



relate

the 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:

Royal Navy & Royal Marines Charity - Relationship support

Royal Air Force Benevolent Trust - Relationship counselling for those in the RAF

Bank Workers Charity - Relationship support

Chartered Accountants Benevolent Association (CABA) - Relationship and family counselling

Charity for Civil Servants - Relationship counselling

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

Grocery Aid - 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](http://www.relate-bournemouth.org.uk)
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