

Your sister.
Your cousin.
Your classmate.
Your dad.
Your colleague.
Your grandma.
Your student.

**Let's Get the Conversation
Started...**

Healthy Relationship Toolkit

Created in partnership with

Hestia's Royal Borough of Kensington and Chelsea (RBKC)

Integrated Mental Health Service, The Grove Centre's

Relationship Group

#WHATICANDO



ABOUT THE TOOLKIT

Healthy Relationships are important.

As humans, the relationships we form with other people are vital to our mental and emotional well-being.

As adults, it is not often we get to talk about healthy relationships but when we do, we walk away safer, stronger and with more confidence.

The Healthy Relationship Toolkit, explores many of the different types of relationships we have as adults and pays particular attention to intimate partner relationships. The toolkit provides an opportunity to explore the onset and impact of abuse within a relationship - exploring both overt abuse and coercive and controlling behaviour. The toolkit goes on to provide the opportunity to discuss consent and how to ask for help if have experienced domestic abuse or sexual violence.

The Healthy Relationship Toolkit has been developed in partnership with Hestia's Grove Centre's Relationship Group, in the Royal Borough of Kensington and Chelsea (RBKC) Integrated Mental Health Service, It is to be used to start the conversation around healthy relationships and consent in residential and community groups.

The Healthy Relationship Toolkit is designed for all adults. For men, women and those who identify as non-binary.

SAFEGUARDING

We know how important the feeling of connectedness is, and how beneficial it is for people's wellbeing and recovery. UK SAYS NO MORE and Hestia have developed this toolkit to support people with care and support needs. The conversations help those to consciously think about relationships that they may have, or want to have, and to be able to reflect on what is a healthy relationship.



In line with the Care Act 2014, We believe in the principle that the 'person knows best,' we actively encourage self-determination, so people maintain independence and have real choice and control in their lives, whilst ensuring that service users are safeguarded.

ABOUT UK SAYS NO MORE

UK SAYS NO MORE is a national campaign, facilitated by the London Charity Hestia. The campaign launched in early 2016 with the aim to raise awareness of domestic abuse and sexual violence across the UK.

UK SAYS NO MORE unites and strengthens a diverse community of members under one powerful, visual symbol, and provides open-source tools, information and resources for individuals and organisations to get involved.

Together, we are challenging the myths and misconceptions around domestic abuse and sexual violence, sharing resources and information and ultimately working together to make real positive social change.

ABOUT HESTIA

Our approach is based on a single principle: in order to add real value to people's lives it is essential that we work with them as equals. Our expertise and experience of working with people on their recovery journeys is valuable, and we believe this gives us a great deal to contribute. Without imposing our ideas. After all, our service users are the experts in their own lives and this toolkit has been designed to enable them to use their expertise in a structured way to create healthy relationships.

Our experience, enables us to maintain hope for recovery. Against common misconceptions, it is our view that people are not trapped as a consequence of traumatic past experiences, their circumstances, or by labels imposed on them by other organisations. Instead we believe in the healing power of positive human connections and endeavour to develop therapeutic relationships that empower, and to facilitate our service users to create their own sustainable, healthy relationships.

Everything Hestia's work encompasses, every value, behaviour, action and attitude, is solely for the purpose of helping us more skilfully unlock the potential of our service users so that they are empowered to forge their own recovery and can create fulfilling lives of their own choosing.



Tips for Healthy Group Work

Planning: Preparation is key. Ensure that you have a space to meet booked in advance, preferably the same location and at the same time each week. If you do have to change - make sure everyone knows as soon as possible.

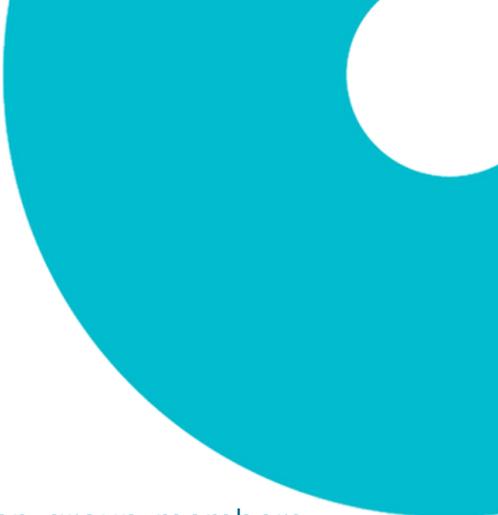
Who to invite: For some group members it's important that they are able to attend, or have the option of attending, a single-sex group to have discussions around healthy relationships and consent. It is also important to note that in some cases mixed-sex groups are fine too. The Grove Centre's relationship group is a mixed-sex group and they have felt that this has been an important part of the success of the group

