

# relate

the relationship people

Relate Lancashire was born out of the Marriage Guidance Council which was founded in Lancashire in the mid 1960's. The name was changed to Relate Lancashire in 1996. We offer counselling to individuals, couples, families and young people from seven centres in Lancashire (Blackburn, Blackpool, Lancaster, Ormskirk, Preston, Rawtenstall and Nelson).

I can confirm that Relate Lancashire can offer a discounted rate of £50 for the initial consultation and then £50 per hour for each successive hour of counselling to members of the Lancashire Police Federation, this is in line with agreements we have with other public sector organisations, and offers a £15 saving per session.

People requiring our services should contact the central appointments office – 01772 717597 and their enquiry will be dealt with from there. Alternatively, they could email us at [appointments@relatelancs.org.uk](mailto:appointments@relatelancs.org.uk) our website is [www.relatelancs.org.uk](http://www.relatelancs.org.uk). If they could mention they are from the Police Federation at the booking stage, we can then ensure they get the reduced rate.

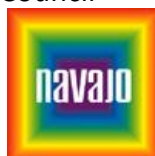
They would be offered an initial appointment to see a counsellor at a time and location that suits them best. If it is felt that we can be of help clients will be offered an appointment slot at the same time on the same day each week for approximately 6 weeks.

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Relate Lancashire & Relate Greater  
Manchester South Working in  
partnership with Lancashire County  
Council



**'Relate is working to promote health, respect and justice in couple and family relationships'**

## **Relate Counselling and Services in Lancashire:**

- **Initial assessments (CWAC's);** All clients are offered an initial assessment interview within two weeks of first contact. This interview offers some crisis management and assists clients to contain their problems whilst awaiting ongoing counselling also as a means to assess whether Relate Lancashire is the appropriate service. Those clients for whom Relate counselling was deemed to be inappropriate are referred to other agencies.
- **Relationship counselling;** This continues to be the heart of Relate's service and meets the increasingly complicated demands of clients. Counsellors are increasingly called upon to deal with multi-faceted cases often involving addiction and domestic violence and/or abuse. Unhealthy use of the internet, sexual addiction and mental health problems are becoming common.
- **Family counselling;** This is a service to support families who are experiencing inter-generational conflict and, most commonly, communication problems.
- **Young people and Schools counselling;** This service is aimed at young people aged between ten and eighteen who are experiencing problems.
- **Psychosexual therapy;** Relate Lancashire has 5 trained psychosexual therapy counsellors based in Preston, Blackburn and Blackpool.
- **Equal partners programme and Victim support service;** This is a relatively new initiative, offering a one-to-one, face-to-face programme of change for male perpetrators who are motivated to make changes to their destructive behaviour. We also offer a sister service to provide support for the partners of the abusers.
- **Lancashire Domestic Abuse Perpetrator Programme;** Relate Lancashire and Relate GMS were awarded the Lancashire Domestic Abuse Perpetrator Programme contract which started on the 1<sup>st</sup> December 2015. The overall outcome is to ensure a cessation or reduction in the level of domestic abuse perpetrated by service users across Lancashire.
- **Training;** We can provide training to your staff on Domestic violence safety awareness
- **'The Best Medicine'** is Relate's campaign to show that relationships are critical to the nation's health and wellbeing. Excellent support is out there, but too few people get access to it. 91% of people with a health condition or who are disabled said they are not aware of any relationship support services available to them at all.