



# relate

the relationship people

Relate is a member of the British Association for Counselling and Psychotherapy (BACP), The College of Sexual and Relationship Therapy (COSRT) and the Association for Family Therapy (AFT) and works within their codes of ethics. "Working to promote health, respect and justice in couple and family relationships"

### How to contact us:

If you or a family member are living with or are recovering from Prostate cancer and would like to meet a Relate counsellor, you can ask your cancer nurse, doctor or your GP to refer you. Or you can contact us direct.

### All sessions are free to people having counselling from Relate North East

Relate North East cover the area from Sunderland to Scarborough with counselling delivered in Darlington, Durham, Middlesbrough, Scarborough and Sunderland. We can also deliver counselling by telephone or Skype if getting to one of our centres is difficult. If you live or work in our region give us a call to arrange an appointment.

[counselling@relatenortheast.org.uk](mailto:counselling@relatenortheast.org.uk)

**01325 461500**

[www.relatenortheast.org.uk](http://www.relatenortheast.org.uk)

West Lodge, West Crescent, Darlington, DL3 7PS

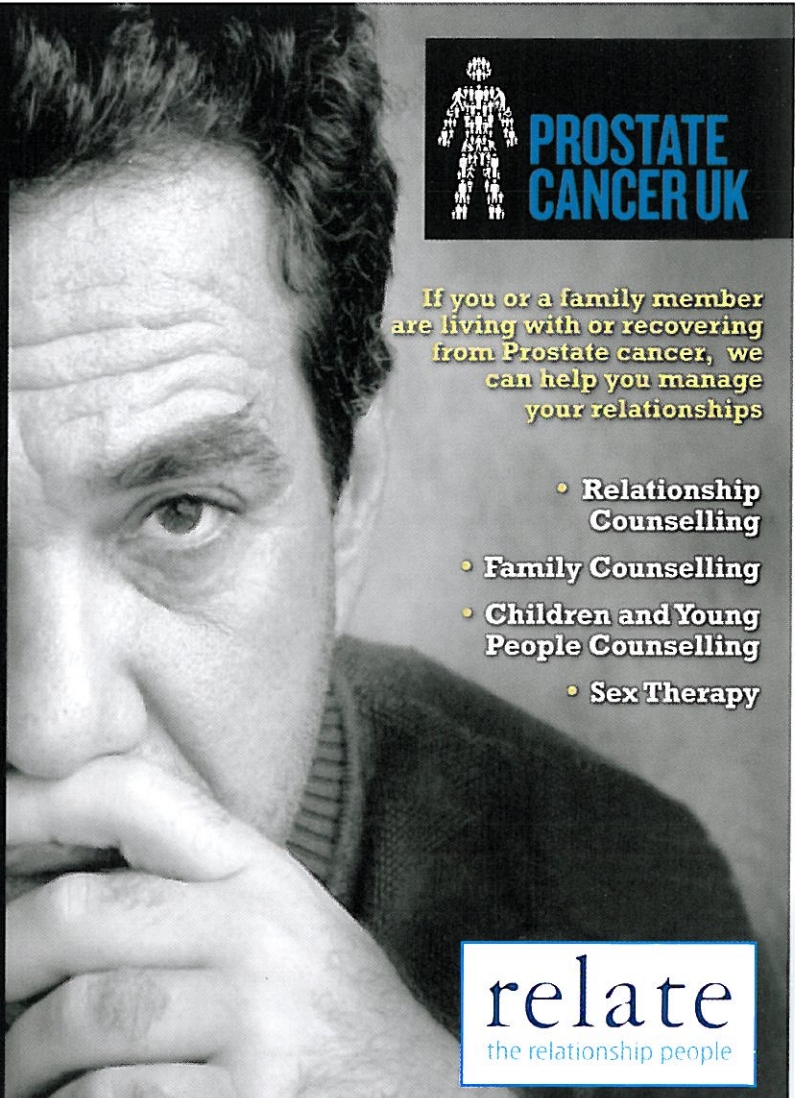


**PROSTATE  
CANCER UK**

**If you or a family member are living with or recovering from Prostate cancer, we can help you manage your relationships**

- Relationship Counselling
- Family Counselling
- Children and Young People Counselling
- Sex Therapy

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## Cancer and its treatment can have a big impact on your relationship with your partner and family and on your sexual relationship too

### Emotional impact

Prostate cancer has an emotional impact on every man living with it and on partners, family members and friends too. Everyone finds their own ways to deal with things, but there's support that can help.

### Getting support

Before, during and after treatment, a lot of men find it useful to get some support for the emotional side of things. And so do partners and family members.

Your first reaction might be "I'll find my own way to cope, thanks." And you're right, everyone finds their own way to deal with things. But sometimes outside help can be useful.

Prostate Cancer UK is working with Relate Bedfordshire and Luton to offer free confidential relationship, family and young people counselling and sex therapy.

A lot of men find speaking to a counsellor useful. Counsellors are trained to listen, help you to understand your feelings and find your own answers.

Relate counsellors are understanding and professional and have had extra training in Prostate cancer awareness to ensure they can offer you the best possible support.

***"After I was diagnosed with cancer we seemed to fall apart as a couple, just when we needed to be there for each other. Having someone to help talk things through was a lifeline."***



The Relate counsellor can meet you alone, with you and your partner or with other family members including children, parents or siblings to help talk you through:

- Changes and problems with relationships because one of you has cancer
- Difficulties talking to and supporting each other
- Problems talking to children, parents and other relatives about cancer
- Challenges in getting "back to normal" as a couple or family, when treatment is finished
- Problems with sexuality resulting from surgery, treatment, altered body image, tiredness or anxiety

Relate offers confidential counselling and will not normally give your name or any information about you to anyone outside the organisation unless we have reason to believe that someone, especially a child, is at risk.

