

### **UCan Workplace Preparation Programme**

Relate provides specialist support to the Ucan project supporting people farthest from the workplace. Each person receives personalised counselling and /or 'skills for life' training to support good mental health and address barriers to work including relationship and family issues.

### **Support with the cost of sessions**

We work with many charities and statutory services both locally and nationally and funding from many of them is available which might help with the cost of Relate Counselling. Some partners are listed below, call us to discuss what options might be available.

**Royal Navy & Royal Marines Charity (RNRMC).** RN/RM personnel or their partners and veterans.

**Royal Air Force Benevolent Trust (RAFBT).** RAF personnel or their partners.

**Bank Workers Charity.** Personnel or family members who have been employed in the banking industry.

**Chartered Accountants Benevolent Association (CABA).** ICAEW members or family.

**Charity for Civil Servants.** Personnel or family members who have been employed as Civil Servants.

**Grocery Aid.** Personnel or family members who have been employed in the grocery industry for five years or more.

**Embrace.** A charity supporting children who have been a victim of or a witness to a serious crime. Relate partners Embrace to access our services. Contact the charity at [embracevoc.org.uk/counselling/](http://embracevoc.org.uk/counselling/)

### **Supervised Child Contact**

If your children are not seeing their non-resident parent because of concerns about safety we can provide a supervised contact service in Poundbury. We help children re-establish, maintain or develop a relationship with their parent whilst ensuring the physical safety and emotional wellbeing of a child where risks have been identified.

### **Where can you get help?**

We see clients for Relationship Counselling at Poundbury, Bridport, Salisbury, Shaftesbury, Verwood and Yeovil.

For Family Counselling at Poundbury, Salisbury, Verwood, Weymouth.

We see children and young people at Poundbury, Salisbury, Weymouth and in many Salisbury schools.

We offer Supervised Child Contact at Poundbury.

### **How much does it cost?**

We don't receive funding for our services so have to make a charge, unless we have been able to win contracts, for example our NHS contract for referrals for children and young people's work.

Please ask for details of our charges. We may have bursary funding available to help people access the help they need.

### **Get in touch**

Counselling 01302 380900

Supervised Child Contact 01305 257206

### **Room hire for therapy or training**

Conferences and Room Hire 01305 257206

[enquiries@relatedorset.org.uk](mailto:enquiries@relatedorset.org.uk)

[www.relatedorset.org.uk](http://www.relatedorset.org.uk)

Charity 1079585 Company 03557614

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**Counselling,  
support and  
information for  
all relationships**



## You're not alone

Let's face it – life is full of twists and turns. Change can sometimes feel overwhelming, even if you're the one making it happen. You're not alone in feeling that way. We could all use extra support sometimes, particularly during key life moments such as:

- Getting married or entering a civil partnership
- Starting a new relationship
- Exploring your sexuality
- Having children
- Losing your job
- Illness
- Coping with affairs or major conflict
- Divorce or separation
- Living as a step family
- Retirement
- Growing up

**That's why we're here.**

## Every relationship needs help now and then

As hard as we try, sometimes things can become too uncomfortable or painful to ignore. You don't need to be in crisis or even in a relationship to use our services. If it's important to you, then it's important to us. We promise to listen and offer support in a non-judgemental and impartial way.

### What you'll get out of it

- Improved wellbeing and self-confidence
- A better understanding of yourself and your partner
- Better family relationships
- Reassurance that you're not alone
- Help with team work – particularly if you're getting used to parenthood
- Better negotiation skills
- A more satisfying sex life

*"I couldn't believe what a transformation had taken place in our lives, affecting not just us, but our children, wider family and friends as well. We are eternally grateful for your help."* Relate client

## More about Relate services

### Support for individuals

Sometimes life throws up things that can leave you feeling hopeless, cause you pain or simply knock your confidence. When it does it's important to remember to look after yourself. Relate is for everyone, whether you're in a relationship or not.

### Family stuff

No family is perfect. But there are many things that can affect your home-life – separation, forming a new family, bereavement, a traumatic event or relocation, to name a few. This is where Family Counselling can help. Whatever the problem, we can help you all to come to terms with things and find a way through your difficulties.

### Children and teenagers

Growing up can be tough and there are lots of things at home or school that can make life difficult, so it can help to have someone to talk to. Whether it's coping with exam stress, parents splitting up, bullying or depression, we'll provide a safe space to talk.



### Personal development

We also offer a range of courses that can help you to develop important life skills like communication, confidence and self-esteem. We also work with local businesses who might want to provide their employees with additional skills, and schools who might be looking to offer relationships education to their students.

### Sex matters

Sex should be an enjoyable part of life, but sometimes it isn't. Many people experience sexual problems in their relationship at some stage. Admitting there's a problem might feel like a big step, but you can rely on our Sex Therapy service. We'll help you find the cause of the issue and design a programme to help you enjoy a more fulfilling sex life.

**Counselling with Relate is open to all – whether you're single, married, living together, straight, gay, bisexual or transgender, separating or divorcing.**