



# EACH Counselling and Support

Community-based Recovery and Prevention Services

Brent Community of Practice

3<sup>rd</sup> February 2022

Mamta Khanna, Operations Manager

Funded by  
London Councils



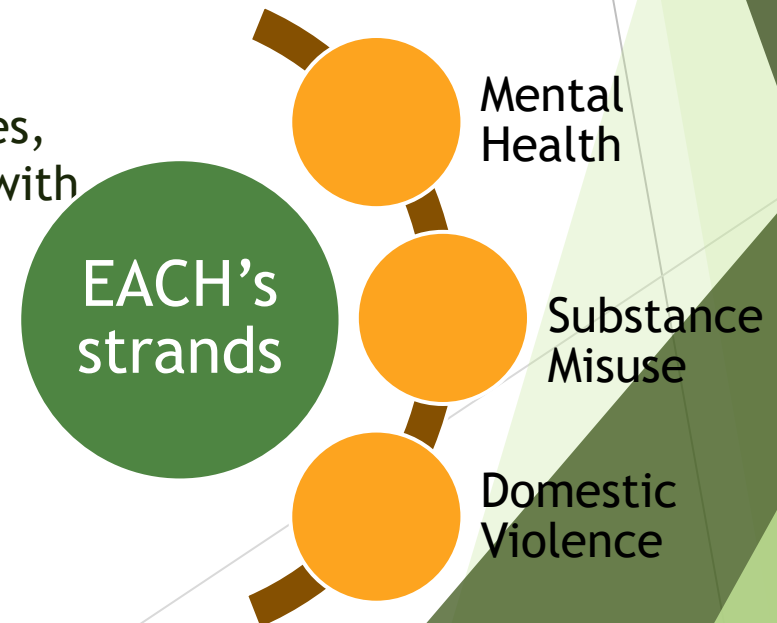
**GREATER  
LONDON  
AUTHORITY**

# About EACH

30 Years of Enabling Change and Rebuilding Lives



- Established in 1991, we are a leading voluntary organisation based in North and West London, providing holistic and culturally sensitive services, empowering and supporting people to improve their health and wellbeing.
- We are needs-led and our services are developed in response to the issues experienced by our local communities.
- We are specialists in working with diverse communities, our staff represent the communities we serve, some with lived experience.
- Further information can be found on our website: [www.eachcounselling.org.uk](http://www.eachcounselling.org.uk)



@EACHCounselling

# Our work

Delivering across 11 North and West London, and increasingly pan-London services:

- One-to-one counselling
- Therapeutic groups and structured programmes for recovery
- Key working
- Advice and Information
- Education and Employment Support
- Housing-related support
- Refuges
- Mental Health Drop in
- Volunteering Opportunities
- Peer Support
- Befriending
- Referrals and Signposting



In 2020-2021, we supported 1759 service users of whom 651 experienced domestic abuse.

# EACH Brent Services



## Recovery Services:

- Housing Related Services
- Employment Support through IPS and Project Strive
- Domestic Abuse Housing Services
- Real Talk YP's Service (10-17)
- Youth Offending Service (10-17)
- Mental Health Accelerated Support (10-17)
- BAME Covid 19 Pathfinder (10-17)

We deliver a blended service, offering face to face appointments, phone and online support based on the needs of service users.

## Counselling Services:

- Women only Counselling,
- Group and Support service
- Substance misuse, mental health counselling for all through our Social Enterprise

# Our Domestic Violence work



We provide specialist domestic abuse support using a holistic, tailored approach for each survivors' needs, wrapping around appropriate support as needed.

We do this through:

- DA Floating support
- Refuge provision including a specialist South Asian Women's refuge
- DA housing
- Move on support through a pan-London service
- Key working
- Counselling
- Recovery focused structured group programmes
- Employment and training

## DA Counselling Services Ascent and Project Awaaz

**Ascent** is a partnership within the London Violence Against Women and Girls (VAWG) Consortium, funded by London Councils. **Project Awaaz**, funded by MOPAC, to increase our capacity to respond to high number of referrals coming through. We provide:

- ▶ Women and girls (age 16+) who are survivors of domestic violence and/ or sexual violence.
- ▶ 121 specialist trauma informed counselling for up to 15 sessions
- ▶ Confidential, safe space offered in Urdu, Hindi, Tamil, Gujarati, Punjabi and Polish.
- ▶ Moving Forward Group support

Referrals Email: [infoascent@eachcounselling.org.uk](mailto:infoascent@eachcounselling.org.uk)

Phone: 02085776059

# Case study

Client AB , Asian, Mid 40's, LB Brent resident

AB came to our Ascent service with historic Domestic abuse including physical abuse resulting in hospital stay, financial abuse where she was cheated financially, and tricked out of her family home.

Her presenting issues were anxiety, depression, sleep disturbances, severe social anxiety - could not step outside. Teenage son who was impacted by the abuse he witnessed, stopped education, isolated himself from friends.

AB blamed her self for the abuse, and had lost trust with people as she did not trust herself. Client gradually able to verbalise her feelings from the abuse in the sessions and begin trusting herself and the process.

Seeing the positive change in his mum, son was accepting of support, and began to engage with our YP's service Real Talk. He is now back at school.

Mum has reconnected with friends, and community, able to cope without medication, and is now working.







**Questions?**

*Thank you!*



# Contact Us

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