

relating

relate milton keynes quarterly newsletter



www.relatemk.org

Issue 04 Summer 2009

Building Stronger Relationships in Milton Keynes

If you have any feedback or suggestions please feel free to get in touch.

relate
the relationship people

Relate Milton Keynes

Building Stronger Relationships

- ❖ Relationship Counselling
- ❖ Sex Therapy
- ❖ Education & Learning
- ❖ Family Counselling
- ❖ Young Peoples Counselling



A quarter of families in the South East arguing more because of the recession

A quarter (25%) of families in the South East admit to arguing more because of the recession, new figures from Relate, the UK's largest provider of relationship counselling have revealed. These figures were released during the UK National Family Week.

The YouGov survey commissioned by Relate also showed nationally that men are twice as likely as women (nearly one in 10 compared to one in 20) to be concerned that money worries will cause them to break up with their partner. A further one in five (22%) of couples felt they were arguing more because of money worries.

Relate Milton Keynes delivered a thousand more counselling hours last year compared with the year before, much of this higher demand can be linked to worries about money. Across the country 66% of Relate Centres have seen an increase in demand for their services as clients feel the impact on the recession.

Gwilym Roberts, Centre Manager for Relate MK said, "we're hearing more clients talk about debt worries and noticing more people using our bursary fund because they're struggling to afford the true cost of sessions. Thanks to funding from MK Council, MK PCT and profits from our fabulous charity shop, we're able to offer affordable relationship support to all in MK who need it, usually within a week of them contacting us. Families need to know that talking can help, in fact talking sooner rather than when things get to a crisis point can save families a lot of heartache. Relate MK is helping many individuals, couples and families who are finding that money worries are the final straw."



One counsellor from Relate described:

- ♥ 'Already seeing a couple, when the highly qualified woman in the relationship was made redundant. After having a high-powered job the lady now finds she can't even get interviews. She never expected she would be unemployed and unable to find work, she simply thought it would never happen to her. She used to feel like an equal partner in her relationship and she now feels very uncertain about everything and is becoming very needy. This has dramatically changed the dynamics of the couple's relationship and has even affected their sex life.'
- ♥ A family already in counselling have seen the main breadwinner lose his job. Lack of money is causing more family rows. The parents feel guilty they can't provide things that the children have always seen as normal, including – 'top-up for mobile phones, being able to go on school trips, etc'. The children haven't seen these things as luxuries before – and find it unnerving that things they considered normal part of life are being taken away.



supported by:



Relate MK's Top Tips for dealing with the credit crunch

- ♥ Remember there are things you can do straight away if you are experiencing money problems – talk about the reality of the situation. Acknowledge that your relationship is being squeezed by outside pressures and discuss how you can manage this as a couple. For example, you may need to make some life style choices and if your children are old enough explain the situation to them so they can understand. Also seek independent financial advice.
- ♥ Recognise that as a family and a couple you can have fun together without spending money doing things such as going for walks, or having special nights in – where you get dressed up as if you are going out but just stay-in and have simple meal together.



- ♥ Now is a really good time to build-up your 'emotional bank balance' by spending more time together. Perhaps instead of putting on the telly, play a board game together, or put some music on and chat. Think about thoughtful gestures – such as running a bath for your partner. These little things can help you feel closer.
- ♥ Also be really open with each other, this isn't the time to have financial secrets. Be honest so you can share the problems and talk them through.

RELATE Milton Keynes offers training course and counselling for individuals, couples and families in 17 places around the city.

Call 01908 310010 or email appointment@relatemk.org.uk and we'll do our best to see you within a week.

Top tips for arguing parents

Not all the suggestions will be relevant to you: after all, you know your family best.

- ♥ Don't try and hide conflict behind closed doors. Children are sensitive to an atmosphere and know when things are not right
- ♥ Avoid arguing in front of the children – they'll think they are to blame
- ♥ If you argue in front of the children, let them see you making up, and, if possible, resolving the problem. The humour, apologies and understanding that can follow an argument provide a fantastic model for children to use in their own lives
- ♥ If children don't see things resolved, let them know that you made things up with your partner and everything is okay
- ♥ Don't try and get children to take sides and don't lavish lots of attention on them because things with your partner aren't going well. Instead, take time to listen to what they are thinking about and help them explain how they are feeling
- ♥ If possible, maintain a united stance on discipline with your partner
- ♥ If you or your partner is going through a bad patch, be sensitive to any changes in your child's behaviour. Have they become more withdrawn, started acting up, or been finding it hard to settle at school?

After Relate Sex Therapy 93% Say Their Sex Life Significantly Improves!

Sometimes we just lose our sex drive or maybe there's specific sexual problems that are causing concern. Many people are worried about addictions to sex and the internet. Relate sex therapists are difficult to shock and are trained in highly effective ways of tackling many issues in a safe and friendly environment. Available to individuals or couples, Relate have helped thousands of people rediscover a satisfying sex life.

Relate Education And Learning

2009 Open Public Courses

Relate MK provide group learning to help build stronger relationships...

Parenting After Parting - practical advice for parents going through separation & divorce. £92 includes lunch & refreshments. (choose one date)

- Thursday 23rd July, 1pm – 6pm.
- Saturday 15th August, 9:30am – 2:30pm

Moving Forward - after a divorce or breakup. Meet others in the same situation & learn skills to help you rebuild your life

- Starts evenings Thursday 10th September 2009 for 6 sessions. £85

Counselling Skills For Non Counsellors - Enhance your professional and personal relationships through more effective communication skills. OCN accredited course.

- Starts evenings Wednesday 16th Sept 2009 for 10 sessions. £195

Taking Charge Of Your Life - Gain a work-life balance, reduce stress, become assertive, and make time for YOU!

- Starts daytimes Saturday 5th September 2009 for 6 sessions. £85

Contact us for more info and to book your place training@relatemk.org or 01908 310010

If money's a real problem for you, let us know when you book - you may be eligible for financial support

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