

Relate NI

Annual Report

2022-23



we can Relate

About Relate NI

We have been supporting people and their relationships across Northern Ireland for over 75 years. We provide counselling services at locations across NI, as well as education programmes and digital self- help resources.

Our Mission

Relate NI is a charity with a mission to make expert information and support for healthy relationships available for everyone.

Our Vision

Relate NI's vision is a future in which healthy relationships form the heart of a thriving society.

22/23 Review

The 2022/23 year was an important year for Relate NI as the organisation celebrated the significant milestone of providing services to people in Northern Ireland for 75 years. Celebrating the legacy of Relate NI services was an activity that lasted throughout the year. The Lord Mayor of Belfast, Tina Black, hosting a delegation of Relate NI staff and trustees, past and present, in the Lord Mayor's Parlour, 75 years to the day after the initial meeting of the organisation took place in that very venue.

We were delighted when 10 of our 11 local councils agreed to light up council buildings in Relate NI colours on the 4th September to recognise the contribution of Relate NI to community's right across NI. Our 75th anniversary conference, 'Relationships Matter: The Fundamental Importance of Healthy Relationships for Families and Communities in NI' brought together over 140 people from a range of statutory, voluntary and academic organisations.

Relate NI also commissioned a review of international evidence on the role of healthy relationships in achieving public policy objectives. The review found a range of evidence in the available literature which demonstrates how healthy relationships are positive factors in relation to mental health; parenting; intimate partner violence; homelessness; educational attainment; substance use and engagement with the criminal justice system.

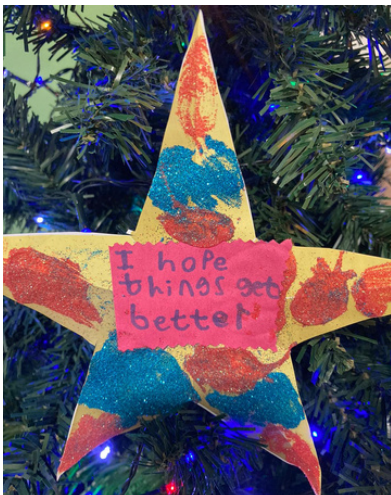
In the 22/23 year, we also launched 2 new services, the Relationship MOT and One at a Time Therapy, to continue the evolution of our portfolio of services. The development of these services is rooted in meeting the needs of people who require relationship support in more accessible ways and builds on Relate NI's well established tradition of evolution of relationship support.

Emerging Themes from the Counselling Room

- High levels of anxiety and stress in relation to work pressures as people adapt to workplace changes.
- Financial worries and pressure this has on individual well-being and family relationships.
- In schools, counsellors have noticed high levels of safeguarding issues and concerns regarding pupils.
- Supporting family relationships in relation to child diagnosis of neurodivergence and transgender identities.
- Self-harm / suicidal ideation appears to have increased slightly in CYP & schools counselling.
- Increased CYP waiting on CAMHS in schools and community counselling.
- Coercive control and DVA risk increase.
- Complex couples' referrals coming through. Traumatic backgrounds and social work involvement.

To support people experiencing the issues outlined above, Relate NI deliver a range of therapeutic relationship support services including;

- Relate Kids – Counselling for Children from the ages of 4-12
- Relate Teen – Counselling for young people aged 13-18
- Adult Relationship Counselling for Couples
- Adult Relationship Counselling for Individuals
- Family Counselling
- Sex Therapy
- The Relationship MOT
- One at a Time Therapy
- Primary Schools Counselling
- Relationships and Sexuality Education (RSE)
- Sustaining Healthy Workplace Relationships

