safer understanding of what needs attention next.

When risk appears, the conversation does not pretend to be more than it is. Concern is taken seriously, appropriate support is identified and professional boundaries are respected. A Momentum Support Session can notice risk, respond carefully and help the person connect with the right support without becoming a substitute for it.

These sessions are not intended to replace counselling, case management or any other professional intervention. Instead, they offer something different: time to pause, reflect and reconnect with the support that already exists. This publication explains what a Momentum Support Session is, how it works in practice and, just as importantly, what it is not.

It Starts With a Conversation

Most people do not arrive carrying a neat list of problems. Life is rarely organised like that. Someone may begin by talking about a missed bus before mentioning an overdue electricity bill. A conversation about work may gradually become a conversation about confidence, while what first appeared to be frustration with paperwork may reveal anxiety about asking for help.

A Momentum Support Session gives that uncertainty somewhere to land. It allows the person to begin with the part of life that is easiest to say aloud, then gently notice what sits underneath it.

There is a shape to the conversation, but not a script. It usually begins with arrival: settling, noticing what has brought the person there and agreeing what would make the time useful. From there, the discussion narrows towards what matters most today. It may explore what has already been tried, who is already involved and what support the person feels able to use.

The agenda is therefore shared. Horizons may help hold the thread, but the person remains involved in deciding what deserves attention. That shared focus prevents the session from becoming either a casual chat or a professional intervention it was never designed to be.

There is no expectation that every conversation will end with a solution. Sometimes understanding the situation more clearly is enough for one day, and sometimes recognising that a problem feels overwhelming is itself an important step. Progress is not always measured by what has been resolved; sometimes it is measured by whether someone feels more able to face tomorrow than they did yesterday.

Where a next step is possible, it is usually modest and specific. It might involve making one phone call, taking a letter to an appointment, writing down a question, asking a trusted person to come along or agreeing to speak again after another service has responded.

Where a next step is not yet possible, the session does not manufacture one for the sake of appearing productive. It may end by naming what remains unclear, identifying what would make the situation safer or recognising that the person needs time before deciding what to do.

Looking Forward Without Ignoring Today

One of the strengths of a Momentum Support Session is that it allows people to slow down without becoming stuck. The past matters, the present matters and the future matters, yet conversations can easily become dominated by whichever of those feels most urgent at the time.

Momentum encourages a broader view. A difficult experience can be acknowledged without allowing it to define the entire conversation. An immediate problem can be addressed without losing sight of longer-term hopes, and a future goal can remain visible without creating unrealistic pressure.

The aim is not to control the direction of somebody's life. It is to help them rediscover a sense of direction when life has become confusing.

Horizons in Practice

Emma has a hospital appointment next week. She knows she wants to ask several questions, but every time she thinks about the appointment her mind goes blank.

When she arrives for the Momentum Support Session, she does not begin with a clear request. She talks first about being tired, then about the letter from the hospital, and then about the worry that she will forget something important once she is in the room.

The conversation slows things down. Emma is not asked to produce a perfect plan. She is invited to talk through what usually happens before an appointment, what she finds hardest and what she most wants the doctor to understand.

At first, several worries appear at once. She is unsure about medication, anxious about test results and embarrassed to admit that she did not fully understand part of the last consultation. The session does not try to answer those medical questions. Instead, it helps Emma separate them into questions that belong with the doctor and practical steps she can take before she attends.

Together, the conversation gradually becomes clearer. Emma writes down three questions she wants to remember. She decides to take the notes with her and to tell the receptionist that she may need a moment to check them during the appointment.

If Emma receives information she does not understand, she can ask for it to be explained again. If she feels overwhelmed afterwards, she can contact the appropriate healthcare team rather than leaving the concern unspoken.

Nothing about the appointment itself has changed. The doctor will still provide the medical advice, and the consultation will remain entirely within the healthcare professional's expertise. What has changed is Emma's confidence.

Instead of arriving feeling overwhelmed, she arrives feeling prepared. She knows what she wants to ask, why it matters and how she will hold onto the thread if the conversation becomes difficult.

Sometimes the greatest value of a Momentum Support Session is not what is said during it, but what becomes possible afterwards.

Making the Most of Existing Support

Throughout this publication series, one idea has appeared again and again: Horizons does not seek to replace existing services. Momentum Support Sessions put that principle into practice.

A conversation may end with someone deciding to telephone their housing officer, prepare for counselling, attend an appointment they were considering cancelling or simply ask for clarification rather than remain confused.

The destination is often another service. That is entirely intentional. Success is not measured by how much someone relies upon Horizons, but by how confidently they engage with the people already supporting them.

The Pace Belongs to the Individual

One of the easiest mistakes in helping professions is to confuse urgency with readiness. Sometimes people need to move quickly, and sometimes they need time.

Momentum Support Sessions recognise that sustainable progress is rarely achieved by forcing change before somebody is ready to make it. That does not mean avoiding difficult conversations or lowering expectations. It means respecting the fact that meaningful decisions are more likely to last when people feel involved in making them.

The role of Horizons is not to take control. It is to walk alongside someone while they rediscover their own sense of control.

Ending the Conversation Well

Every Momentum Support Session eventually comes to an end, and that ending matters. Rather than leaving with a long list of actions, people often leave with something much simpler: a clearer understanding of what matters most, one realistic next step, a renewed intention to attend an appointment, a question they now feel able to ask or perhaps only the reassurance that they are not facing the coming week entirely alone.

Small endings often become meaningful beginnings.

A Conversation, Not a Dependency

Perhaps the most important characteristic of a Momentum Support Session is that it is never intended to become indispensable.

If someone eventually needs Horizons less because they are confidently engaging with their counsellor, recovery worker, housing officer, GP or community network, that should be celebrated.

The purpose of Momentum has always been to strengthen existing relationships, not replace them. Its success is often measured by how confidently people continue their journey after the conversation has done its work.

An Invitation

Good conversations rarely change lives in a single afternoon. What they can do is help somebody leave with a little more clarity than they arrived with, a little more confidence and a little more direction.

Sometimes that is enough to make tomorrow look different from today. Momentum Support Sessions exist because those conversations deserve a place — not instead of the remarkable work already taking place across our communities, but alongside it.

Continue Exploring

Continue exploring with the next publication.

HP-006 — Professional Boundaries

The next publication explains the professional boundaries that keep Momentum Support Sessions safe, ethical and appropriate.

Publication Information

Publication: HP-005 – Momentum Support Sessions

Version: 1.0

Status: Publication Edition

Publication Date: July 2026

© 2026 Adrian Pietro Vittorio Abate, trading as The Horizons Project.