

Together

The newsletter for supporters of Relate

www.relate.org.uk

0300 100 1234

relate
the relationship people

September 2011

Your support helps Relate to launch Kids' Turn

Relate real life story - meet Corey

You're amazing - BBC Radio 4

Dear Deidre - relationships over 30 years

Thank you!

This year we have worked hard to make sure that people of all ages, backgrounds and sexual orientations are provided with the vital relationship support that they need. We couldn't do it without your support of our work. You are so important to us -

Thank you.

We still need your help

In the worst cases, relationship breakdown can lead to debt, homelessness, drug abuse and even suicide. We urgently need your support to offer our services to adults, families, children and young people made vulnerable through crisis.

You can donate to Relate via your mobile by texting IRELO8 and the amount you want to give (for example, **IRELO8 £5 to 70070**). You can also donate online: www.relate.org.uk



Kids' Turn

We're very excited that Relate in association with National Family Mediation, is piloting the UK delivery of the Kids' Turn programme which is already very successful in the USA. It's for separating parents and their children and focuses on teaching the emotional skills needed to navigate through this often difficult period for all family members.

For more information about Kids' Turn, you can visit:

www.relate.org.uk/kidsturn. Generous donations from Relate supporters help us to drive vital projects like Kids' Turn forwards.

We'll keep you posted on its progress!

BBC RADIO 4 APPEAL

On Sunday 7th August, Relate had its first ever Radio 4 Charity Appeal broadcast, presented by broadcaster Kirsty Young. We would like to thank you, our friends and supporters for tuning in and helping us to raise £2,694 to help more people of all ages who urgently need our support. Listen to the broadcast again online by visiting: <http://www.relate.org.uk/news/55/index.html> and find out how your money is going to help.

BBC
RADIO



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Meet Corey

16 year old Corey went to Relate counselling to help him turn his life around after getting into a gang. He knew he needed to get himself out of gang life, but felt he had no way of letting his anger out and frequently got into fights.

Corey's Mum suggested he went to Relate about his anger problems, and he saw a counsellor at Relate Birmingham over a period of ten sessions.

Your donations enable Relate to help over 15,000 children and young people every year.



“The first session was a bit scary at first and it was weird because I'd never been able to talk to someone so openly before. But the counsellor asked me lots of questions about what made me angry and it helped to get out all the feelings I'd been keeping in. I now feel more open-minded and more able to talk to people.”

Heart TO Heart

Relate has recently launched a national awareness campaign encouraging people to seek help earlier for their relationships and not to wait until things reach a crisis point.

We all have ups and downs in our relationships from time to time, it's perfectly normal. But how do you know if those challenges are healthy or if there's more going on that perhaps you might need to work on?

To read more about the campaign or to take our relationship health check visit our website www.relate.org.uk

“ *I never felt like I had anyone to talk to so I bottled things up and got angry instead.* **”**

If you are experiencing relationship problems, don't face them on your own.

Talk to someone over the phone by calling us on **0300 100 1234** or connect directly to a Relate consultant via LiveChat.

www.relate.org.uk



Dear Deidre at the Relate Institute Lecture

Deidre Sanders, Agony Aunt for the Sun, shared 30 years of her mailbag with us on 14th July at the Relate Institute Lecture.

Held at The Wellcome Collection in Central London, Deidre Sanders had an audience of around 100 people riveted during her emotive speech. Deidre and her team have responded to over 6 million letters in the 30 years she has been offering advice in the national press and she drew on that experience to explain how relationships have changed over the years. You can

watch a video of Deidre's speech by going online at: <http://www.relate.org.uk/news/54/index.html>

If you are inspired by Deidre and her passion to help the many vulnerable individuals, couples and families in need - please choose to make a donation to support Relate and our work.



Be Green

**Turn your old
junk into positive
relationship support**

Please help us by recycling your Mobiles, Inkjets, Laser or Toner Cartridges and raise £££'s for Relate. Simply visit: <http://www.recycle4charity.co.uk/>