

# Need To Talk • Newsletter

## NEWS • NEED TO TALK

- Update to Tuesdays Self-Care Hub
- Monthly announcements
- Seasonal break dates
- Emergency & non-emergency contacts
- Other services and flyers

Welcome everyone to our Christmas newsletter. What a year it has been!

We hope you are all keeping well.

We want to take this opportunity to update you with updates to our services, but most importantly to thank every one of our counsellors, sponsors and clients who make such an incredible contribution to this community.

During this festive season, lets 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; our counsellors are here for you. Why not take a look at what others have said about our services below?

you and feedback

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It has been a great space to make new friends and gets my week off to a great start





## Need To Talk Annual Seasonal Break December 2021

It's that time of the year again, when we close for two weeks to recharge ourselves.

Please note, we are closed from **20 December 2021 to 3rd January 2022**. Please contact the services listed below, should you require support during this period.

### Other Services

#### JETS

Whether you have recently lost your job or been unemployed for a long time, the Work and Health Programme and the newly commissioned Job Entry Targeted Support (JETS) are available through the West London Alliance.

Please contact **Shaw Trust** on **07745540571**

#### Mind in Harrow SMI Physical Health Checks Promotion Project

Did you know that people living with a diagnosis of Schizophrenia or Bipolar Affective Disorder, or who have experienced Psychosis, are eligible for an annual physical health check with their GP? This is because medication side effects and lifestyle choices can increase the risk of preventable health conditions.

Active screening will identify any problems early so that they can be treated, and this means a better quality of life for years to come. Look out for an invitation or contact your GP surgery.

If you would like more information or have any concerns about booking or attending an appointment, please contact **Sue Falconer**, SMI Physical Health Checks Promotion Worker at Mind in Harrow, on **07940 003342** and **s.falconer@mindinharrow.org.uk**. Mind in Harrow will be happy to listen to your concerns and help identify ways to make it easier to make or attend an appointment

### 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

## Meet our Counsellors

My name is Helen, an NTT volunteer counsellor. I am a Diploma student with the Counselling and Psychotherapy Training Academy (CPTA), currently in my final year. I hold a BA (Hons) in Philosophy and Divinity from King's College London.

I was drawn to Psychotherapy from a very young age, but only started studying it formally in 2017. I work full-time for an NHS Mental Health Trust and have been a Samaritan listening volunteer since 2012.

I am also fully trained by Cruse as a bereavement counsellor. In addition to my job, I support my Trust's Crisis Line through fairly regular shifts

# CPD

## Continuing Professional Development Packages

To boost your teams resilience and wellbeing

over 10 years experience of working alongside organisations in supporting and developing the skills



Flexible

Packages

Anger Management

Remote Working Challenges

Dealing with challenging situations

Culture & Diversity Awareness

Mental Health Awareness

For more information and to discuss your individual needs contact Need to Talk

email: [info@needtotalk.london](mailto:info@needtotalk.london)  
Tel: 07745510651

Need to Talk is a Registered Charity No: 1177595

# Thank you and feedback!

Voluntary  
Action  
Harrow  
Co-op

*Helping you achieve.*  
We work with the voluntary and community sector  
providing information, training and guidance.



Big thank you to our sponsors for supporting our organisation

Thank you to all our counsellors for their continuing commitment, support and hard work during these unprecedented times.

Thank you to our mental health partners for ongoing support and referrals

Thank you to Saima for ongoing support

Thank you to Volunteer Action Harrow Team, who has been amazing

Thank you to the supervisors for their hard work

Welcome to Sophia, our new social media co-coordinator



LOTTERY FUNDED

**NEAR  
NEIGHBOURS**  
BRINGING PEOPLE TOGETHER

**Harrow Giving**

Here are some of the comments we have received from our counsellors.

I have enjoyed my supervision as a 1-1 with Pauline, and as well as a group 1-1.

Has helped me become more self-awareness, which has enhance my working and use of skills as a counsellor.

I am very happy with Aurora. She has wonderful intuition and can see things that are invisible to me sometimes. She has a great way of explaining things and I feel supported, cared for and better informed with (by) her wisdom. She is wise compassionate and caring and is not afraid to be honest and open. She not only has the clients best interest at heart but also my own.

In my view, I feel that my supervision has been exceptional. With Sarah's support our sessions offer optimal learning experiences that help me stay motivated yet challenged. It has always struck the right balance with feedback and I love the honesty and authenticity of the supervisor