Communication: As a group it is important to agree on a number of aspects. For example; the purpose of the workshop, how the sessions will be delivered, will there be any visitors and to agree on a group lead. The group lead is someone to talk to about practicalities of the group such as refreshments, venue, health and safety and where the bathroom facilities are.

Facilitation: It is a great idea to have two facilitators and if you're delivering the workshop to all gender identities it is a good idea to have the facilitators to be different genders to accommodate the needs of all participants.

Ground rules: Agree on a set of ground rules together. These can range from turning your mobile phone on silent to agreeing that anything (besides allegations of abuse, crimes or safeguarding concerns) should remain within the group - this is an important step in creating a safe space.

Creating the right environment: Ensure that all group members are aware of what you'll be discussing this week. TIP: Print out a couple of the open questions you may ask as part of the discussion in advance, for group members to use in preparation - we've all had that moment when we're called upon to answer, and our minds go blank.



Engaging attendees: Each group will form its own personality, with some members confidently sharing their thoughts whilst others may be much quieter. It's really important for the facilitators to encourage all group members to participate and share. TIP: Ask each member the same question every week, or allow each member a chance to choose a question from the sheet and prepare their answer.

Time Frame: Be clear and upfront about the length of each session, allowing time for welcoming the group, breaks and closing the group. This toolkit will work well in a 90 min session, allowing for 15 mins to welcome the group and a comfort break in the middle.

Group Format: Allow for a lead facilitator to lead the group in discussion and a second facilitator to manage time. The Healthy Relationship Toolkit has been designed in such a way that it enables conversations. The lead facilitator should allow the discussion to evolve, as it is the comments that ignites responses from one another.

Peer Support: When group members share personal issues or difficulties, it is useful to wait for other members to respond. The care and support they show each other in this particular group has had more positive impact than feedback from staff. This element is twofold as it develops future leaders for the Relationship Toolkit, moving us closer to co-facilitation of the group.

Evaluation and Planning: The Relationship Toolkit has 12 sessions. Towards the end of the cycle ask participants to consider if there are any points of discussion that have arisen from any of the sessions that they'd like to revisit, or perhaps decide a new discussion point. Gathering feedback is an important part of the group's journey and enables you to co-produce the next cycle of sessions.

Before we begin...

Our mental health and well-being are intricately connected to our personal relationships. You could say that the more closely we are connected to the people we love, the happier we feel and the more personal satisfaction we have in our lives. Some people will say that the moments that they connected and shared enjoyment with their loved ones, are some of their most important life experiences.

These important relationships not only include family and personal friends, but also the wider groups and communities we belong to. Forming connections and a sense of community with work colleagues, neighbours and the various groups that make up our identity (such as sports, hobbies, religious and community groups), all contribute to our well-being. Forming a sense of belonging with other people around a shared mission or identity is a major contributor to our sense of personal meaning in life.

Our personal resilience is interwoven into the resilience of the communities in which we belong. It is from the web of our relationships and connections with other people that we draw our strength. Such communities can lift us when we are down and give us the capacity to deal with whatever challenges come our way. However, creating and maintaining happy personal relationships and belonging to positive communities is not straightforward.

Building and Maintaining Good Relationships

Continuing to learn, discuss and explore how to build and maintain good relationships will not only enable us to more engaged and committed to any relationship we approach, but it allows us to feel confident in the boundaries that we've set.

A great way to start, is getting to know yourself. Ask yourself what do you like? What you like to do? What is important to you? What do you enjoy in other people - their humour, their story telling, their passion for a hobby or a sport perhaps?

Difficult Relationships

Occasionally, we come into contact with someone that we simply cannot relate to. But, for the sake of our work, it's essential we maintain a healthy relationship. When this happens, we can make an effort to get to know the person and make the first move to improve the relationship by engaging them in a genuine conversation.

