

Welcome to Respect for All

We are a Counselling service for people with learning disabled people and Autistic people. We also work to support their parents, carers and siblings.

Our service caters for children, young people, adults and carers in all ten boroughs of Greater Manchester.

Those being Bolton, Bury, Manchester, Oldham, Rochdale, Salford, Stockport, Tameside (Ashton-under-Lyne, Audenshaw, Denton, Droylsden, Dukinfield, Hyde, Mosley and Stalybridge), Trafford and Wigan.



Respect For All
Counselling

Registered Charity No. 1129953

www.respectforall.org.uk



Respect For All Counselling

A Brief History

Respect for All [RFA] was created in 2002 when a core group of four counsellors came together and advertised a counselling service for people with learning disabilities, Autism (including Aspergers), and their parents/carers.

RFA recognised that not only was there a “gap” in counselling services for this client group, but also that despite an interest in the service, the cost was an issue for many clients.

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What We Offer



- ✓ ONE TO ONE COUNSELLING.
- ✓ PLAY THERAPY
- ✓ COUPLE AND FAMILY COUNSELLING
- ✓ GROUP WORK TRAINING

We will travel to a venue that suits each person (including home visits).

We work in all boroughs of greater Manchester.

We receive funding in some boroughs.

We accept self funders at a reduced price, or to be put on our waiting list.

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Need someone to talk to?

At Respect for All



- All of our counsellors have either personal or professional experience of being with our client group.
- We offer counselling in English and British Sign Language.
- We believe that each person is unique and has potential. We show our respect through taking the time and effort to communicate with clients at a pace and way that is both helpful and empowering.

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Post Diagnostic Counselling – Young People and Adults

- Understanding the diagnosis and what it means for the individual.
- Interpreting the language of the autism assessment.
- Looking at cognitive, communication, emotional, social, and sensory issues.
- Working to one's strengths and finding ways around difficulties.

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- Giving accurate information and dispelling myths and negative stereotypes.
- Understanding and managing anxiety surrounding a new diagnosis.
- Adjustments, adaptations and strategies to make life easier.
- Employment rights, education and social care rights, equal access to services.
- Exploring areas of support and helpful resources.

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Outcomes

- New understanding of self and others.
Moving from “Something is wrong with me” to “This is Me”.
- Re-appraisal of past and current difficulties.
- Increased acceptance of self and peace of mind.
- Beginning the process of recovery from past damage.
- Person feels validated and understood.
- Identifying hopes and plans for the future and strategies to achieve them.
- Identifying any ongoing support needs – therapeutic, employment, social, family, relationships. This may include further specialist therapy, group provision or signposting to other services.

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Post Diagnostic Counselling – for parents and caregivers of children

- Understanding and adjusting to the diagnosis.
- Understanding how your child is experiencing life.
- How to support your child.
- How to help your child manage difficult feelings and situations.
- How to make adaptations.
- Self care, respite, carer's assessments.
- Access to services.

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Outcomes

- Increased confidence and peace of mind.
- Improved family relationships.
- Happier child and parent/caregiver.
- Knowledge of services and resources.

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Access

Each individual will need different approaches in therapy and we do not, based upon client and carer feedback, use any prescribed model but match therapists with clients on an individual basis. We make adaptations to the individual's communication and thinking styles, and any other requirements they may have. This makes the counselling truly accessible.

We recognise that many people are not able to travel far from home and arrange nearby venues, including home visits where appropriate.

We recognise the need for some people to have family members, carers, or support workers included as part of the post diagnostic



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Who Can Refer Into Our Service?

- Professionals
- Family Members
- Self Referrals



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What Our Clients Have Said About Our Service.

“My experience has been awesome at respect for all, it has only been positive from the outset. The one-to-one sessions have helped me release thoughts without concern of judgement. The group sessions have been a major help in understanding myself and others. It has re-affirmed that I am not alone and lost.”

- **Adult with Autism.**

“It is improving the situation at home because it’s allowed me to make sense of ‘me’. I have always been angry and frustrated but did not have a real reason why. The anger went away but now that I know why, it is making it easier to cope and manage my situation.”

- **Adult in process of Autism diagnosis.**



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“It has helped me realise that it’s okay to have flaws and to put myself first. My health and well-being is of paramount importance.” – Carer

“It helped my daughter understand who she is more and what she feels. It helped me as her mum realise that I had done the best I could do by my daughter.” - Parent

“Seeing the counsellor has made a big impact on my son. His depression seems to be under control and he is a much happier person. He talks to me a lot more now, opens up to me and we have a laugh together, which is brilliant. - Parent



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Contact Information:

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