

relationship people

Bournemouth, Poole & Christchurch

Relate's Vision

A future in which healthy relationships are actively promoted as the heart of a thriving society.

Our mission is to:

- ► Help couples, families and individuals to make relationships work better.
- Deliver inclusive, high-quality services that are relevant at every stage of life
- ► Help the public to improve their understanding of relationships and what makes them flourish.





Services Provided by Relate

- Children and Young People's Counselling
- Couples Counselling
- Family Counselling
- Psychosexual & Sex Addiction Counselling
- Mediation
- Separated Parent Workshops
- Training/ CPD



Our Team



- Experienced Counsellors trained to a minimum of Level 5 (Advanced Diploma)
- Work within Humanistic Integrative, Systemic or CBT approaches according to the client/ family's presenting problems.
- Counsellors are allocated according to individual client need
- BACP (individual & organisational members)





- Family break-ups cost the tax payer an estimated £46 Billion every year
- 'Family breakdown is both a cause and effect of poor mental health'

*(The Centre for Social Justice; Mental Health: Poverty, Ethnicity and Family Breakdown)





Children affected by family breakdown are:

75% more likely to fail at school

70% more likely to become addicted to drugs

50% more likely to have alcohol abuse problems

40% per cent more likely to have serious debt problems.



How Can Relate Help?

Counselling and parenting support can help reduce the effects a break up can have on a family and keep the impact on children as low as possible.





Children & Young People's Counselling

- Individual counselling (part-funding available for individual's affected by relationship breakdown).
- ► Funded counselling available for carers of all ages
- Issues we deal with:
 - Behavioural Issues
 - Bereavement
 - Mental Health
 - Anger Management
 - Self Esteem
 - ▶ Depression & Self-Harm





Separated Parent Support

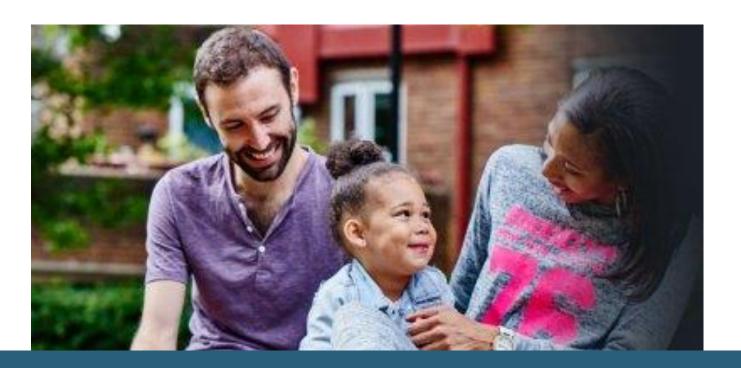
- 1:1 individual workshops (50 minutes). Available at school or at our centre in Bournemouth. Funding is available for agency & self-referrals
- Can be followed by individual / family counselling.





Family Counselling

- Available at our centre in Bournemouth & at outposts (schools/children's centres).
- Part-funding available for families affected by relationship breakdown.





The Difference we Make

'The impact has been huge and can be clearly seen in the children's learning, attitude around school and at home.'

Family Support Worker, Bearwood Primary and Nursery School

'Due to the high level of skill represented by the counsellors, a marriage has been saved and a Mum and daughter have been reunited. The children have improved in school and have achieved better outcomes as a result. This is a valuable and indeed indispensable service for our most needy families.'

SENCO, St Clements & St Johns and Bethany School, Boscombe.



The Difference We Make



'Your service has been amazing and a real support to our Kinson families. The one to one counselling to a parent in our school has made the mother feel more confident and able to cope with her family, both parents are now happier and talk more together this has had a huge impact on the children in the family.

Family Support Officer, Kinson Primary School.

In our 2018 survey, 100% of children reported that counselling has helped them concentrate better at school, understand themselves & others better. 75% reported reduced anger or sadness following Relate counselling.



Funding...

Contracts to provide funded counselling at Relate:

<u>Royal Navy & Royal Marines Charity</u> - Relationship support <u>Royal Air Force Benevolent Trust</u> - Relationship counselling for those in the RAF

<u>Bank Workers Charity</u> - Relationship support <u>Chartered Accountants Benevolent Association</u> (CABA) - Relationship and family counselling

<u>Charity for Civil Servants</u> - Relationship counselling

<u>Embrace</u> - Children, young people and their families who have been victims of or witness to life-changing crime.

<u>Grocery Aid</u> - Supporting personal and family relationships for past and present employees from the grocery trade



How to get in touch...

Relate Bournemouth, Poole & Christchurch:

► Website: www.relate-bournemouth.org.uk

▶ Phone: 01202 311231

► Email: office@relate-bournemouth.org.uk

Claire Burgess, CEO:

ceo@relate-Bournemouth.org.uk