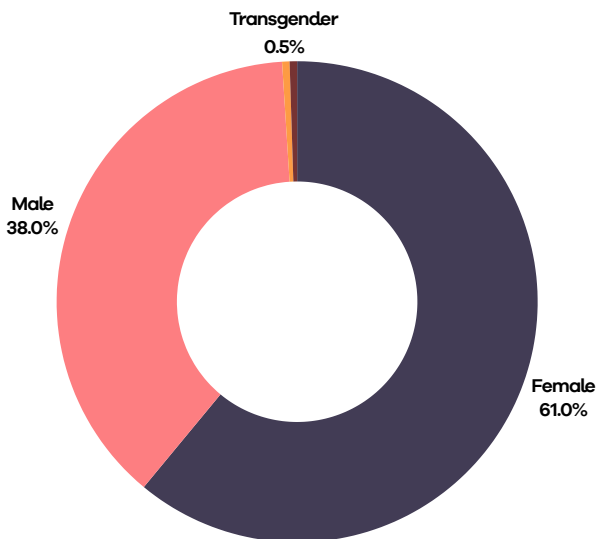


People Who Used Relate NI Services

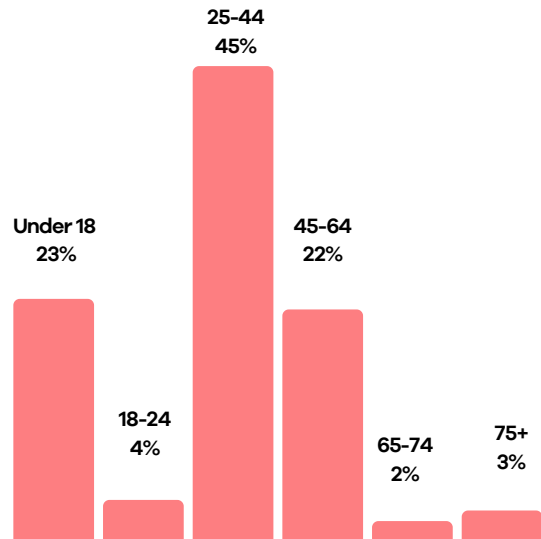
Therapeutic Services by Trust Area



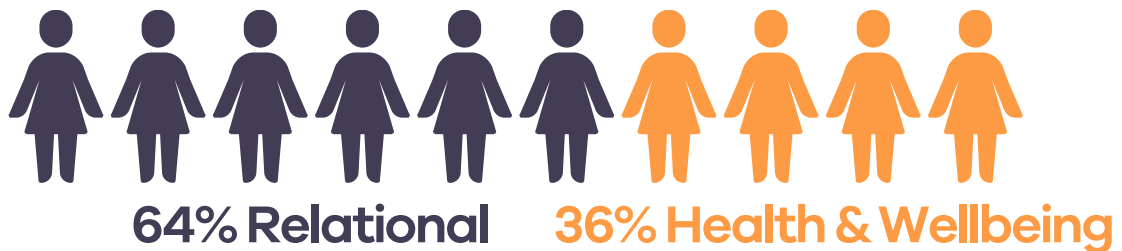
Gender of Service Users



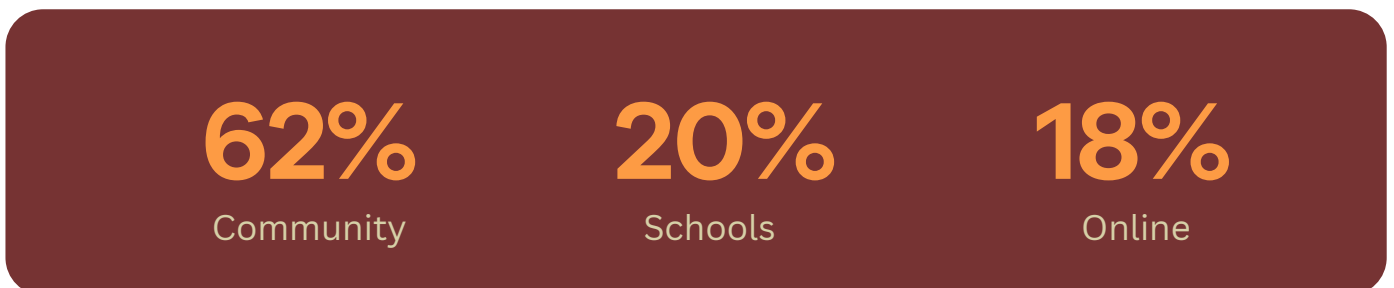
Age of Service Users



Presenting Issues of Service Users



Delivery Area of Services



22/23 Reach & Impact

How much did we do?

- Directly helped 36,026 people across all of the organisation's services.
- Offered 15,926 hours of therapy
- 2,242 people were directly supported through the organisation's range of therapeutic services.
- Therapeutic service provision had a wider impact on 3,474 people.
- Engaged with 921 people through our programmes such as Relatable; Golden Threads and Sustaining Healthy Relationships
- Engaged with 32,863 people through our suite of digital resources across the organisation's website and social platforms.

How well did we do it?

- 89% of respondents would recommend Relate NI to a friend or family member.
- 91% of respondents would return to Relate NI if further counselling was required.
- 95% of respondents found their initial engagement with Relate NI 'extremely' or 'very' helpful.
- 86% of respondents rated their counsellor as 'excellent' or 'good' in terms of helping them work through their presenting issues.
- 83% of respondents found that their ability to deal with relationship issues changed since they attended counselling.
- 82% of respondents wished they'd attended Relate NI sooner.
- Schools counselling scored an average 75% score on the Child Session Rating Scale, a measure of therapeutic alliance completed at the end of each session.

"She is like a new child, for two years she has been constantly crying and not telling us what was wrong. Now her attitude has improved, she is able to talk to us about her feelings and what she is thinking.... she can go out to play...before she would not leave the house unless I was with her."

"Relate NI has been instrumental in mending my life for the past year. I want to specifically mention my counsellor who is an extremely talented, compassionate and comforting counsellor who has, in many ways, saved my life and allowed me to flourish in ways I didn't think possible before starting"

"Did the Sustaining Healthy Relationships workshop with a group of Antenatal mums. What a laugh we had but more importantly it made us look at what we do to impact our relationships, rather than what our partners do. It's a two way street. We need to communicate our feelings and wishes - our partners are not psychic."

Relate NI
Client Comments

"You have been such a big support"



Financial Review

Income Overview (as of end of March 23)

Donations & Legacies	£847,555
Charitable Activities	£274,728
Other Trading Activities	£85,510
Investments	£53
Total	£1,143,704

Expenditure Overview (as of end of March 23)

Charitable Activities	1,089,369
Total	1,089,369

Thanks to our Funders & Partners

Partners

Forward South Belfast
The Rainbow Project
Nexus
Surestart
Health & Social Care Trusts
FSCN
Education Authority
Holywood Family Trust
Parentline NI
Moving Up, Moving On
(MUMO)
Positive Life
NI Prison Service
Parentrooms
Queen's University Belfast
Ulster University

Funders

Department of Health
Health & Social Care Board
Relate National Contracts
FSCN
Bank Workers Charity
Charity for Civil Servants
The Seafarers Charity
The Brain Tumour Support
Charity
Grocery Aid
Retail Trust
Dormant Accounts Fund
Mental Health Fund from
Community Foundation NI