

News release

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For immediate release

East of England's 2020 relationship hopes revealed

Being better at keeping in touch is the top relationship priority for those living in the East of England

Being better at keeping in touch with friends and family will be a New Year's priority for many people living in the East of England in 2020, Relate can reveal today. In a recent survey for relationships charity Relate Cambridge, almost than a third (37%) of people living in the East of England said that keeping in touch was top of their 'relationship hopes' for the year ahead. This was followed by making new friends (22%), having better relationships with family (19%) and having fewer arguments with their partner (19%).

Having a better sexual relationship was a priority for 18% of people in the East of England and 10% hoped to make a relationship commitment in 2020 like moving in together or getting married. Finding love was also a priority for 1 in 10 (10%) people.

CEO, Claire Godward at Relate Cambridge said:

"New Year is a good time to reflect and making resolutions can help to focus our minds on relationship goals for the year ahead. Any relationship needs work, but the good news is they can almost always be improved and new ones can develop in the most unlikely places."

But the charity isn't expecting a positive relationship start to the New Year for everyone. The first day Monday back after the Christmas break (6 January) has been dubbed 'Divorce Day' because of the spike in calls received by lawyers from unhappy couples wanting to split. Relate also sees a surge in enquiries each New Year fueled by unhappy couples and families whose problems have come to a head over Christmas. In January 2019 calls to the national charity Relate increased by 12% and website visits by 53%, and the charity is braced for another busy January in 2020.

Claire continued: "If you're having relationship issues this January or at any time of the year, you don't need to suffer in silence. Talking things through with a counsellor who is completely objective can help you to work out the best way forward for you and your

partner. That may mean staying together and working at the relationship or it may mean going your separate ways. In either case, having the right support is important when times are tough.”

Relate’s tips for better relationships in 2020

Keeping in touch

If you haven’t spoken to somebody for a while, drop them a message on social media and arrange a meet-up or call them for a chat. Be realistic about how many people you can see on a regular basis - some relationships only enter of lives for a season and that’s ok. Focus on the most important people who you can be yourself around and depend on.

Finding love and friendship

If your relationship priority for 2020 is finding love or making new friends, start with the relationship with yourself. By building your self-esteem through things like hobbies, exercise and volunteering, you’ll become more confident and attractive to others. It may be you even meet somebody special through these shared interests.

Having better sex

If your sex life is dwindling, try going back to basics and focusing on touch. Give your partner a lingering kiss when you leave the house in the morning, stroke their hair while you watch TV or offer them a massage and see where it leads. Exercise is also a great aphrodisiac so a few hours in the gym or running round the local park may get you in the mood!

Having fewer arguments

Make it your resolution to avoid using blaming language with your kids, partner and family members and instead use ‘I feel’ phrases. So you might say, “I feel anxious when the dishes are left unwashed” rather than, “you make me feel so anxious when you don’t wash the dishes”.

Relate has services in Cambridge Offering counselling, information and support to individuals, couples and families, they work face-to-face and on the phone with people of all backgrounds and sexualities at all stages of life. For appointments, please contact 01302 347866.

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For all media enquiries contact Amy Kong on 01302 347712 or admin@relatecambridge.org.uk.

Notes to editors:

1. The new findings come from a nationally representative poll of 2047 UK adults conducted by Censuswide in November 2019 of which 175 were living in the East of England.

- [Relate](#) is a registered charity number 207314.
- Relate champions the importance of strong and healthy relationships for all as the basis of a thriving society.
- Relate provides impartial and non-judgmental support for people of all ages, gender identities and sexual orientations at all stages of couple, family and social relationships.
- Over four million people every year access information, support and counselling from Relate but it's clear many more would benefit from support.
- For more information visit: relate.org.uk.