

Revitalise your relationship with Relate North East

If you are worried about the effects that retirement, getting older or children growing up might have on your relationship, talking to one of our friendly and professional counsellors can help.



“Retirement wasn't the source of excitement I had expected. We ended up drifting apart and I felt a sense of loss for my previous life. When a friend suggested Relate I wasn't sure, but the sessions have really helped”

Jane Relate Client

Retirement affecting your relationship

Life can present you with different challenges that you may not expect when you retire. You might have extra time on your hands, or have different views on what retirement should mean, for example if one of you wants to start an exciting new life and the other is looking forward to a nice rest!

Our counsellors understand that things can change when you retire and can help you regain the balance in your life. Counselling can encourage better communication and support you in building a better relationship together.

Support for older families

Your family might be facing different kinds of challenge to younger families. You might not feel as close to your grown up children, your relationship with your family may be affected by the break up of your child's relationship, or perhaps with access to your grandchildren.

Relate can offer support for a wide range of family relationships, whether we see family members together or if you come on your own. Our counsellors don't judge, take sides or tell you what to do, but they will help you to talk about what's going on and make sure everyone has an equal say.





Improving your sex life

Although sex should be an enjoyable part of life, we know most people encounter sexual problems at some stage. These may include loss of desire, erectile dysfunction, pain, ejaculatory problems or lack of orgasm. Our trained sex therapists

understand that you might feel embarrassed and will help you to talk openly. We will help you find the cause of the issue and will design a programme of exercises for you to do privately at home. Sex therapy is appropriate whether you are in a relationship or single.

Coping with separation or loss

If you have lost a partner or have been through a separation, we understand that it can be tough to move on with your life after many years of being with the same person.

Relate can offer you positive support

by listening and helping you to find a way forwards at your own pace

“We have been married 35 years and Relate has helped us in every decade of our marriage. At different times we’ve faced relationship problems, sexual difficulties and ultimately huge lifestyle changes after retirement – all of which we have worked through with the help of Relate.”

John Relate Client

Long term illness

A long term illness can have a huge effect on both your couple relationship and family dynamics – especially if family members become carers. Talking to Relate can help you cope with the changes to your relationships and find a way to move forward together.

Relationships aren't always perfect - Relate can help

Relate North East deliver face to face, telephone, email and Skype counselling.

Face to face counselling is available in Darlington, Durham, Hartlepool, Middlesbrough, Northallerton, Pickering, Scarborough and Sunderland.

To make an appointment please call us on 01325 461500 or email counselling@relatenortheast.org.uk.

More details can be found at www.relatenortheast.org.uk.

Relate is an LGBT friendly organisation and our counsellors are trained to be aware of the role of cultural background in relationships.

Relate North East are an independent charity and receives no statutory funding. We do have to make a charge for our services and this will be explained when you call.