

# relate

the relationship people



**Ten Years of Success**



# Celebrating Ten Years of Success

Relate Coventry started counselling in three secondary schools in 1998 and this became what is now known across the city as Time For You.

Relate Coventry was one of the first Relate centres in the country to develop dedicated children and young people's services. The service has grown from that first year to now having counsellors based in over 40 Coventry school and community venues and 50 weekly sessions delivered in our centre in the evenings and weekends.

Last year we worked regularly with over 2000 children and young people. They came to Relate and Time For You to tell us about what is happening in their lives.

This brochure will give you a glimpse into the experiences of the children and young people, the quality and range of the service we deliver and the team of dedicated trained therapists that work for Relate in the Time For You team.

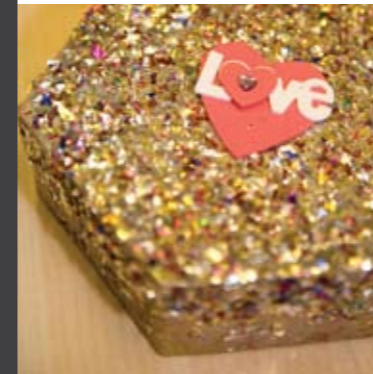
This year is important for us as it is increasingly difficult to establish sustainable funding for this service and we know just how important the people of Coventry think Relate is to them. There are a number of examples within the brochure highlighting some of the hundreds of positive comments we have had over the years from children, young people, parents, carers and other professionals.

# Therapeutic Centre for Emotional Well Being

To demonstrate our commitment to improving accessibility and quality Relate has invested in our own Therapeutic Centre for Children and Young People.

We have a safe and friendly environment with the best therapeutic tools and games to work with. The rooms have been designed by young people and the staff team ensuring that they are appropriate as well as attractive.

The money for the design and equipment has been raised by young people, parents, carers and the staff team. The centre would not be possible without the fundraising. Coventry City Council, Coventry Children's Fund, Coventry General Charities, CAF/CASS and Lloyds TSB have all been consistent supporters of Time For You throughout the ten years.



*"Everything about what my dad was doing to my mum was a secret, except for in the counselling room, where I could be totally honest." young person aged 10 Time For You Domestic Abuse Project*

# National Registration of counsellors and therapists

# Time For You Therapists

*"Thank you for everything and being that one person who listened and gave me support, unlike many of the people in my life."  
Young person divorce and separation project*

Relate is already working closely with the Health Professional Council and has a representative on the board responsible for developing the national register of practitioners. Relate has a national register for clinical supervisors that is robust and tested. We are currently setting up a practitioner register that will compliment the national register and make the transition to the national register for Relate therapists comparatively simple, ensuring that services can be delivered without any interruption.

*Before I came here I felt like a glass under a dripping tap and every drop of water was all the crap that had happened to me. After a while my glass got full, I couldn't cope and I overflowed. I got really, really angry. Now by coming to see a counsellor you have taught me how to empty my glass before it gets full. All I need to do is talk to these people who care about me."  
Young person Divorce and separation project*

Relate is very fortunate to have a staff team who have enormous commitment and drive to deliver an excellent service for families in Coventry. The team are all trained and experienced therapists and work across a range of modalities. The team specialise in working with domestic abuse, divorce and separation, bereavement and loss, bullying and also a vast range of mental health issues affecting the majority of the young people using our service. The team is made up of trained Cognitive Behavioural Therapists, Humanistic Therapists, Systemic Therapists and Psychodynamic Therapists as well as child psychologists and specialist clinical supervisors.

Clinically Relate provides standards set over and above recommended practice and ensures that only qualified and experienced therapists work in schools as set out in guidance from Government and the British Association of Counsellors and Psychotherapists.

*"It helped me to speak about the things that were happening at home for the very first time. I will come back when I am older and give the counsellor one million pound!!"  
young person aged 13 Time For You Domestic Abuse project*

# Clinical Supervision

Relate therapists all have individual and group supervision on a monthly basis. This is a requirement to safeguard beneficiaries and staff. We employ supervisors who are experts in the field of counselling and psychotherapy with substantial knowledge on issues such as safeguarding young people, domestic abuse and mental health.

Relate provides clinical supervision to a variety of external agency staff working with children and families.





# Bullying Prevention and Support Project

*“Very, very good service and very supportive. The ability for the child to return to the service during difficult periods is excellent.” Parent Time For You Bullying Prevention Project*

## Domestic Violence and Abuse Facts and figures

Over 20% of young people tell us in their first session that they are living in families where there is current violence and abuse.

We work with young people individually and in therapeutic group work. Many young people refer their parents to our adult services including The Bridge which is a service dedicated to safeguarding women and children from domestic abuse and helping men to take responsibility and change their behaviour. In fact the driver for Relate to set up this project in the first place was the young people asking for help for their parents and carers.

