

Need to Talk

Newsletter



Service manager message



As we say goodbye to 2022 and get ready to welcome 2023, 365 new days and 365 opportunities for new ways of being. I want to say Happy New Year to my treasured team; your work is greatly appreciated.

The New Year is the beginning of new ventures and projects, and I know that Need To Talk will ensure we carry on with the same determination and motivation.

I want to send good wishes to all other organizations we work closely with and thank you for keeping the referrals coming and showing your trust and support for our work. It has been wonderful working with each one of you.

A huge thank you to • Harrow Council • Harrow College • VAH • Northwood School • Harrow Library • for supporting us to support the community.

You have always helped us grow. We hope our contribution continues and brings us mutual benefit and helps prepare for whatever the New Year has in store.

Self Care and look after others

We appreciate the opportunity CNWL has given to our NTT team to undertake the Mental Health First Aid training (MHFA).



MHFA England



Central and North West London
NHS Foundation Trust



STOP PRESS

Need to Talk Courses

Coming soon:

- Certificate in Counselling L2
- Understanding in counselling Assessments - awareness of pros and cons
- Communication Skills Training
- Group facilitator Training

SOCIAL MEDIA

INSTAGRAM

@Needtotalk_Idn



TWITTER

@Needtotalk_Idn



LINKEDIN

Need To Talk -
Counselling and Wellbeing Services

Extended till March 2023!

The Connected Project

Starting again in January 2023

When: Tuesdays: 5 p.m. - 7 p.m.
Saturdays: 10a.m. -12 p.m.

Where: Harrow College



Saturday 10am -12noon
Dance
Qigong
Music
Movement

Tuesday 5pm - 7pm
Resilience
Self esteem
empowering
belonging
relationships

Free* "Connected Project" a weekly emotional and physical support group provided by Need to Talk Counselling and Wellbeing Service
When: **January 2023 for 3 months**
Where: **Harrow College**, Harrow on the Hill Campus.
* (A £2 donation/week towards refreshment costs)

To book a place and find out more contact: Need to Talk
Email: info@needtotalk.london
Web: www.needtotalk.london Twitter: @Ntotalk
Instagram & Facebook: @needtotalkcounselling services



Charity No. 1177595

I attended the Qi gong Session with curiosity as I've not experienced Qigong before and certainly wanted to try anything that would help me on my personal growth journey which can be challenging at times. The instructor was incredibly present as he connected with his attendees. ... He made the interactive class easy to follow by demonstration and guided instruction. Giving me alternatives where my body was not able. I felt so connected to myself during the class that a flood of emotion couldn't help being expressed by the end. I can't wait for the next class".



For more information and to book a place contact us:

Email: info@needtotalk.london

I would like to thank you, Nina, Andrew Samuels and David Phelops, for supporting NTT with this project.



Counselling sessions are still available!

We have a few spaces for affordable sessions from £20. Affordable counselling sessions are available both on telephone and Zoom.

Please contact us using our email: info@needtotalk.london for a pre-counselling application form if needed



Need To Talk is proud to be part of the effort to support those affected by War in Ukraine, and as such Larisa has joined us from August 2022, to support the Ukrainian refugees.

Need To Talk Counselling and wellbeing services offers one-to-one counselling and emotional support group.

Let us support you mentally and emotionally during these difficult times!



Seeking counselling is about making a positive choice to get the help that you need to overcome traumatic events and their consequences such as:

- War
- Experience violence as a victim or witness
- Lack of basic needs
- Cultural barriers
- Language and communication barriers
- PTSD - Post Traumatic stress disorder
- The isolation by separation from family and friends
- Loss of sense of "Normality"
- Increased vulnerability

Need to Talk will allow you to explore feelings triggered by these difficult times in your mother tongue (Ukrainian or Russian), live them through with professionals in a safe confidential manner and find some new helpful perspectives of perceiving your reality.

Counselling and therapy can help with a wide range of difficulties:

- Depression and low mood
- Bereavement and Loss
- Trauma
- Stress & Anger
- Anxiety and Panic Attacks
- Relationship difficulties
- Self-esteem
- Choices and transitions
- Sexual orientation

For more information please contact:

Website: needtotalk.london
 Email: info@needtotalk.london
 Tel: 07745 510 651

Harrow Giving

Wellbeing Support Group

Who cares for you?

A wellbeing support group for parent/carers of neurodiverse young persons aged 16+

A place to share skills and knowledge, ease difficult emotions and feelings of isolation

A place for self-care

To book a place and find out more contact:
info@needtotalk.london

Where: Online via Teams
 When: Tuesdays, weekly
 Starting: 10th January 2023
 Duration: 8 weeks

Tuesdays 12-2 pm

Opportunity to Network over a beverage and cake upon completion




Charity No. 1177595



During this festive season, let's remind ourselves that some may find this time difficult, stressful and lonely.

Please remember that you are not alone. If you are struggling, please reach out to us.

We have also included useful contact information for those who need support on the back page

Client Feedback

M. Client

You've been very helpful in getting me to look at my life and in helping me explore my issues, but ultimately I have to make the changes, no one can make them for me unfortunately.

P. Client

Again, I can't thank you and Need to Talk enough for their involvement in my healthcare. You guys have so far been the most instrumental support I have received from any health professional.

IN AN EMERGENCY:

Please call 111 or 999



OTHER USEFUL NUMBERS:

CNWL Single point of access:

0800 0234 650 (24/7)

Samaritans: 116 123 (24/7)

Anxiety UK: 03444 75 774

CALM (Campaign Against Living Miserably): 0800 5858 589

(5pm - Midnight)

CRUSE BEREAVEMENT CARE

0808 808 1677

For more information visit our website:

needtotalk.london



Harrow Giving

MAGIC ★★
LITTLE GRANTS

"We received a Magic Little Grant through the partnership between Localgiving and Postcode Society Trust. Postcode Society Trust is a grant-giving charity funded by players of the People's Postcode Lottery. Localgiving is the UK's leading membership and support network for local charities and community groups. Our project received £500