One way to achieve this is to try not to be too guarded. Ask them about their background, interests and past successes whilst offering yours. Instead of putting energy into differences, focus on finding the things you have in common.

Just remember - not all relationships will be great, but we can make sure that they are, at least, workable!

Building and Seeking Healthy Relationships

In a healthy relationship both people should feel safe, secure and heard. The relationship should enable both people to be the best version of themselves. Communication is central to the development of a healthy relationship.

Good communication, is open and honest. It is as important to listen with empathy as it is to be heard. It enables both people to be equal, to share their ideas, hopes and aspirations.

Tips for Good Communication:

1. Be a good listener, allow the person to have your attention - put down your phone, turn off the TV and look at each other.
2. Having empathy is important. Empathy means seeing things from the other person's point of view or 'putting yourself in their shoes'.
3. Be encouraging and show interest. Ask questions, encourage people to continue in what they're doing, show appreciation for what has already been done.
4. Be aware of the other person's emotions. Are the questions you're asking making the person uncomfortable? Is this conversation topic a little too much? Is it causing offence?
5. Understand your body language. Are you frowning as you listen? Are you ready to leave, looking at your watch or phone repeatedly? Over 70% of all communication is through body language.

Why Have Good Relationships?

Human beings are naturally social creatures - we crave friendship and positive interactions, just as we do food and water. So it makes sense that the better we feel about our relationships the happier and more productive we're going to be.

Good relationships provide us with several benefits such as; support, comfort, laughter, an opportunity to share ideas and knowledge, collective successes and most importantly they make life more enjoyable.

What's more, having a healthy relationship give us freedom and confidence.

The following sessions are set to create conversations around intimate topics as an outlet for group members who may not have the opportunity to discuss these topics in everyday life. Before we get into the workshops, we shall see why it's important to have good relationships, and how to strengthen relationships with people we may not naturally get on with.



Defining a Good Relationship

There are several characteristics that make up good, healthy relationships:

Trust - This is the foundation of every good relationship. When you trust the people you are in contact with daily you form a powerful bond that helps you communicate more effectively.

Mutual Respect - When you respect people's values, opinions and personality they should value yours. Working together, you can develop solutions when things go off track

Mindfulness - This means taking responsibility for your words and actions. Those who are mindful are careful and attend to what they say and they don't let their own negative emotions impact the people around them.

Welcoming Diversity - People with good relationships not only accept diverse people and opinions, they welcome them. For instance, when your friends and colleagues offer different from yours, you take the time to consider what they have to say and factor their insights into your decision making.

Open Communication - We communicate all day, the better and more effectively you communicate with those around you, the richer your relationships will be. All good relationships depend on open, honest communication.

Visit the UK SAYS NO MORE website for more information



WORKSHOP PLAN

Each session is designed to enable a thoughtful group discussion. The toolkit is designed to be flexible and can be shaped to meet the needs of any group.

We've included information and resources on healthy relationships and consent and we would recommend that the group facilitators have a good understanding of domestic abuse and sexual violence and what support is available.

- SESSION 1** **Family**
What does this word mean to you? Many people consider others who are blood related as "family". Does this word encourage a higher level of relationship?
- SESSION 2** **Communication**
How important is this in your relationships? Whether with family, friends or staff? Are you sure that you are understanding the point of view of others? Are you sure they are understanding your point of view?
- SESSION 3** **Commitment**
Is it important to be committed in your relationships with people?
- SESSION 4** **Dating or "courting"**
What about this would appeal to you? What would make you want to date someone? How would you approach this? What are the fears about dating a partner?
- SESSION 5** **Marriage and Civil Partnerships**
Does this still have meaning in today's culture? How important is this to you and your future? What would make you share your life in vows with another person?
- SESSION 6** **Attraction**
What elements in a person interest you? Is it necessary to be attracted to someone to have any form of relationship with them? Does attraction wear off? What happens then?

SESSION 7

Abuse

What to do when a partner of a loved one abuses them. What if you are being abused?

SESSION 8

End of life

Many of you may know people who were here this time last year but are no longer with us now. How do you cope when the people in your relationships have died?

SESSION 9

Faith

Faith can be a huge thing in people's lives, even when we do not acknowledge it. Can faith help you in your relationships?

SESSION 10

Cultural Differences

What are some of the issues that can arise as a result of coming from different cultures?

