

relatecambridge

News release

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For immediate release

September sees couples at breaking point as many seek counselling

Relate Cambridge is anticipating a peak in calls this September from couples whose relationships have reached crisis point or experienced difficulties over the summer. Last year, there was a 10% increase in calls in the Cambridge area and a 50% increase in the Peterborough area compared to the average month, and a similar surge is expected this year.

Counsellors at Relate Cambridge are urging anyone experiencing relationship issues to seek support in what can be a difficult time of year. The most common reason people come to Relate is because of poor communication, and this is something counselling can really help with. 91% of Relate's relationship counselling clients said that their communication was "a bit better" or "much better" after attending relationship counselling and 84% felt able to cope with any difficulties they might face in the future.

Claire Godward, Centre Director at Relate Cambridge said:

"If you're already having problems in your relationship then the pressure of juggling work, keeping the kids entertained and spending concentrated time with your partner over the summer can cause a strain on the relationship. Tempers can get frayed and by the time schools re-open, some relationships are in a pretty bad state."

Relate's research has found there are 1 in 5 people in the UK in a distressed relationship and that parents with children under the age of 16 are the most likely to be affected.*

Claire continued: "With kids off school over the summer, they're more likely to witness any arguments or tensions and this can have a negative impact on their wellbeing and their concentration when they're back in the classroom.

"Whilst it's never too late to ask for support, the earlier you tackle problems in your relationship, the more likely you are to overcome them. Talking to somebody objective such as a counsellor can really help, so don't hesitate to contact Relate."

Relate's non-judgmental services in Cambridgeshire support individuals, couples, families, children, young people and friends of all ages, backgrounds and sexual orientations. Please call 01302 347 866 to find out more or to book an appointment or visit relatecambridge.org.uk

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For all media enquiries contact Relate Cambridge office on 01302 347712, or admin@relatecambridge.org.uk

* Taken from Relate's [Relationship Distress Monitor](#) report 2016

Notes to editors:

- Nearly 3 million people in the UK are in distressed relationships – that's 1.4 million families at breaking point.
- Relate's non-judgmental services helped more than 1.5 million people last year, of all backgrounds and sexual orientations.
- Relate celebrates its 80th birthday in 2018.
- Visit relatecambridge.org.uk to find out more.