

What can you expect?

To be:

- treated with dignity respect
- listened to without judgement
- supported to help make sense of your relationship/personal difficulties

We offer:

- A free, confidential service
- a flexible approach, working around your needs and circumstances
- A personal support plan and regular reviews to ensure progress and your needs are being met
- support to address relationship difficulties, conflict, communication, parenting struggles and coping strategies to manage mental health
- signposting to other agencies for any other specific help
- A worker with training, skills, knowledge and experience who will support you and/or your family.

Relationships Scotland Orkney
1st Floor Right,
Kirkwall Travel Centre,
West Castle Street
KIRKWALL KW15 1GU

01856 877750
enquiries@rsorkney.org.uk
www.orkneycommunities.co.uk/RSO

Office hours:
Monday - Friday
10am - 2pm

Client appointments are available out with these times by appointment

Services are provided free of charge unless otherwise indicated. Our funding comes from a variety of sources. However we also rely heavily on client donations to help with our running costs. Opportunities to make a donation are available at each meeting should you wish to do so.
Any contribution, however small is very much appreciated.

Funders:



Relationships Scotland Orkney is committed to the promotion of equal opportunities in all its work.

Relationships Scotland Orkney is affiliated to Relationships Scotland the national body for counselling, mediation and family support across Scotland

Registered Scottish Charity No SCO23164
Company Ltd by Guarantee 380628



Do you and/or your family need support?

Are conflict or difficulties affecting your relationships?

FAMILY SUPPORT SERVICE

FAMILY CONNECTIONS PROJECT



Family Connections Project

If you have personal and/or family difficulties then the Family Connections project might be a step in the right direction.

Through the Family Connections Project we provide a range of services. These start with your Family Link Worker.

Family Link Worker

The worker can support individuals and family groups. They can provide practical and emotional support with personal and/or family related issues, such as managing conflict, parenting issues, managing mental health and developing strategies to address personal and/or relationship difficulties. They can also make referrals to more specialist services if required.

Examples of support include anger management, coping strategies to manage anxiety and/or depression, and family sessions to explore difficulties and possible solutions.

The Family Link worker can act as a link between family members, other professionals and support agencies.

Play Therapy & Youth Counselling

Services are also available which are specifically aimed at helping children cope with difficulties they might be facing.

This includes specialist support in the form of play therapy and children and young persons counselling.

Both services are delivered by qualified and experienced therapists.

Parenting Apart

Splitting up? Living Apart? Divorcing? Separating?

Do you want to know how to help your children through it all?

You will gain insight into what you and your family are going through and how to handle the transition to living apart in a way that's best for everyone and to make the transition as smooth possible for your children.

Child Contact Centre

If your child needs to see another family member which is difficult to organise due to relationship difficulties, then the **Child Contact Centre** can play a key role.

We can provide a safe, friendly, neutral, and supportive environment where parents and children can spend time together. This is often an important stepping stone towards more secure arrangements for future contact allowing important relationships to continue and grow.

The service can offer:

managed handovers where centre staff oversee the smooth and safe handover of children between parents.

supported contact where centre staff are on hand, if required, to assist and promote positive experiences for parents and their children.

supervised contact is also available where contact requires to be monitored and written reports needed for legal purposes. *(Charges apply and may attract Legal Aid. Check with your solicitor).*

Contact Centre staff are specifically trained and adhere to the standards of the Scottish Code of Practice and Quality Assurance Framework.