SESSION 11

Friends With Benefits

Are you wondering what 'friends with benefits' actually means? In order to make a 'friends with benefits' relationship work, it is important to understand what kind of casual connection it is and what it truly means and entails.

SESSION 12

Happiness

Do you believe you deserve happiness? What does this look like for you?

Review

Let's have a look at the past few weeks and think about what we want to discuss next time



SESSION 1

FAMILY

"Family" isn't defined only by last names or by blood; it's defined by commitment and by love.

It means showing up when they need it most. It means having each other's backs.

- Dave Willis, Author, The Naked Marriage

Conversation prompts:

- What does this word mean to you?
- Many people consider others who are blood related as "family"
- Does this word encourage a higher level of relationship?
- How did your upbringing impact your relationships with people?
- Can you share what you felt you learnt from your family or the people who raised you as you grew up?
- What lessons have you learnt from the family who raised you that you can use in your relationships in the future?

"If you keep giving up on people, you are going to miss out on something great. If you stop caring you miss out on opportunities,"

- *A.A., group member

SESSION 2

COMMUNICATION

Words are singularly the most powerful force available to humanity. We can choose to use this force constructively with words of encouragement, or destructively using words of despair. Words have energy and power with the ability to help, to heal, to hinder, to hurt, - to harm, to humiliate and to humble.

- Yehuda Berg, Author, "Power of Words", HuffPost

Conversation prompts:

- "The most important thing in communication is hearing what isn't said." How important is listening?
- How important is communication in relationships?
- Often, people think that communication happens through words. In what ways can we communicate?
- What issues or factor can make it harder to communicate?
- How can we communicate better within relationships and society?



SESSION 3

COMMITMENT

Freedom is not the absence of commitments but the ability to choose and commit myself to what is best for me.

- Paulo Coelho, Author, "The Zahir"

Conversation prompts:

- What does commitment in a relationship look like?
- How important is it to you to be committed in our relationship?
- Can a relationship work if you are not committed?
- Has anyone given up on a relationship? Whether with a spouse or family friend?

"The relationship group is a vital setting for us to open up and talk about subjects that we usually don't talk to other people about. Unless you open up, then you don't know how it will help you. Respect and trust is vital in that. Otherwise you kill people's pride."

- *George, group member

SESSION 4

DATING AND COURTING

Mind may make business relationships: Heart does make personal relationships: beautiful soul only makes sustainable and happy relationship. The choice is all ours.

- Anuj Somay, Civil Engineer

Conversation prompts:

- What are the feelings or emotions you go through when on a first date?
- Do you look for perfection when looking for a partner, or even in your relationships with friends and families?
- What are you willing to put up with?
- How open minded are you when meeting a new partner?

The Dating Game

Do's and Dont's in Dating

Who pays for the first date? / Who makes the first move? / Should we go halves? / Should you go for it or wait? / Do you pretend to be someone you think they would be interested in? Or be yourself? / Do you drink alcohol on the first date? / Do you get drunk? / Do you talk about your past experiences/relationships?

TIP: It's a great idea to keep revisiting the The Dating Game, as through the course, answers to these questions may change and new challenges brought forward.

SESSION 5

WHAT'S MARRIAGE AND CIVIL PARTNERSHIPS GOT TO DO WITH IT?

The real act of marriage takes place in the heart, not in the ballroom, church or synagogue. It's a choice you make - not just on your wedding day, but over and over again - and that choice is reflected in the way that you treat your husband or wife.

- Barbara De Angelis, American Relationship Consultant

Conversation prompts:

- Does this still have meaning in today's society?
- How important is this to you and your future?
- What would make you share your life in vows with another person?
- What are the religious implications of marriage?
- What happens when marriage means blending families?

"You are left with your own false expectations. But, by discussing it, it helps you to deal with things that are not fulfilled."

- *Paul, group member

SESSION 6

WHAT'S ATTRACTION GOT TO DO WITH IT?

What you think, you become.
What you feel, you attract.
What you imagine, you create.
- Unknown

Definition of Attraction:

The action or power of evoking interest in or liking someone or something:

“The timeless attraction of a good tune”

Conversation prompts:

- What are you passionate about?
- What's your favourite thing to do on the weekends?
- How important are looks in attraction?
- What's something you're bad at?
- What do you usually do to express your love for someone?
- What qualities do you find attractive in others?

