



News release

## **RELATE CAMBRIDGE GAINS £90,000 CHILDREN IN NEED AWARD**

Relate Cambridge, key provider of counselling for children and young people in Cambridgeshire has been awarded £90,000 to deliver free counselling for children and teenagers throughout the county who are caught up in their parents' relationship breakdown.

Claire Godward, Centre Director at Relate Cambridge said: "This grant is the best form of recognition for the work we already undertake with troubled children and young people witnessing their parents' distress. But the vital difference now is that our specialist counsellors can deliver free counselling to children of parents who simply haven't the means to pay for this crucial service. Claire went on to say "We believe no child should be denied help and support during this wretched time for the whole family."

Research shows us there are an estimated 3 million children and young people in the UK who have experienced parental separation during childhood. These children are twice as likely to endure problems growing up compared to children from stable families. The disadvantages are many: behavioural problems; performing badly in school; leaving school or home when too young; becoming sexually active, pregnant, or a parent at an early age; experiencing depressive symptoms and having suicidal thoughts.

Claire added: "Whether these children are just plain sad, confused, lonely and disturbed, the problems - if not addressed early on - can go on to cause longer term serious mental health issues. They need our support and they need it now."

Call us on 01223 357424 or visit [www.relatecambridge.org.uk](http://www.relatecambridge.org.uk)

For more information contact Elaine Taylor on 01302 347712  
or Claire Godward, Centre Director at Relate Cambridge on 01302 347710

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### **Relate Cambridge – supporting relationships at every stage of your life**

#### **Notes to editors:**

- Evidence has been published by Resolution, the organisation involved in mediation, indicating that the consequences for the tens of thousands of teens each year who experience parental break-up, particularly those in the middle of crucial exam years, are far more damaging and wide-ranging than might have been expected. This inspired us to make our film, not only to promote our work with children and young people, but to raise awareness about these issues – click on this link to view our film: <https://vimeo.com/137959151>
- Around a quarter of the 12 million children in the UK have experienced parental separation during their childhood. This means almost half of ALL children no longer live with both their parents by the time they are 15.
- 1 in 10 children and young people aged 5 - 16 suffer from a diagnosable mental health disorder - that is around three children in every class at any one time. Not every school, but every class in every school
- Many children and young people up to the age of 25 deliberately self-harm and around 25,000 are admitted to hospital every year due to the severity of their injuries.
- More than half of all adults with mental health problems were diagnosed in childhood.
- Nationally ¾ million children each year witness domestic violence.
- Relate Cambridge offers information, advice and counselling for all stages of relationships, including helping families to build and maintain strong relationships. We offer support to children (5-10 years) and young people (11-17 years) who are adversely affected by traumatic life circumstances, including family change or breakdown, loss or bereavement.
- Relate champions the importance of strong and healthy relationships as the basis of a thriving society.
- Relate provides impartial and non-judgmental support for people of all ages and gender identity, at all stages of couple, family and social relationships.