

LET'S T@LK

**Counselling
Supporting Listening**

Providing Emotional support to those who need it most. A new wrap around service provided by a partnership of third sector agencies Supported by NHS Heywood, Middleton and Rochdale Clinical Commissioning Group's social investment fund.

Services Offered

Listening and support services for:

- Those in recovery
- Anyone affected by domestic abuse
- People at risk of becoming homeless
- Anyone bereaved or struggling with issues of loss and grief
- Those who face cultural or language barriers attempting to improve their health and wellbeing
- Families and young people who are finding life difficult

Peer support for young people looking to explore gender issues and sexuality

Therapeutic Counselling provided by qualified and trainee therapists.

How to make a referral

By following the links on our website

www.letstalkrochdale.org.uk

Via any member of the partnership,
PTO for full details

Through the hub provided by the
Gaddum Centre.

Gaddum Centre
Globe House,
Moss Bridge Road,
Rochdale,
OL16 5EB



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Partnership



Partners All of the Let's Talk partners have committed to improving access to counsellors and other trained staff to residents of Rochdale, Heywood and Middleton. This is a brief outlines of their core provision.



CommuniTea

CommuniTea: Having opened their first tea rooms this year CommuniTea aim to improve the health and well-being of local families through health awareness and with the support of staff and volunteers who have a high degree of cultural awareness.

Gaddum Centre: Provide support for any family member struggling with bereavement and loss or caring for a child with a life limiting condition. The team consists of qualified and trainee counsellors and social workers who can visit people in their own homes, at school if they are in education, or an office base.



LGBTYNW: Supporting young people aged 13-19, or older for those with additional needs. Working with trained peer mentors in schools and other venues either face to face or using social media if this is preferred.

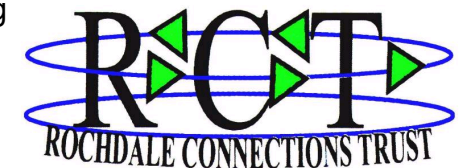


Petrus Community: Working to meet both the immediate and longer term health and well-being requirements of adults with housing needs Petrus is extending its increasingly diverse range of services to include psychological support from trainee counsellors and staff.



Recovery Republic: Based in Heywood this project provides support to people recovering from mental health difficulties and substance misuse. It provides a range opportunities to improve health and wellbeing through peer supported activities in a friendly atmosphere at their newly refurbished premises.

Rochdale Connections Trust: Working with families and individuals who are isolated and vulnerable RCT help to develop self -esteem and self -confidence through group activities, structured learning opportunities and one to one support.



Rochdale Women's Welfare Association: Working from their own premises and in partnership with other agencies RWWA support women and children to improve their life experiences through informal support and structured activities ranging from belly dancing and the provision of playgroups to language and cookery classes.