

Family Connections Project

The Family Connections Project provides relationally focused support for families including children, parents, relatives, friends and professionals who have a contribution to make to family wellbeing. The Family Link Worker will help identify the family's strengths and enable them to work together to find solutions to their family problems.

The key focus on strengthening family relationships will help build capacity within families so they are better able to cope with the transitions and difficulties of parenthood, using nurturing approaches to parenting, co-parenting and relationship mentoring.

Additional Resources are available through the project which include specialist support in the form of **Play Therapy** and **Children and Young Persons Counselling**.

Where there are difficulties caused by alcohol or substance misuse, our **Substance Misuse Worker** is able to provide specialist support for children and families whose lives and family relationships have been affected.

Effect on children

Research indicates that exposure to relational discord can manifest in..... increased anxiety, depression, aggression, hostility, anti social behaviour and criminality as well as deficits in academic attainment.

(Harold, Aitken and Shelton. 2007)

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Office hours:
Monday - Friday
10am - 2pm

Appointments are available out with these times by arrangement.

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 contribution are available at each meeting should you wish to do so. Any contribution, however small is very much appreciated.

Funders include:

Orkney Islands Council
Scottish Government
Orkney Alcohol and Drugs Partnership



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

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Counselling

Family Mediation

Child Contact Centre

Family Connections Project



Counselling

Counselling provides a **safe confidential place** for individuals or couples to **explore difficulties** in their relationships to help gain a **better understanding** of themselves and others and be helped to move on in their lives. In sessions it is possible to explore the impact of relationship difficulties on any children involved and on the wider family network.

Counsellors are **trained** to Diploma level, over a three year period, and must achieve 200 hours of **supervised** practice to become **fully qualified**. Clients will be asked if they would be willing to be seen by a Counsellor in Training.

Counsellors are **specifically trained in couple dynamics**, and are able to pay particular attention to **balancing** the perspective of both partners and offer a **neutral** position.

Counselling is available for anyone experiencing a range of other difficulties such as **anxiety, anger, stress or depression**. The opportunity to talk through personal issues and explore different perspectives with the help of a professional counsellor can bring clarity and understanding and the ability to make informed choices on how to bring about the changes clients may be looking for.

Counsellors work to the Code of Ethics and Standards of COSCA the professional body in Scotland for Counsellors and Psychotherapists.

Family Mediation

Family Mediation is for separated parents, grandparents or step-parents, where communication has broken down and help is needed to make practical arrangements such as contact and regular care of their children.

Family Mediation can assist families that are re-forming i.e. step-families to help them focus on their children's needs and improve their wellbeing.

Direct Consultation with Children enables the views of children whose parents are in mediation to be heard, through the mediator.

Mediation is a voluntary process in which a professionally trained, impartial mediator helps those who are in conflict to communicate more effectively, find positive ways of moving forward and possibly avoid expensive legal battles.

Family Mediators are specially trained to meet national standards and abide by the code of professional practice of the Scottish Mediation Network.

Child Contact Centre

The **Child Contact Centre** plays a key role in helping children whose parents are separated to **build and sustain positive relationships** with the parent or family member they no longer live with, and provides a **safe, friendly, neutral, and supportive** environment where they can meet. Staff are on hand to manage the handover of children between parents to help minimise the conflict children experience.

Contact Centres are designed to provide a **stepping stone** towards separated parents being able to manage their own child contact arrangements in future.

Families using the Contact Centre have access to **Family Mediation** should they need help to move things along.

Additional support is also available for individual parents which can be arranged through the Centre Coordinator or Family Link Worker.

Supervised Contact is where contact is closely monitored by staff who can, if needed, provide written reports on the contact, often requested by the legal profession.

(Charges apply which may be covered by Legal Aid. Please check with your solicitor).

Contact Centre staff are specially trained to facilitate child contact and must adhere to the Scottish Code of Practice for Child Contact Centres and Quality Assurance Framework.