

# Relate Bedfordshire & Luton

## Newsletter Issue 23

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**Big Lottery Fund** help for parents... a record **Auction**... and **Counselling** when single

## Welcome To Our November Newsletter



### Children First

We have been awarded a grant from the Big Lottery Fund to deliver workshops for separating parents. The session will help parents focus on ways to help their children cope and manage the emotional and practical aspects of co-parenting.

This course helps parents focus on the needs of their children during the process of separation. The next one will be held in Sandy on 16th March 2017.

[\(read article...\)](#)



### Auction Raises Record Funds

**Almost £3,000** was raised to support counselling for children and young people in Bedfordshire at the third charity auction run by Relate Bedfordshire and Luton. The sum is the **largest** amount raised from an auction to date by the local Relate team.

“Not many people realise that more than 50% of all our counselling is with children and young people,” says centre CEO Angela Foll.

[\(read article...\)](#)



### Relationship Counselling when single

If you're single, the idea of going to 'Relationship Counselling' might seem **a-bit** inappropriate. Lots of people think that Relationship Counselling is all about couples and isn't relevant if you don't have a partner.

Not true. At Relate we work with lots of individuals who want to look at their relationship patterns in order to start making changes within themselves and also the kind of people they choose to have relationships with.

[\(read article...\)](#)

## Understanding Anger

Referrals for this free workshop are now being accepted from Bedford and Central Bedfordshire social services as well as GPs, counsellors or therapists.

The next workshops will be on Tuesday, 14th March 2017 in Shefford from 10am to 3.30pm.

[\(find out more...\)](#)

## Relate In The Workplace

Relate is committed to delivering professional and confidential services and offer a diverse portfolio of training to support the varied needs of professionals and individuals within the corporate, public and voluntary sectors.

[\(find out more...\)](#)



Flying Start has secured grant funding for one year (until 31st March 2017) for a pilot programme known as the Local Family Offer. This work is part of the governments Life Chances strategy, which aims to tackle the root causes of disadvantage and deprivation.

[\(find out more...\)](#)



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