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relate

the relationship people

Relate
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Mr Richard Farhall – Clerk
Rye Town Council
Town Hall
Market Street
Rye
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23rd October 2006

Dear Mr Farhall

RELATE South East Sussex Bursary Fund

We ask for the Rye Town Council's support to help severely disadvantaged couples and their children receive much needed counselling as they go through extremely traumatic times in their lives when their relationships and family life are threatened.

The frustrations experienced by these troubled people can often lead to crucially damaging effects on the whole family, with children witnessing and sometimes experiencing domestic violence, alcoholism and drug abuse, resulting in severe problems for them in the future. Feedback has strongly shown that with the help of our experienced counsellors, such a difference can be made to these families, and frustrations and despair can be prevented, replaced by a positive outlook for the future.

The need for an increase in our service in your area has been distinctly identified and funding is desperately needed in order to help these vulnerable people requesting support. We feel that those on low incomes shouldn't be turned away from benefiting from our help, especially as detailed research and demand has shown that an alarming number of people are now suffering from both physical and mental illness because of the anxiety of their troubled relationships. This stress is exacerbated by their financial worries and it is therefore vital that these vulnerable people are helped by taking a great deal of strain from them as we offer them counselling, endeavouring to subsidise the cost of each session, asking them to pay only what they can afford.

In so many cases stress causes not only mental but also physical health problems, in turn creating the inability to work. Those affected are sometimes unable to maintain reasonably paid employment, due not only to the onset of illness but also, in a lone parent situation, having to look after young children at home or finding alternative care with restricted hours, which again they can of course ill afford. So, the vicious circle continues, causing even more distress with negative, illogical feelings taking over. Relate's role is to help these troubled people through their difficulties, allowing them to receive the support necessary to rebuild their relationships either together or – sometimes inevitably – apart, and have the positive unity to deal with these problems. In helping to prevent the downward spiral of illness on top of emotional problems, certainly less medical attention and prescriptions will be required. Mental health issues can very often be caused by bad family situations. Factually, visits to the local GP's by those undertaking counselling has been decreased by 40%, and so our work

in supporting these many financially disadvantaged and vulnerable people is crucial, not only to themselves, but to the community generally.

It is indeed a desperately sad fact that during the last year in this area alone, approximately 700 children have been the victims of a broken home, suffering negative, miserable and isolated feelings. Over the next year, we also aim to extend our new Relateen service, providing counselling for those children between the ages of 11-18 into schools in the area, so helping them to cope with the trauma of their family break up, preventing resultant anti social behaviour, truancy and bullying. Even at this early age, their mental and physical health can be affected, but again without adequate funding, we cannot subsidise this vital service.

With so many who are experiencing severe physical, emotional and financial problems waiting for counselling, our work is becoming increasingly necessary, but we are sadly restricted by lack of funds to support them. During the last year in your immediate area, there were 77 sessions (19 cases) where clients were only able to afford an average of £19 per session. Despite fully trained volunteers, the cost of counselling amounts to £55 per session, leaving a shortfall of £36 per session (£2,772 over the year) so it will be understood how vital it is to receive funding in order to help the waiting list which has been created, otherwise inevitably those most in need will have to be turned away.

Please help us deliver this crucial service. Your consideration to our appeal would be very much appreciated, and if there is any further information you require please do not hesitate to contact us.

Yours sincerely,



Jackie Florey
Bursary Manager
RELATE South East Sussex

TOWN CLERIC NOTE: ON 10 OCTOBER 2005
THE COUNCIL RESOLVED TO CONTRIBUTE
£300 IN RESPONSE TO A SIMILAR APPLICATION
FROM RELATE - SUBJECT TO THE SUM
BEING APPLIED TO BENEFIT THOSE LIVING
WITHIN THE PARISH BOUNDARY ONLY.