“People here in the group want to listen because they identify with you.”

- *Raymond, group member

SESSION 7

UNHEALTHY RELATIONSHIPS

It is important to remember that no relationship is perfect, and that no two relationships will be the same. This applies to both romantic relationships, friendships or professional relationships, such as with those that you work with or volunteer with. For the most part, a good relationship makes you feel secure, happy, cared for, respected, and free to be yourself. Unhealthy relationships, sometimes referred to as 'toxic relationships' are the ones that make you feel drained, depleted, and sometimes even distraught.

It is also important for all of us to regularly take a moment and consider how healthy our relationships are. In doing so it helps us identify any behaviours that could be abusive, dangerous or causing harm.

There are a number of ways to undertake health checks on our relationships such as:

- We talk about what happens within our relationships. Talking to a friend, a family member, a trusted professional or colleague about what is happening in your relationship can be a really helpful way of affirming that the relationship, or behaviour within it, are not healthy for you. If you're afraid or scared of your partner, it is important that you tell someone,

such as the police, a trusted professional, your friend, family member or colleague. Take a trusted relationship assessment quiz. We find these online, in magazines or in Hestia's free to download Bright Sky App.

- We look to others to provide examples of what healthy relationships look like.

On the following page is a list of behaviours that can be used to help identify if they are in an abusive or unhealthy relationship. 1 in 3 women and 1 in 6 men could experience domestic abuse in their own intimate partner relationships and it is estimated that just under a million children witness domestic abuse in their family home each year. It is likely that a member or members of the group could be, or are still, enduring domestic abuse., Being aware of local specialist domestic abuse services is important, as you could use this session of the course to introduce them. engage them in this session of the course and if anyone makes a disclosure it is important that you contact them together with the group member.

We don't fall in love with abusive or violent people, we fall in love with a person who shows interest in us, in our hopes, dreams and sometimes the things that make us scared. But they change!

*Paulette described how domestic abuse starts in a relationship and why it's so difficult to see the early signs -

"It's like, when a friend asks to borrow £2 on a Monday, to buy some milk you say okay. On Tuesday they ask for £2 to buy some sugar and it continues like this throughout the week. On Sunday, they ask to borrow £2 again. When you look back over the week, you've lent them over £20. However, you know that if they asked for £20 on Monday you would have said no."

Relationship Assessment: Are You in an Unhealthy Relationship?

Understanding these behaviours can help you figure out if you're in an unhealthy or dangerous relationship. Many times these behaviours are used to gain power or control and can have a negative impact on your well-being or day to day life. In some cases, these unhealthy behaviours can escalate to violence. If you feel like something might be off in your relationship, trust your gut and get help.

INTENSITY Yes No

Having really extreme feelings or over-the-top behaviour that feels like too much. Examples are rushing the pace of a relationship, always wanting to see you and talk to you, and feeling like someone is obsessed with you.

JEALOUSY Yes No

An emotion that everyone experiences, jealousy becomes unhealthy when someone lashes out or tries to control you because of it. Examples can be getting upset when you text or spend time with people your partner feels threatened by, accusing you of flirting or cheating, being possessive over you or even going so far as to stalk you.

MANIPULATION Yes No

When a partner tries to influence your decisions, actions or emotions. Manipulation is not always easy to spot, but some examples are convincing you to do things you wouldn't normally feel comfortable with, ignoring you until they get their way, and using gifts and apologies to influence your decisions or get back in your good books.

ISOLATION Yes No

Keeping you away from friends, family, or other people. Examples can be when your partner makes you choose between them and your friends, insisting you spend all your time with them, making you question your own judgement of friends and family, and making you feel dependent on them for money, love or acceptance.

SABOTAGE Yes No

Purposely ruining your reputation, achievements or success. Examples can be making you miss work, school or practice, keeping you from getting school work done, talking about you behind your back or starting rumours, and threatening to share private information about you.

BELITTLING Yes No

Making you feel bad about yourself. Examples can be calling you names, making rude remarks about who you hang out with, your family or what you look like, and making fun of you – even if it's played off as just a joke.

GUILTING Yes No

Making you feel guilty or responsible for your partner's actions. Examples can be making you feel responsible for their happiness, making you feel like everything is your fault, threatening to hurt themselves or others if you don't do as they say or stay with them, pressuring you to do anything sexual you're not comfortable with.

