

News release

COUPLE GO THE EXTRA MILE TO RAISE FUNDS FOR RELATE CAMBRIDGE

Relate Cambridge will be following the ups and downs of Helen Myhill, their lead appointments co-ordinator, and part of the dedicated Relate administrative team, as she tackles pushing the boundaries with her charity bike ride from Lands End to John O'Groats on 13- 27 June (see link for further info) actcyclingtours.co.uk.

Helen said: 'I much appreciate the support and encouragement I have received from my friends and colleagues so far, for my bike ride with my husband, and in this challenge for 2015. So far we have been cycling up in the hills in Lancashire with my sister and her husband on our nice shiny new cyclocross bikes and before Christmas found some hills in Hertfordshire clocking up 44 miles. We have also been cycling in Newmarket over the weekend and did a circuit of about 13 miles over a few hills on Saturday and Sunday. We will now be working hard as the time is ticking fast, and we must get a couple of big cycles rides (70-80 miles in) to give us a taste of what's to come in our battle to get fit in time for June'.

Claire Nunes, Centre Director for Relate Cambridge, said: 'we are absolutely delighted that Helen and her husband have offered to donate the money raised to help fund the vital work that we do to support relationships in our area'.

Sponsor Helen as she cycles across the country for Relate Cambridge!
www.virginmoneygiving.com/HelenMyhill

ENDS

For all media enquiries contact Elaine Taylor on **01302 347712**
LIKE us on Facebook at <http://www.facebook.com/RelateCambridge>

Relate Cambridge – supporting relationships at every stage of your life

Notes to editors:

- Relate champions the importance of strong and healthy relationships as the basis of a thriving society.
- Relationships are under increasing pressure – breakdown costs the UK an estimated £46bn each year.
- Relate provides impartial and non-judgmental support for people of all ages, at all stages of couple, family and social relationships.
- Over a million people every year access information, support and counselling from Relate but it's clear many more would benefit from Relate services.
- Relate's couple counselling work delivers an estimated £11.40 of benefits for every £1 spent.
- Relate's services extend beyond relationship counselling to family counselling, counselling for young people, sex therapy and informal courses and workshops and are offered through a network of around 1,700 counsellors across the country.
- Relate celebrated its 75th birthday last year.
- For more information and advice visit: www.relate.org.uk.