

Talking Therapy

The Listening Service Quarterly Newsletter
Issue 2 June 2010

Welcome to the second issue of our quarterly newsletter.

The Listening Service is continuing to grow and with it comes some interesting information, which we've attempted to pack into this small newsletter. Our new website is up and running so please do visit www.thelisteningservice.org.uk. We welcome any feedback on the content of both however in the meantime, and once again, enjoy Talking Therapy!

TLS Executive Committee

The Listening Service Calls All Volunteers

The TLS' mission is to help improve the mental well-being of women living in Britain. We do this through offering a free telephone based listening service and the TLS is unique in that our volunteers can provide our service in four different languages – English, Urdu, Hindi and Punjabi.

However, this is not all that is required to run an efficient and effective service that aims to reach out to over half the population of the country. **TLS urgently needs volunteers to support its service** so if you feel that you can contribute a few hours of your time each week or month then please contact us at info@thelisteningservice.org.uk or call 020 8429 5875. We have a number of areas, including publicity, where we require support.

So come get involved!

The Importance of Mental Health

TLS was set up to support women who are in need of expressing themselves in a safe and confidential environment. Moreover, it was set up to allow women to do this in a number of different languages (English, Urdu, Punjabi and Hindi) and so appeals to women of various ages and backgrounds. Many of our clients have spoken about the positive impact that this has had on their mental health commenting, "I feel relieved" or "I am able to function now".

Good mental health is a necessity if you want to live a complete and full life. It is not merely about the absence of mental illness but also the ability to cope with the challenges in life. It is about your attitude and approach to life, the various factors – psychological, environmental, genetic or physiological – that have a massive impact on your mental development.

The Mental Health Foundation says that women are more likely to be treated for mental health problems than men and that depression is more common in women, but it is also often an even greater problem amongst some of the ethnic minority communities in Britain where it can be seen as a taboo to speak about your problems or the issues with which you are dealing.

Your mental health has a huge impact on every aspect of your life so make a conscious effort to improve and maintain your mental health.

SUPPORT THE LISTENING SERVICE BY DONATING

Email info@thelisteningservice.org.uk

DID YOU KNOW?

Mixed anxiety and depression is the most common mental disorder in Britain

Source: Mental Health Foundation

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TLS Managing Director Shortlisted for AWA Awards

Founder and Managing Director of The Listening Service, Neelam Farzana, was recently shortlisted for the Social and Humanitarian category of the Asian Women of Achievement Awards.

Founded and chaired by Indian-born author and entrepreneur Pinky Lilani OBE, and held in association with Lloyds Banking Group, the awards champion often unsung women of Asian origin. Cherie Blair is the long-standing patron of the awards, which have celebrated the vibrant contribution of Asian women to Britain's multicultural society for more than a decade. Pinky Lilani said: "These awards not only celebrate the success of some of Britain's most high-profile Asian women, they also help identify the next generation of inspirational Asian talent."

The gala evening brought together royalty, politicians, media professionals and sports personalities to mark the success of all those shortlisted and began with a standing ovation for these women as they stood on stage. The awards were attended by a number of household names including HRH Princess Michael of Kent, Dragon James Caan, HRH Princess Badia bint El Hassan of Jordan and patron of the Awards Cherie Blair.



In amongst this crowd was our very own MD, Neelam, who was shortlisted for making her mark in the counselling field and a life long history of working for others selflessly. The 2010 shortlist included a number of successful women from all walks of life working on a local, national and international level.

Neelam added: "The first I heard about this nomination was when I was informed that I had been shortlisted and I must say that it is a great honour to even get to this stage and be named amongst a group of women who have all been achieving so much in their lives. I hope I can be a positive role model to all women across the country and beyond to show what can be achieved when you put your heart into the voluntary sector, an area that is often overlooked. Each and every person can make a difference to the world we live in."

For details and pictures of the evening visit <http://awa.realbusiness.co.uk/>



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QUOTE OF THE QUARTER:

"Love wants its tale revealed to everyone, but your heart's mirror won't reflect this sun, don't you know why we can't perceive it here? Your mirror's face is rusty - scrape it clear!"

Mowlana Jalaluddin Rumi

Maundy Thursday Reflection

On a bright afternoon on 1 April and upon the invitation of Councillor Nana Asante, our Managing Director, Neelam Farzana, joined a group of people from the local community at the Council Chambers in Harrow at the Civic Centre for Maundy Thursday reflections, also known as Holy Thursday, and as observed by Christians.

The group was a mixture of people from various walks of life and backgrounds, men and women, all gathered for this service.

In this welcoming and warm atmosphere, all those present had opportunity to experience the importance of this day for the Christian community and to also contribute in a number of different languages, showing the wide reach of such events within our diverse community. A translation of everyone's contribution was provided at the end of the session along with some well deserved food.

When speaking about the festivals that she loves and celebrates, Councillor Nana commented on what she feels is the excessive focus on the commercial aspect of Christmas and also the importance of Easter as a real celebration of being a Christian and celebrating the key figure in her faith.

Neelam commented, "This coming together of our communities exhibited the diverse contributions that we all make to the areas in which we live and it also enabled us to learn from one another."

One such learning point was finding out that, in Ghana, red is the sign of mourning, whereas in many Asian cultures, this colour is seen as that of celebration and is traditionally the colour of a bride's dress. In contrast to this, however, there are a number of areas where our communities are similar and understanding can be borne from such areas – not least the importance of the community in supporting each other and especially those who are most vulnerable to being overlooked and forgotten.

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MUSLIM WOMEN'S SPORT FOUNDATION

The Muslim Women's Sport Foundation is a volunteer led charity set up in 2001 with the aim to increase the numbers of Muslim women involved in sport through playing, coaching, refereeing and/or volunteering. We run high quality all female training sessions and provide consultation to clubs, councils and organisations in offering Muslim women sporting opportunities.

Give back to your community, gain valuable skills, meet new people and enjoy making a difference to many women across the country! Whether you'd like to play, learn to coach or referee, volunteer or just support our work, GET IN TOUCH IF YOU WOULD LIKE TO GET INVOLVED!

Visit our website at www.mwsf.org.uk or call us on 020 8427 0873.