

Relate Bedfordshire & Luton

Newsletter Issue 25

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Free **Support** for dementia... **Luton** Family Offer... and Waiting List **Re-Opened**...
Plus two new bespoke services!

Welcome To Our June Newsletter



FREE Support For Friends And Relatives With Dementia

The chances are you'll know someone living with dementia. The disease affects one in three people over the age of 65 nationwide as well as about 40,000 people who are younger.

Earlier this year the Relate team secured funding from three family trusts to offer free counselling for people



Local Family Offer In Luton

As part of the Local Family Offer, Luton Borough Council has commissioned Relate Bedfordshire and Luton to deliver our evidence based brief relationship counselling aimed specifically at couples who are either expecting a baby or who have at least one child aged six years or under and are experiencing difficulties in their relationship which may impact adversely on



Waiting List Re-Opened For Children And Young People

We recognise that relationship difficulties affect children and young people too. Our 'Talktime' service is a FREE young people's counselling service designed to support children aged between 10 and 21 years.

One young person wrote: *"Offering someone to talk to who won't judge has*

supporting loved ones with dementia in Bedfordshire.

Relate's relationship counsellors know only too well how those who support a loved one with dementia see their relationship change over time, causing pressure and anxiety – and impacting on their own mental well-being and physical health.

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

their children.

The service is being delivered in **TOKKO Youth Space, Gordon Street, Luton, Beds LU1 2QP** with morning, afternoon and evening appointments available.

As well as receiving professional referrals, clients can also self-refer by calling our friendly appointments team on **01234 356350** or **email us**.

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calmed me down – the help with anger/anxiety has been really useful"

We are pleased to announce our waiting list has re-opened. Find out more on how to book our service in the link below.

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Tailored strategies for making improvements to your customer care

Our new bespoke support for employers starting this month aims to help them improve their handling of customer queries and complaints over the phone or face-to-face.

Relate Bedfordshire and Luton will work with managers in workshops to analyse their customer care and provide tailored strategies for improvements.

"Customer care is at the forefront of business transactions in all customer-facing sectors – and can build or break a brand's reputation and credibility," says local Relate CEO Angela Foll.

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Tailored training for managers to support stress in the workplace

We are offering bespoke support starting this month to help employers manage anxiety

and stress within their workforce.

Our training team will work with managers in workshops to identify signs of stress in their workforce and provide tailored support strategies for staff.

Latest Health and Safety Executive statistics show the total number of work-related stress, depression or anxiety cases in 2015/16 was 488,000 (224,000 of them new cases), a prevalence rate of 1,510 per 100,000 workers. Both the total and rate have remained broadly unchanged for more than a decade.

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