In October 2008 Relate successfully tendered to be part of a national team of young people’s practitioners who will pilot and evaluate a service model and materials for work targeted at 13-19 year olds who are using violence and abuse in their relationships. The work will involve individual and group work with young people and support for their partners and family members. The project has been developed and is led by Respect; funded by Comic Relief and DCSF Children and Young People’s Fund.

Relate staff will be trained in London with the rest of the national virtual team in January 2009. This is an innovative project that will bring unique interventions to Coventry and the opportunity to proactively prevent the use of violence and abuse in relationships.

- Last year:**
- 68% reduction in bullying incidents in targeted schools programme**
- 92% of bullies did not repeat bullying behaviour after support in group and individual work**
- 84% of young people living with domestic abuse reported sustained significant and very good improvement in mental health (measured from group of 77 young people)**
- 83% of parents reported sustained significant positive change in the behaviour in young people who they had referred to their GP for issues around stress and emotional well being. (measured from a group of 42 parents and carers)**
- 40% of GP practices have referred directly to Time For You on a regular basis**
- We deliver over 27 hours of counselling a week in GP practices**
- 79% of all referrals to Time For You are from Health Care professionals and Social Care teams**
- Time For You delivers an average of 125 attended individual therapy sessions each week**

Relate has been developing and delivering bullying prevention and support interventions for the last six years. This work has been predominantly supported by the Children’s Fund and individual schools in Coventry.

In April 2008 we developed a proactive intervention programme and targeted work with children and young people who have bullying behaviours.

The project has measured the impact of counselling with victims and the results have been extremely positive. The baseline data has been collected for the preventative programme and the outcomes will be consistently measured and analysed over the next three years. Results will be reported and recommendations made as the project progresses.

The elements of work in the project are set out below:

- One to one counselling
- Preventative programme

The preventative programme has been written and tested by Relate Coventry and is a fortnightly programme delivered in two feeder primary schools for year 6 pupils for the whole academic year. The programme:

- i) improves communication skills
- ii) develops emotional literacy
- iii) increases understanding of equality and respect in relationships
- iv) recognises and embraces difference
- v) has a final element where the two year 6 groups work together in the final term

- Bullying prevention group work programme

The group work programme has been developed by Relate Coventry and targets children and young people who want help to stop bullying behaviour. The group is therapeutic and is facilitated by two therapists.

The ethos of the work is to see the bullying behaviour as the problem and not the person. The work involves support to change the negative behaviour alongside addressing the difficulties in their lives.



*“It has helped me regain confidence and to stop worrying”. Young person aged 11 Time For You Bullying Prevention project*

# Bereavement

14% of children and young people who use our service have experienced the death of a parent, carer, sibling or other significant person. Some young people work with a therapist during terminal illness and prepare for the loss of their mother or father. The team have had specialist training to work with loss and we have specialist therapists to do specific group work for young people.

The bereavement service has a high demand on its resources and it has no specific funding but there is an obvious need in Coventry.

We regularly support schools when young people have died tragically and also have staff trained to work with trauma.

We have some extraordinary examples of the work we have delivered in this field and we are really just dealing with the tip of the iceberg in terms of what people would need if the service was funded and more available.

*"When I first started counselling I felt really bad, just horrible. Now I just feel better about my dad and understand it wasn't anyone's fault. I now feel happy."* **young person aged 15 Time For You Bereavement Project**

*"Excellent support given to my daughter in her school environment. It has helped her come to terms with the sudden death of her father."* **Parent Time For You Bereavement project**

## Facts and figures

**28% of all primary and secondary school children have attended at least one session of individual work with a Time For You therapist in the last 7 years.**

**64% of children and young people attending a first assessment session progress into regular individual work.**

**Children and young people in regular individual work attend an average of 5.8 ongoing sessions each (excludes any assessment sessions)**

**Time For You therapists are based weekly all academic year in 30% of all mainstream primary schools in Coventry**

**Time For You therapists are based weekly all academic year in 73% of all mainstream secondary schools in Coventry**

**Time For You therapists are based weekly all academic year in 2 special schools**

## Mental Health

75% of children and young people reported to us that they felt that they suffered significant stress and anxiety due to family relationship difficulties. Although most children and young people's presenting issues are often about dealing with separation, domestic abuse, bullying, and bereavement; in 91% of those cases low self esteem, anxiety and stress were also reported as an effect of the issue reported. It is essential that the therapists are trained in a range of modalities and interventions to work effectively with the range of mental health needs. Relate provides specialist individual work as well as brief therapy, systemic family work, play therapy, group work, self help groups and other creative interventions. Relate also has a range of programmes and workshops promoting psychological well being and good mental health. It is important that our service continues to be delivered in a variety of community bases as well as our Therapeutic Centre as this is essential for us to be inclusive, accessible and non-stigmatising.

### Contact us

#### Time For You

Call: 024 7622 5863

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Write: New House, Hertford Place,  
Coventry, CV1 3JZ

## How you can help

**Become a volunteer**

**Hold a fundraising event**

**Let children and young people know about our services**

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