

Need to Talk

Newsletter



June
2023

NEWS

Since March, listening to our client's challenges and needs, supporting our own team with supervision and continuing development, applying for funding, and recruiting suitable people that share our aims are what is keeping us happily busy. Of course, some of the pressures and demands, like the need it a bigger space with some flexibility of hours and to accommodate counsellors and clients in our face-to-face counselling sessions still an ongoing challenge.

Although we have 26 amazing counsellors, we are interviewing at the end of July to start in September and keep our waiting list in check.

Thank you to:

- Saima, for the commitment to the pilot project supporting parents
- Thank you to Andrew Samuels and David Phelops for their commitment to the Connect project
- Voluntary Action Harrow, for your ongoing support and guidance
- North Harrow Library for still accommodating NTT.

On behalf of the Trustees and team I hope you have a wonderful summer, look out for our our autumn edition and remember self care

Founder and Managing Director: Aurora Da Silva



Some of our 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@needtotalkldn.onmicrosoft.com for a pre-counselling application form if needed



How to Contact us



www.needtotalk.london



info@needtotalkldn.onmicrosoft.com



Instagram
[@Needtotalk_Idn](https://www.instagram.com/Needtotalk_Idn)



Twitter
[@Needtotalk_Idn](https://twitter.com/Needtotalk_Idn)



LinkedIn
Need to talk - Counselling
and Wellbeing

Getting to Know Lucia



Lucia Bradford – Administration Coordinator at Need To Talk

I've been working for Need to Talk now for nearly four months and I can honestly say that I am loving the job! The staff at NTT are very warm and have made me feel very welcome.

Aurora and Pauline have been such a great support to me whilst I have been finding my way around the role.

I have always been a huge advocate for counselling and feel that mental health is equally as important as any other health matter and I feel very proud to be part of such a special and amazing team.

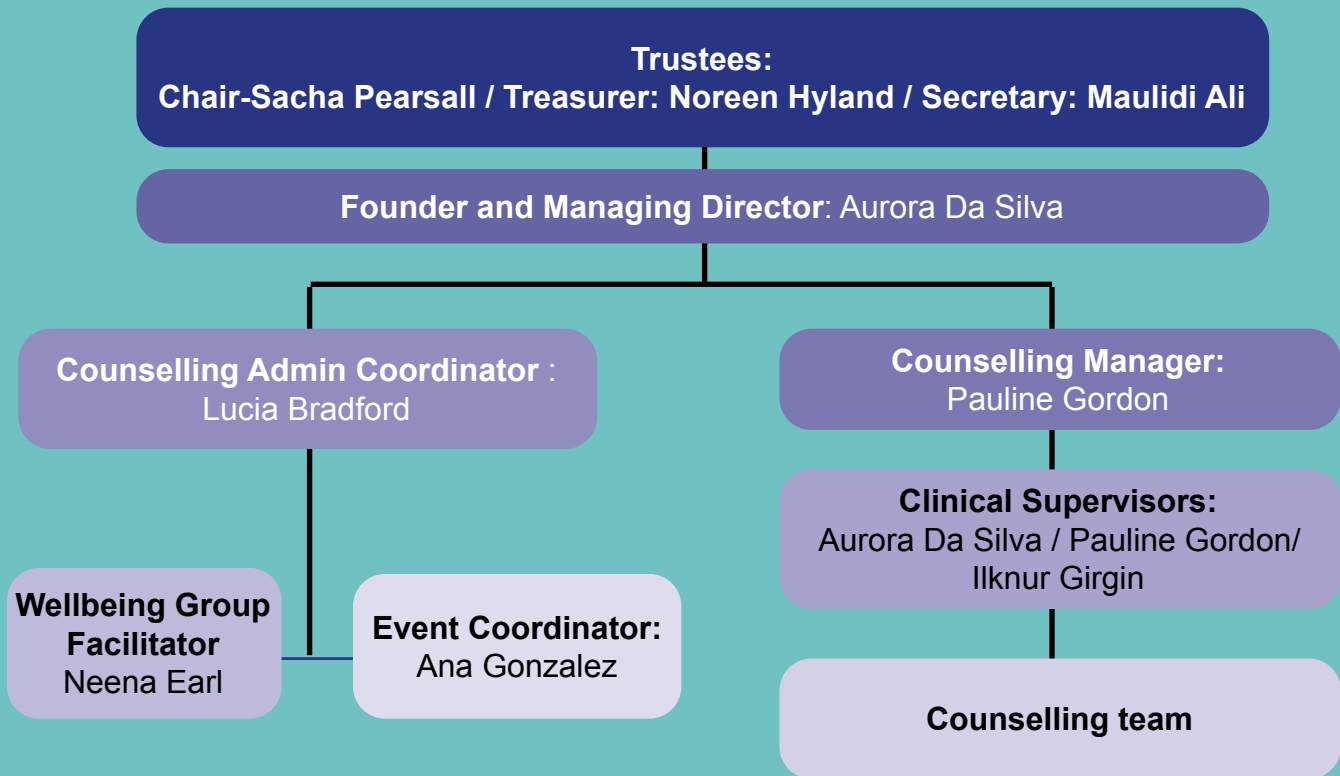
Best wishes Lucia

Wellbeing Group

"The Wellbeing Group enjoyed a late spring meet-up in Pinner Memorial Park. We met at Daisys' Cafe and enjoyed some tea and cake. After catching up with everyone's news, we drew a 'Positive Vibes' card, the group enjoyed the inspiring messages, and we usually finished our weekly Zoom meetings with everyone taking turns to draw a card. Yes, we have figured out a way to do that on Zoom! We are planning another meet-up soon; ideas include Ruislip Lido or a pizza evening. We always welcome new members." Nina



Need To Talk Structure



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

We welcome all the feedback we have had since March, but we pick this two as the Feedback for this issue:

" My counsellor made me feel accepted and helped me build up tools to cope with my struggles better. Having the right counsellor that I feel safe with makes a huge difference in how I feel about counselling. "

"I started counselling believing it would not make any difference, 3 months later I feel the difference and colleagues and friends comment on the difference. I feel positive and grateful to Need to Talk for giving me the opportunity to have affordable counselling,"

For More information visit our Website: needtotalk.london



Harrow Giving

GREATER
LONDON
AUTHORITY

**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