

Respect For All Counselling

12 The Stroud, Alkrington,
Middleton, M24 1RA
<http://www.respectforall.org.uk>

Registered Charity no.1129953

0790 222 3743

Respect for All is a counselling service developed by people who have experience of learning disability, Asperger, autism spectrum conditions, and of life as a carer. It has been developed by people who have experienced these in their own personal or professional lives.

We have counsellors with a range of skills and experience, and aim to match these with people who use the service.

We offer a service to both children and adults, and can work with more than one family member in a way that suits people's needs.

We will travel to a place that suits the client. This may be someone's home or a place like a day service or school, Aspirations, and Talbot House.

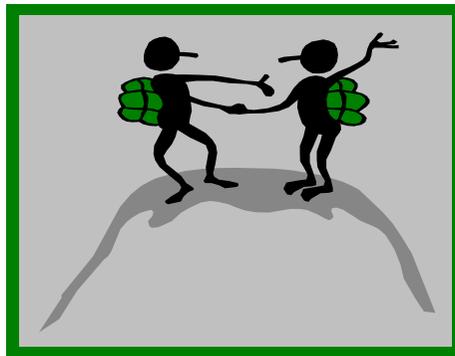
What is Counselling?

- A confidential one-to-one relationship of trust and respect
- Where you can talk about your concerns and feelings, knowing that you will be respected, not judged
- An opportunity to understand how or why you are feeling or reacting in a certain way
- Where you can work out what to do
- Where the counsellor may give you information relevant to what you are experiencing (e.g. what happens when we experience loss and change, relaxation, stress and anxiety management, how people have lived with Aspergers, and other sources of help)
- Where you know that someone listens and cares



What happens if I want Counselling?

- Contact our Co-ordinator on 0790 222 37 43, or through the website. You can leave a message, and she will reply, and ask for some details that will help with allocating the work. We aim to offer sessions at a place that suits the client, including home visits.
- A counsellor will contact you to arrange your first session.
- At the first session, the counsellor will ask you to say what you want from counselling, and explain how he or she works.
- We normally offer up to eight sessions.
- Your GP may be able to arrange funding for you. We also have some charitable funding. Any contribution from clients or their families is most welcome.



Respect for All can offer the following services:

- *One-to-One Counselling and Play Therapy*
- *Professional Supervision to people working in other settings*
- *Group work with people in our client group*
- *Staff support and counselling for staff who are encountering stress and loss (e.g. client death) in the course of their work*
- *Talks and workshops about the issues covered by our work, for training or fundraising purposes*



What people say about Respect for All Counselling

- 'I enjoy it' **Young Carer**
- 'It helped my daughter to be herself' **Carer**
- 'I have more confidence' **Learning-disabled Client**
- 'It has kept me going' **Learning-disabled Client**
- 'I particularly valued the mixture of practical tips and information about Aspergers, and the signposting to other sources of help' **Carer**
- 'It helped me to cope with high frustration levels' **Carer**
- 'It has made a huge difference' **Referrer**
- 'I have more tools to improve my life'
Young Learning-disabled Client
- 'It opened my eyes a bit, to see my own life'
Autism Spectrum Client
- 'I can now deal with my grief because I think happy thoughts about my parents' **Learning-disabled Client**
- 'Life as a whole has changed dramatically. It is great now' **Young Carer**
- 'I felt safe and relaxed' **Carer**
- 'I have felt more confident to take responsibility'
Autism Spectrum Client