

Need to Talk

Newsletter



SEPTEMBER 2022



AGM 2022



Annual General Meeting 2022

Our first AGM face-to-face after lockdown was such a success. Like always our team made the day special and we'd like to say thank you to Rethink for providing the space, to Bella and Suzy for refreshments and to Varsha for being our guest speaker.

A huge thank you to the Need To Talk Team.

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

SOCIAL MEDIA



INSTAGRAM

@Needtotalk_Idn



TWITTER

@Needtotalk_Idn



LINKEDIN

Need To Talk -
Counselling and
Wellbeing Services

COMING SOON!

The Connected Project

Starting from the 17th of September 2022

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

Where: Harrow College

Group Facilitator Training

When: 10th, 17th, and 24th September

Time: 10 - 12: 30

Where: Harrow College

Need To Talk is running a 3 week Group facilitator Training in September as follows:

10 September: 10-12:30 (2.5 hours)
17 September : 10-12:30 (2.5 hours)
24 September: 10 -1 p.m. (3 hours)

The course comprises of:

- What is the role of a facilitator
- Identify the skills needed to retain group attention and to deal with any challenges
- Facilitation Styles

By the end of the course, participants will have gained basic understanding of facilitating a group, and will be issued a certificate, which can be used on their CV as a future recommendation.

The normal cost of this course is upwards of £250, however, Need to Talk is offering his course at the reduced cost of £100 per person.

Mrs Varsha Soneji

Medical Herbalist

A huge thank you to Varsha for supporting us with self care through Herbal medicine talk during the our AGM.

www.vanaspati.co.uk

Varsha is a Medical Herbalist with over 33 years' experience in the field of complementary medicine and a degree in Herbal Medicine. She has vast knowledge of: Western Herbs, Indian and Ayurvedic Herbs and Chinese Herbs



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: **September for 4 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  Harrow Giving

For more information and to book a place contact us:

Email: info@needtotalk.london



Varsha Soneji (Herbalist in London UK)

Qualified Medical Herbalist - London.
Over 30 years experience in the complementary health business

Ukraine Refugee Project

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



Ukraine project volunteering opportunities.

Need To Talk currently has volunteering opportunities for additional Russian, Ukrainian and Romanian-speaking persons; both in the counselling capacity or to support us by way of interpreting and translation. We pay reasonable expense, all our CPD trainings will be free to volunteers.

Those interested can contact us at info@needtotalk.london to register their interest.

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 witnesses
- 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

**«Need To Talk» [«Необхідність Поговорити»]
Служба Психотерапевтичного
Консультавання та Ментально-Емоційного
Здоров'я пропонує психотерапевтичне
консультавання один-на-один та емоційну
підтримку в групі.**



Давайте підтримаємо вас ментально-емоційно в ці важкі часи!

Популек психотерапевтичного консультавання – це позитивний вибір допомоги, яка вам потрібна, для того, щоб подолати такі травматичні події та їх наслідки як:

- Війна
- Пережитий досвід жорстокості в якості жертви або свідка
- Брак задоволення базових потреб
- Культурні бар'єри
- Мовні і комунікативні бар'єри
- ПТСР – Посттравматичний Стресовий Розлад
- Ізоляція внаслідок розлучення з сім'єю і друзями
- Втрата почуття «нормальності»
- Підвищена вразливість

«Need to Talk» допоможе вам дослідити свої почуття, викликані цими важкими часами, на вашій рідній мові (українській чи російській), безпечно і конфіденційно прожити їх за допомогою професіоналів та знайти нові і підтримуючі перспективи сприйняття вашої реальності.

Психотерапевтичного Консультавання може бути в пошук при широкому діапазоні труднощів:

- Депресія і понижені / потанні настрої
- Горювання і переживання втрати
- Травма
- Стрес і зазість
- Стурбованість і панічні атаки
- Труднощі в відносинах
- Самооцінка
- Вибори і перехідні періоди
- Сексуальна орієнтація

За подальшою інформацією звертайтеся, будь ласка, до центру «Need to Talk»:

Вебсайт: needtotalk.london
Електронна пошта: info@needtotalk.london
Тел: 07745 510 651

Harrow Giving

Hello and Goodbye!

"I joined Need To Talk in 2017 whilst I was undertaking a Supervision Diploma at the Minster Centre. My interview with Aurora was supposed to be a brief chat but we hit it off straight away, had so many experiences and ideas to share that the time just disappeared. Aurora's passion, enthusiasm and dedication to Need to Talk was, and is, infectious and I have really enjoyed being part of an organisation which offers so much back to the mental health community, to counsellors in training and qualified and most particularly, those in need of psychological help.

