



Relate Dorset & South Wilts provides a wide range of high quality 'Relationship services' in Dorset, Wiltshire and Somerset.

www.relatedorset.org.uk

Relationship Counselling

Whether you're having problems in your relationship or you'd just like to understand your partner better, talking things through with one of our counsellors can make a real difference.

Sex Therapy

If you're concerned about your sex life or just want to be able to talk more openly with your partner about sex, Sex Therapy can help.

Family Counselling

If your family is going through a difficult time at the moment you might find it helpful to talk to a counsellor about what's going on.

Children and Young People's Counselling

Counselling can help no matter what's on your mind. If it's bullying, your parents splitting up, arguments with friends or you're just feeling a bit low, we're here to help you deal with it.

Training & Education

We provide a range of relationship skills training aimed at individuals, parents, workplace groups and counselling practitioners. We can provide bespoke training in schools, in the workplace and in the community eg Peer mentoring to support older pupils to mentor younger pupils and a 'counselling skills for non counsellors' programme, which has been well received by groups of teachers and support assistants. Our Continuing Professional Development Programme is well received by local counsellors and associated professionals.

Room Hire

Using our large training room or suite of smaller meeting rooms for your training events, interviews or other work helps to support our charity. Refreshments and support services are available along with a warm welcome.

When people split up www.relatedorset.org.uk

Family Mediation

If you and your ex are no longer together we can help you to make agreed arrangements for child contact, your finances or property. Mediation offers a safe, confidential environment for you to make arrangements for the future following the end of a relationship. Our family Mediators are highly trained impartial professionals who'll support both parties to find the best way forward without the expense and stress of court.

Separated Parents Information Programme (SPIP)

You may have split up, but you'll always both be the parents of your children. It may be that trust has broken down or communication has become difficult. This four hour course in Salisbury or Poundbury helps improve communication and assists parents in better understanding how they can support any children during a relationship break up.

Supervised 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 in Blandford, Bridport, Poundbury, Salisbury, Shaftesbury, Wimborne and Yeovil. In addition we can see children and young people/ families in Ferndown, Poundbury, Salisbury, Sturminster Newton, Wimborne and Weymouth and in many Salisbury schools.

We offer Family Mediation and Supervised Contact in 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 children and young people's work.

Please ask for details of our charges. We have bursary funding available to help people who struggle to afford the help they need.

Get in touch

enquiries@relatedorset.org.uk

Counselling 01305 262285 Mediation and Child contact 01305 751781

Conferences and Room hire 01305 257206

Charity 1079585 Company 03557614 Accredited with NACCC