



# Need to Talk

## Newsletter



# March 2023

## Directors Message



Amazingly, we are already 3 months into 2023, and as expected, Need To Talk is still as determined with our resolutions of helping and supporting those who need and trust our services.

I want to say a huge thank you on behalf of our Trustees to the great people who had to leave

- Sarah Mansfield, our lovely social media coordinator, for stepping in as an interim for nearly 6 months to support the transition of administrators and setting up our new Microsoft system. Sarah started University beginning of March; all the best wishes in this new endeavour.
- Pam, one of our counsellors, started with us in 2017 to stay for 2 years and ended up staying for 5 years. Thank you so much for your dedication and commitment.
- Samantha, one of our volunteer counsellors in placement, had to leave for personal reasons.
- **A huge welcome to the Need To Talk team**
- Lucia Bradford ( Counselling Admin Coordinator)
- Matthew Aruoma ( Counsellor)
- Chloe Thomas ( Counsellor)
- Mafalda Cardim ( Counsellor)



### Funding update:

Thank you to ongoing funders and GLA for funding our new project of free counselling and quarterly event dedicated to supporting those who experience DV.

Self Care and look after others

## 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](mailto:info@needtotalkldn.onmicrosoft.com) for a pre-counselling application form if needed



## How to Contact us



[www.needtotalk.london](http://www.needtotalk.london)



[info@needtotalkldn.onmicrosoft.com](mailto: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



# Need To Talk Structure

**Trustees:**  
Chair-Sacha Pearsall / Treasurer: Noreen Hyland / Secretary: Maulidi Ali

**Founder and Managing Director:** Aurora Da Silva

**Counselling Admin Coordinator :**  
Lucia Bradford

**Counselling Manager:**  
Pauline Gordon

**Social Media Coordinator**

**Clinical Supervisors:**  
Aurora Da Silva / Pauline Gordon /  
Ilknur Girgin

**Event Coordinator:**  
Ana Gonzalez

**Counselling team**

**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 January, but we pick this one as the Feedback for this issue:**

*“Counselling has been an experience that I have had since my teens. However, something changed since I started sessions with Need to Talk, which helped me to believe in myself and take risks in building new relationships; I became part of a well-being group, working part-time for a charity shop, and I feel less isolated. My counsellor, who also speaks my first language, understood me, and I could express feelings and emotions in my mother tongue. I will always be grateful to Need to Talk for allowing me to have counselling I can afford.”*

For More information visit our Website: [needtotalk.london](http://needtotalk.london)



**Harrow Giving**

**GREATER LONDON AUTHORITY**



“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