On reflection, it has been a strange five years, with several premises moves, some changes in counsellors on the books and then, of course, Covid and lockdown. I feel that the team has all pulled together during this time, and I know I have appreciated the support and guidance I have received from both Aurora and Pauline - plus the fun and laughter (yes, that's allowed even if our work is centred on the world of angst!).

My special thanks go to those counsellors who have stuck with me for years - Claire, Josh and Funmi - their professionalism, empathy, honesty and keenness to explore their client work and relationships have made this role so meaningful for me. I'm sure all three will say thank goodness we can move on to another supervisor!!! And also thanks to Monika and Saima, we have only been working together for a short time and I am sorry I won't be part of your onward journey, but I am sure you will do well.

So, why am I leaving? To free up some time in my diary for madcap ideas, such as volunteering my young, excitable golden retriever on the School Reading to Dogs Scheme and also, perhaps for more time to read and CPD!

Congratulations to everyone at Need To Talk, you have created a wonderful service and I wish you all well in the future!" - Sarah

Goodbye Supervisor- Sarah Ferguson

A huge thank you for Sarah's hard work, commitment, and support and best of luck in all her future endeavors

Hello and Goodbye!

"I worked with Need to Talk as a Trainee Counsellor and as a qualified Counsellor from 2017 to 2022. Throughout my time with NTT, I have felt supported and valued. I have worked with a range of clients from diverse backgrounds, which has given me a lot of experience and developed my practice. The variety of client work has been very interesting. I have also had a brilliant supervisor (Sarah) for the duration of my time with need to talk, who has been supportive, understanding, encouraging, and has been instrumental in my development as a Counsellor. I couldn't have asked for a better supervisor." - **Tricia**

"Thank you so much for this journey, I got to learn a lot and enhance my skills. Met wonderful people along the way" - **Nadia**

"I started two years ago with Need to Talk as a counsellor on placement. I cannot thank Aurora and my supervisor, Pauline enough for this opportunity. It changed everything for me as a trainee and then as a newly qualified counsellor. Need to Talk gave me the opportunity to grow and develop together with care and support. I had the opportunity to work with a wide range of clients for varying lengths of time. This gave me a good breadth of experience. I have always felt safely held and supported and that in turn must have impacted my client work. Need to talk offers such a vital service in Harrow and I am proud that I have been part of this. My journey ended in July as I embark on private practice. I would not be able to do this with confidence without the support and care I received. Wishing you all the very best." - **Amanda**

We would like to welcome our new supervisor **Ilknur**, who joined our service in April. We look forward to working with you Ilknur, no doubt you will be a valuable asset to the team.

Thank you to our counsellor **Nancy** for her generous donation to Need To Talk

Meet the Counsellors – Edition 1



Mark - My background is in mentoring those struggling with addiction, I run men's groups & am developing nature based therapy. I currently work with people suffering from childhood trauma and anxiety. I've learned that it's never too late to write a new chapter in the book of our lives or even change the story entirely if you so wish. I will journey with you every step of the way towards a deeper understanding of yourself.



Dawn - "I'm delighted to have joined the Need to Talk team this year and can't thank Aurora and Saima enough for making me so welcome. I've completed my final year as a level 4 counsellor and with 150+ client hours behind me I look forward to qualifying next month and continuing my journey within our team. For my colleagues starting out, I would like to say; just be your kind, caring self. A strong therapeutic relationship is the key to supporting clients to move forward and fly. And whilst I am so often sad as the sessions with my clients come to an end, I've been immensely proud of their accomplishments and privileged to have been a part of their journey. "



Monika - I am on my new journey as a Trainee Counsellor. Need To Talk helps me to experience that very unique and pressured world. I feel supported and heard, guided and valued. I feel respected. As a Trainee Counsellor, Need To Talk helps me to enter a different level of my education - real education with real people, professionals and clients. I would not be able to do that without all team who works so hard to be part of that.

Each edition you will meet different members of the team!

Client Feedback

I would like to extend an enormous thanks to you for helping me through my ramblings on Zoom and now Teams. During the past nine months, I have consulted you about everything from my family, my mental health, my spiritual needs and my writing. I feel better now than I ever have in my life and a lot of it is the result of your hard work. I believe we have negotiated a lot of territory during our meetings and hope we will continue to do so in the future. Please extend my thanks to the entire team for all their support throughout this process.

Feedback for counsellor Pam

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



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