



Relate Reigate Epsom and Districts

# Who are we?

- We are a Registered Charity
- We are Autonomous
- We are governed by service policy laid down by Relate Central to ensure synergy and compliance.
- We are governed by the BACP (British association of psychotherapists ethical guidelines)
- We are self funded with the assistance of Epsom Council

## What are we passionate about

To educate the public on the benefits of secure couple relationships, marriage and family life, in order to improve the emotional, sexual and spiritual **well-being of individuals** which is derived from committed relationships.

To seek to enhance the **good health, both mental and physical**, of adults and children by increasing peoples public awareness of the benefit of committed couple relationships.

We seek to maintain relationships and **limit the damage** where reconciliation is not possible, this in turn helps children maintain healthy relationships with both parents. This in turn increases the prospect of subsequent relationships succeeding.

# Benefits

It is proven that our service can PREVENT:

The breakdown of relationships

Poverty and Hardship

Stress and mental health issues

Illness

Demands on public services; Housing, Health services, Social services, Police, State benefits and Education Authorities

Crime which can be a sign of needing help

Domestic Violence

Child abuse

Substance abuse; Drug and alcohol

Isolation and ensure a more positive chance of future relationships succeeding

# Benefits for children

It is proven that our service can PREVENT the following in Children affected by family change:

Children's disruptive behaviour in school and truancy

Depression and other health issues

Anti social behaviour

Crime which can be a sign of needing help

Pregnancy in teenagers

Low achievement as adults

Leaving school early

Behavioural problems such as aggression, delinquency, withdrawn behaviour and bed wetting

Use of illegal drugs

# What do we do

We provide specialist counselling which is a unique service in the UK

Couple counselling

Young Peoples Counselling

Family Therapy

Sexual Therapy

Homelessness mediation

We see individuals or couples who are suffering from the breakdown of relationships or who are in need of support during difficult times.

We take many referrals and work closely with GP's, mental health teams, local hospitals, social services, many schools, housing departments, housing associations and other referring agencies like Connexions and CVS Teams. Many people self refer.

## How we do this

Our counsellors are specialist trained by Relate Central which prides itself in highly specialised counselling training.

The counsellors are subsequently supported with continual specialist professional development courses.

The counsellors as governed by the BACP receive regular supervision and have 24 hour support for their cases.

We pride ourselves with the very specialist area of domestic violence, by both offering techniques to avoid and assisting in developing strategies to protect the abused. Perpetrators are also seen but are quickly referred to the specialist agency 'Respect'.

## What have we achieved during 2005-06

- Expansion of our remedial work with couples and individuals
- Expansion of our Young persons counselling service
- Expansion of YPC into Schools
- Development of the homelessness project in local authorities
- Expansion of the sex therapy service
- Introduction of Family Therapy



# Relate research

Chief Executive of Relate Angela Sibson has confirmed:

**Relate**, the UK's leading organisation for couple and family relationships, has found that Relate intervention is good for the health of couples in troubled relationships.

- ❑ 40% of people recorded a significant decrease in visits to the doctor after seeking support.
- ❑ 74% of clients said that Relate support had reduced their usage and need for drugs
- ❑ serious problems in a relationship affect you physically, as well having an emotional strain
- ❑ being unhappy in your relationship can seriously damage your general well-being – these results, taken from nationwide data
- ❑ In a recent study of Relate clients: 80% said we had made the break up of their relationship easier on their children.
- ❑ 47% of Relate clients said that their relationship problems were affecting their work, and 38% said they also took time off work because of relationship problems.
- ❑ Of these clients, 47% said our intervention had a positive effect on ability to manage conflict at work, 43% saying they were more able to concentrate, and 65% saying they were taking less time off work.
- ❑ 70% of those clients who told us that their relationship was affecting their children, said that their children were distressed when they started working with us. 25% said that their children were missing days off school.
- ❑ Relate reached 153,000 people in 2004/5 which represents a 10% increase on last year. Relate currently operates in 600 centres across England, Wales and Northern Ireland