VOLATILITY Yes No

Unpredictable overreactions that make you feel like you need to walk on eggshells around them or do things to keep them from lashing out. Examples can be mood swings, becoming violent or shouting, threatening to hurt you or destroy things this could include pets, and making you feel afraid of them.

DEFLECTING RESPONSIBILITY Yes No

Making excuses for their behaviour. Examples can be blaming you, other people or past experiences for their actions, using alcohol or drugs as an excuse, using mental health issues or past experiences (like a cheating ex or divorced parents) as a reason for unhealthy behaviour.

BETRAYAL Yes No

When your partner acts differently with you versus how they act when you're not around. Examples can be lying to you, purposely leaving you out or not telling you things, being two-faced, acting differently around friends, or cheating while in a relationship with you.

SESSION 8

LOSS

No person is truly alone.

Those that live no more, whom we loved, echo still within
Our thoughts, Our Words, Our Hearts.

- Unknown

Conversation prompts:

- Have you experienced loss?
- How have you been able to process this?
- How has this impacted on your relationships with other people?
- What about the experience of loss on your loved ones? What impact has this had on them and have you been able to help?



SESSION 9

FAITH

Faith is like Wifi, It's invisible but it has the power to connect you to what you need.

- Unknown

Faith can mean:

Complete trust or confidence in someone or something - "This restores faith in politicians."

or

Strong belief in the doctrines of a religion, based on spiritual conviction rather than proof - "Bereaved people who have shown supreme faith."

Conversation prompts:

- Faith can be a huge thing in people's lives, even when we do not acknowledge it. But can it help you in your relationships?
- There are many different religions, each is unique in their own way but they all share a similar understanding of the concept of faith.
 - How do you manage relationships with people from different faith or religious backgrounds?
 - Should your partner to respect your faith?
 - Is it okay to adopt your partner's faith or religion?

"It's like therapy. It's like you are talking to a group of friends."

- *Saira, group member

SESSION 10

CULTURAL DIFFERENCES

Cultural differences should not separate us from each other, but rather cultural diversity brings a collective strength that can benefit all of humanity.

- Robert Alan, Writer, Artist, Social Activist

We live on an island, in one of the most diverse cities in the world. In the 2011 census, London had a population of 8,173,941. Of this number, 60% were White British or White, 13% Asian British or Asian, 13% Black British or Black and just under 5% were mixed race, 1.5% Arab and a further 7.5% identified as other ethnicities. 37% of London's population was born outside of the UK and of that 24% were born outside of Europe. Amsterdam is the most diverse city in the world with over 177 nationalities, communities and cultures represented. London is ranked no. 10, below are some of London's larger communities (arranged in alphabetical order):

Arabs / Bangladeshi / Chinese / German / Ghanaian / Greeks / Indians Irish / Jamaicans / Japanese / Koreans / Lithuanians / Nigerians Pakistanis / Polish / Thai / Turkish

Conversation prompts:

- What are the best aspects of having relationships with someone from a different country or community/culture?
- What are some of the issues that can arise as a result of coming from different cultures?
- Is there a way to build bridges in relationships regardless of the person's cultural background?
 - How do you keep your boundaries if you have a relationship with someone who is doing things you do not agree with based on the differences in culture?

SESSION 11

FRIENDS WITH BENEFITS

They're my best friend. I love them but I am not in love with them. There is a difference.

- Unknown

Are you wondering what friends with benefits actually means? Perhaps you've heard the term come up in movies and TV shows, have seen the acronym FWB or are simply trying to figure out if it's the right kind of relationship for you. Whatever the case may be, in order to make a friends with benefits relationship work, it's important to understand what kind of casual connection truly means and entails.

But what is a friends with benefits relationship? In the most basic sense, a friends with benefits relationship is one in which two people are physically intimate with one another, yet they're not committed to each other in any way. In other words, people involved in a friends with benefits relationship clearly enjoy spending time together and having sex, but their relationship isn't romantic and has no strings attached.

Conversation prompts:

- If you desire someone is it wise to let them know straight away or become friends first?
- What if you only start to desire someone after you are friends with them?
- Is it possible to have intimacy with a friend and to still maintain a platonic relationship?
- What could be the issues that arise from this?
- How do you manage situations when you see someone you are no longer in a relationship with?

