

Who are Relate NI?

Relate NI is a charity with a mission to make expert information and support for healthy relationships available for everyone. We have been supporting people and their relationships across Northern Ireland for 75 years.

We provide a range of counselling services across Northern Ireland, therapeutic training, and community and education programmes including Sustaining Healthy Relationships, Relationships and Sexuality Education and Golden Threads.

It doesn't matter if you're single, married, living together, separated, younger, older, parenting apart, parenting alone, gay, bisexual, straight or transgender – we're here to support you!



**we
can
Relate**

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Let's talk some more...



If you would like to have a discussion on how we can support each other, please contact our Fundraising Officer, Cara McVeigh on:

- caramcveigh@relateni.org
- 07483939578
- 3 Glengall Street, Belfast, BT12 5AB



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Corporate Partnership: Support Families & Save Lives



Relate NI

Nick's Story

“My wife and I met in 2007 and got married in 2010. We had quite a lot of rows within our relationship. It seemed to be part of our relationship- certainly early on. Once we got married, we realised that we needed help. We wanted someone to give us a steer and say, ‘how can I help?’ or ‘Is this salvageable?’

During the course of our counselling, we lost our first daughter. Our daughter had challenges from birth and this really affected my relationship with my wife. Relate NI stuck with us through this challenging time. There was never any pressure with Relate to do or be anything.

Our counsellor was a good match, she understood us very quickly- it was quite remarkable. Our counsellor give us the tools to change our behaviour and change our attitudes towards each other. It also made me look at myself and think of the things that I’m doing wrong too.

It's been 8 years since we've seen Relate NI and it's impossible to overstate the positivity it's had on our relationship. We now have two more children and are still living in the same house, but life is definitely brighter. I still think back to the tools that Relate NI give both of us."

“ I think it's fair to say that Relate NI definitely saved our marriage but quite possibly saved our lives as well”

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Why Do We Need Your Support?

The Problem...

Healthy relationships are a great asset and are essential to our health and wellbeing, as well as that of our families. However, when those relationships are not healthy, it can be a risk factor to our health. 78% of people in NI agreed that poor relationships can have a negative impact on our mental health.

The Gap...

- Last year we supported over 36,000 people improve their lives through healthy relationships.
- However, 425,000 people in NI alone require relationship support.
- We are currently only helping 1 in 20.
- **We need your help to support the other 19.**



"Before Relate NI I felt like I was drowning, now I can cope with everything so much better" ...

Relationships In The Workplace

Good working relationships enable a support system in the workplace. Trusting each other to work in a team is a priority for productivity in a working environment.

Although with the increase in hybrid working, employees are feeling more isolated, jeopardising the relationships that are essential for the success of your organisation.

We Can Relate...

- We can provide tailored support through our Sustaining Healthy Workplace Wellbeing programme to our partner organisations to assist with improving staff relationships & well-being.
- Employee fundraising can also act as a team building activity & boost morale!

The Start of a Beautiful Relationship....

- We are Northern Ireland's leading relationships support charity and have been for 75 years!
- We will fully support any partnership activities including via a donation platform, merchandise and a dedicated relationship manager - we can Relate!
- Your money will be used wisely - Relate NI have recently been recognised for our Good Governance and won the 2021 'Good Governance Award' as well as Trustee of the Year [Aidan Bennett, Chair] at the C03 Awards.
- We will resource any partnership activity with a detailed Comms Plan, ensuring your organisation is recognised for your important contributions.