

[View in browser](#)

Talking Points

April 2022

Hello and Welcome to Talking Points!

Everyone at the Chamber hopes you are keeping safe and well during this time and we are here to support you should you need it.

This newsletter covers information on issues that you or someone you know may be dealing with, plus sections on what's happening at the Chamber.

We are all passionate about embedding Personal Development, Behaviours and Attitudes at St Helens Chamber to both our students and staff.

This issue of Talking Points is all about Healthy Relationships and is designed to support you in your own personal relationships, providing help and support to family and friends

We hope that you find the newsletter interesting and informative. Don't forget, if you would like to see any particular topics covered in the next edition, please let us know.

Laura Brogden
Head of Career Development

What is a healthy relationship?

Healthy relationships

You know when you're in a healthy relationship because you feel happy to see and spend time with certain people.

They could be members of your family, your friends, your work mates or even a romantic partner.

No relationship is ever perfect and you'll definitely have moments when minor disagreements will rise to the surface causing frustration with others.

This is all part of managing our relationships with people around us.

There are many factors that contribute to the development and maintenance of healthy relationships including:

- commitment
- trust
- respect
- responsibility

Trust and respect

All relationships require an element of trust, it is an essential part of bonding with others.

Trust means sharing your thoughts and feelings.

A relationship without trust is at risk of disagreements, suspicion and ultimately, breaking apart.

Respect is essential in all relationships - brother, sister, parents, friends or partner.

So much of life is shared with our family, friends and eventually our partner that it's easy to show disrespect even when you think you're not.

You might make fun of your friend or family member's attitudes or beliefs without realising that you have hurt them.

More seriously, you might treat them in a way that doesn't value them as a person.

That attitude can lead to an abusive relationship.

Responsibility

Being responsible means being honest about what you have said or done and being willing to face the consequences.

Doing so consistently will win you respect and loyalty.

It's not always easy.

Taking responsibility in a relationship might mean changing your behaviour to fit with your friends, your family or your partner.

Talking point:

Do you know what a healthy relationship looks like?

Unhealthy relationships

The signs of an unhealthy relationship are easy to spot.

People stop communicating, become less close, argue more frequently and show less love and respect for each other.

There are many reasons that a relationship might break down.

Often it has to do with the personalities, attitudes and behaviours of the individuals.

Other causes come from outside the relationship.

There are many ways to deal with or improve an unhealthy relationship - we could try listening more to others and become more aware of their needs.

We could examine our own behaviour honestly and try to identify aspects of it which is causing conflict with others.

However, the best way to improve an unhealthy relationship between partners is by getting advice.



Talking point:

Do you know who to turn to if your relationship is unhealthy?

The effects of unhealthy relationships

It can be very damaging to your mental health if other people are disrespectful, don't encourage you, and undermine your trust.

You may suffer low self-esteem or depression, which may affect all aspects of life. A poor relationship may harm your connections to other people.

For example, in an unhealthy romantic relationship, your partner may try to control who you can see and speak to.

This may harm your ability to maintain a healthy relationship with friends and family. All unhealthy relationships are stressful.

They may lead to unhealthy behaviours such as smoking, drinking and drugs. They could lead to a loss of appetite, a change in appearance, weight loss, or a sleep disorder.

Talking point:

Speak to your training adviser if you, or someone you know, is suffering from the effects of an unhealthy relationship.

Ask for ANI

Ask for [ANI \(Action Needed Immediately\)](#) is a scheme developed by the Home Office for victims of domestic abuse

Anyone of any gender can now go into a participating pharmacy and ask for 'Ani', pronounced Annie, and acronym for 'action needed immediately'

They will then be taken by a staff member into a private room where they will be helped and put in touch with the relevant support services

Any local Pharmacy will understand the code word!



Talking point:

Do you know how to ask for help if you are a victim of domestic abuse?

Thank you for reading Talking Points

If you have any concerns about feeling mental health, please contact a mental health first aider.

Caroline Bishop: caroline.bishop@sthelenschamber.com

Laura Brogden: laura.brogden@sthelenschamber.com

Neil Rigby: neil.rigby@sthelenschamber.com

Marie Clarke: marie.clarke@sthelenschamber.com

Safeguarding

If you have any concerns about feeling safe please contact a safeguarding officer:

Maria Lawton: maria.lawton@sthelenschamber.com

Laura Brogden: laura.brogden@sthelenschamber.com

Ruby O'Brien: ruby.o'brien@sthelenschamber.com

Jack Parker: jack.parker@sthelenschamber.com



You are receiving this newsletter as a student or employer of a student studying with St Helens Chamber.



We take your data protection seriously. To view our privacy policy [click here](#).

To stop receiving emails from St Helens Chamber unsubscribe [here](#).

[Forward to a Friend](#)