

# Relate Bedfordshire & Luton

## Newsletter Issue 24

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**Support** for dementia... **Volunteer** for us... and **Counselling** success in schools...

## Welcome To Our March Newsletter



### Dementia Support

Relate Bedfordshire and Luton has secured funding to launch a **FREE** counselling service for people supporting loved ones with dementia.

Relate understands that when you support someone with dementia your relationship changes and this can cause additional pressure, anxiety and worry. Having a professional relationship counsellor to talk to can help with these anxieties



### Be a 'Meet and Greet' Volunteer

We work with families, young people and couples in many areas in Bedfordshire and Luton and are in urgent need of volunteers to act as Meet and Greeters in the Flitwick, Leighton Buzzard, Luton including Pastures Way, Shefford and Dunstable areas.

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



### Students Give Top Marks to In-School Counselling

Ninety-eight per cent of students at middle and upper schools across Bedfordshire have rated in-school counselling by the local Relate team as 'very good' or 'excellent'.

"Many of our young clients tell us they feel happier after they have seen a counsellor and are better able to deal with their problems, whether at

and support your own mental wellbeing and physical health.

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

school, at home or in their personal life,” says local Relate CEO Angela Foll.

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

## Children First

A workshop that will help parents focus on ways to help their children cope and manage the emotional and practical aspects of co-parenting.

There are three more workshops for this one day course:

Thursday, 16th March 2017 in Sandy

Friday, 28th April in Dunstable

Friday, 23rd June in Bedford

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



## Luton Young People Counselling

We and our charity partner Sorted Counselling Services have secured funding to sustain free counselling for young people at the TOKKO youth space, Luton.

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



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