

**Christmas cards designed by counsellor raise funds for Relate Cambridge**

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The charity Relate Cambridge has designed its very own unique Christmas cards, featuring festive oil paintings by one of the charity's long-standing counsellors, Penny Flint.

The project is a collaborative effort throughout the organisation, with Centre Director Claire Godward coming up with the idea, and volunteer Steve Taylor photographing the paintings for the creation of the card. Centre Director Claire wanted to showcase Penny's work and to also promote the use of art as a form of therapy, she says: *"All proceeds from the cards will go towards funding counselling sessions for lower-income clients. This helps to keep our services open to anyone who needs support, regardless of their ability to pay."*



1) 'Christmas post' by Penny Flint.

Penny has been a counsellor at Relate Cambridge for over 20 years, and has recently returned to her passion for art. "I used to paint my own cards as a child and have returned to it half a century later after attending a marvellous two-day oil painting course at Norfolk Painting School", she says.

Penny came up with a selection of paintings, which were then voted for by the staff and volunteers at Relate. 'Christmas Post' and 'O' Little Town' were selected for the final designs. Penny takes much of her inspiration from Norfolk and Suffolk coasts, but her painting 'Christmas Post' reflects her love of Arctic scenery.



1) 'O Little Town' by Penny Flint.

While Christmas is a joyous time, it can also present families, couples and even children with lots of stress, so it's no surprise that January is one of Relate's busiest periods. Although a small sum, the proceeds from the cards may make a huge difference to some people who are unable to afford the cost of counselling themselves in what can be a difficult time.

**The cards are available to purchase directly from Relate Cambridge. Please contact us on 01302 347712, or on [admin@relatecambridge.org.uk](mailto:admin@relatecambridge.org.uk) for further information.**

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

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](http://relatecambridge.org.uk)

For all media enquiries contact Relate Cambridge office on 01302 347712, or [admin@relatecambridge.org.uk](mailto:admin@relatecambridge.org.uk)