



Newsletter 2023

Counselling provides a safe and confidential space for you to talk to a trained professional about your issues and concerns. Your therapist will help you explore your thoughts, feelings and behaviours so you can develop a better understanding of yourself and of others.

A counsellor will not give you their opinions or advice or prescribe medication. They will help you find your own solutions – whether that’s making effective changes in your life or finding ways of coping with your problems.

Counselling can take different forms depending on your needs and what type of therapy may be suitable.

Counselling takes place through planned, regular sessions which last for around 50 minutes. How often you see your counsellor and how many appointments you have will depend on your individual circumstances, and will be agreed between you and your counsellor.

You might see your counsellor face to face in their offices or talk to them online or over the telephone. Your counsellor may take you through specific exercises designed to help with your problem, or you might have more general discussions about how you're feeling. What you talk about will vary depend on what you want help with and the counsellors approach. It could include:

- your relationships
- your childhood
- your feelings, emotions or thoughts
- your behaviour
- past and present life events
- situations you find difficult

Your counsellor will be impartial but understanding. They will listen to you without judgment and help you explore your thoughts and emotions. They may offer information, but they won't tell you what you should think or do.



At Roshni we offer counselling in Urdu, Punjabi, Hindi, English and Bengali. All our Counsellors are qualified, experienced and registered with The British Association of Counselling & Psychotherapy (BACP). We pride ourselves as being the only culture specific counselling service in Sheffield. Our waiting times are between two to four weeks, client can self-refer or can be referred from other organisations.

Our counsellors work to a non-judgemental, trauma informed & person-centred model and can also work from a faith-based perspective. Majority of our service users have a strong faith and therefore appreciate a model of counselling that understands the importance of faith in their lives. As our service has developed, we have found that the understanding of faith and culture is essential for our service users to feel connected, accepted, valued and understood for any lasting change is to take place through counselling.

If you require any further information, then please feel free to contact us for an informal chat. You can email us Shireen@roshnisheffield.org.uk, text us/whatsapp us on 07422661176 or call the office on 0114 250 8898. Please like the Roshni Facebook page and follow us on Instagram for updates on our service.

Volunteer vacancies at Roshni:

We are looking for:

- Female volunteers of any ethnic background (you don't need to speak a South Asian language for this role).
- We ask for a regular commitment of a few hours a week.

No previous experience in teaching English is required.

If you are interested, please get in touch by email or text:

Email: Nasim@roshnisheffield.org.uk



Diya Roshni HelpLine

For young women & girls aged 12-25years

IF YOU ARE FEELING
LOST, ALONE, SAD, ANXIOUS
OR JUST WANT TO TALK
PLEASE CALL OR TEXT
07355593963

OUR CONFIDENTIAL
HELPLINE IS OPEN EVERY
SATURDAY FROM
7PM - 10PM

Roshni activity timetable.

MON	9:30am – 12:00pm Drop In Service Via Phone	10:00am – 12:00pm Functional Skills UMIX	10:30am – 12:00pm Literacy Class Roshni training room	12.30pm- 1.30pm Roshni Walks Sharrow	
TUE	9:30am – 11:30am Creative English Tinsley Forum	10.30am-12.30pm Digital Skills Roshni training room	1.00pm-2.00pm Creative English Via Zoom	12:30 – 2:30pm Creative English UMIX	
WED	10:00am- 12:30pm Movement Therapy MIND Sharrow Lane	10:00am - 12:00pm Self-Advocacy Roshni training room	1:30pm-2.30pm Yoga BME UMIX	1:00pm – 3:00pm Art Therapy Sessions MIND Sharrow Lane	10:30am – 12:00pm Chai morning for Elders Lowfield building 20.09.2023, 18.10.2023, 15.11.2023 & 16.12.2023
WED	11:00am – 12:30pm Chai morning for Elders Darnall 21.09.2023, 19.10.2023, 16.11.2023, 07.12.2023				
THUR	10:00pm - 12:00pm Life in the UK prep Roshni training room	11.00-12.00pm Roshni Walk Darnall	12.30-2.30pm Prep for Employment Tinsley		

Strong commitment to breaking down barriers for South Asian Women

For More Information or booking any courses please contact Mona or Humaira on

Tel : 0114 250 8898

Address: 444 London Road, Sheffield S2 4HP

Email: admin@roshnisheffield.org.uk / Humaira@roshnisheffield.org.uk