SESSION 12

HAPPINESS

...Find out where joy resides, and give it a voice far beyond singing.
For to miss joy is to miss all.

- Robert Louis Stevenson, Author, "Across the Plains"

Conversation prompts:

- Do you believe you deserve happiness?
- What does this look like for you?
- Do you believe other people are essential to your happiness?
- What about bringing happiness to others?
- Do you feel responsible for anyone else's happiness?

"The true test is, we keep coming back here. We have a few people that come to all the sessions."

- *Daisy, group member

WORDS FROM STAFF

"We have found that the most important factor in the success of the group is the peer support aspect. Members learn from each other's experiences and staff are really only on hand to facilitate or steer the discussions and this is how members like it. They want to hear from their peers and learn from their lived experiences"

- Delo, Group Facilitator

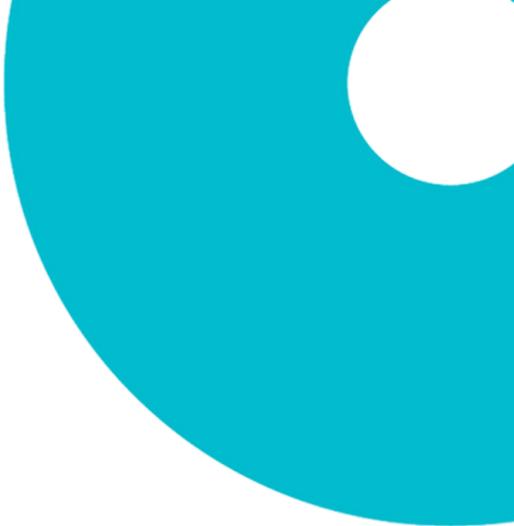
"This group has been very successful as it creates a safe space to talk about relationships which is often a topic that is overlooked within day centre services when supporting people's recovery. We noticed that it was an area that kept arising in individual key working sessions but not addressed in a group. When we brought this up with members we found that they were keen to have a group in which they could discuss relationships with people who may have had similar experiences"

- Carmel, Activity Coordinator

THANK YOU

Thanks to members of the Grove's Relationship Group who have contributed to this toolkit. We would also like to thank members who have granted us permission to use their photos.

*names have been changed



TIP: It is a good idea to be prepared to talk about practising consensual safe sex. Increase your knowledge of STIs and support available online at brook.org.uk

TIP: Download the Bright Sky App from Google Play or the Apple App Store for information on how to support a victim of domestic abuse but, most importantly how to refer and engage with a specialist support service.

TIP: Learn more and get involved at uksaysnomore.org

ORGANISATIONS

The following organisations specialise in the themes covered in the workshop plan. If viewing this toolkit online click their names to visit their websites:

[UK SAYS NO MORE](#)

uksaysnomore.org

A nationwide campaign seeking to unite and strengthen the community to actively take a stand against domestic abuse and sexual violence.

[Relate](#)

relate.org.uk

A nationwide counselling services for every type of relationship

[Barnardo's](#)

barnardos.org.uk

A children's charity that protects and supports the UK's most vulnerable children and young people.

[Home Start](#)

home-start.org.uk

A local community network of trained volunteers and expert support helping families with young children through their challenging times

[Hestia](#)

hestia.org

A charity supporting adults and children across London in times of crisis, ensuring everyone within their care is equipped with the tools they need.

[Winston's Wish](#)

winstonswish.org

Advice and guidance on supporting a bereaved child or young person

[Samaritans](#)

samaritans.org

Providers of emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland

[The Loss Foundation](#)

thelossfoundation.org

Providers of bereavement support following the loss of a loved one to cancer

Family Action

family-action.org.uk

Providers of practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across the country.

Cruse Bereavement Care

cruse.org.uk

Face-to-face, telephone, email and website support for bereaved people

Mind

mind.org.uk

Providers of advice and support to empower anyone experiencing a mental health problem.

Action for Happiness

actionforhappiness.org

Brings together like-minded people from all walks of life and supporting them to take practical action to build a happier and more caring society

Self Care Forum

selfcareforum.org

Furthers the reach of self care and embeds it into everyday life

The Happy Newspaper

thehappynewspaper.com

A newspaper to celebrate all that is good in the world

Get in Touch

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