

**News release – 23<sup>rd</sup> May 2017**

**Relate Cambridge calls on local candidates  
to support relationships if elected**

Relate Cambridge is calling on their local candidates to make supporting healthy couple, co-parenting and family relationships a priority if they are elected on 8<sup>th</sup> June. The charity is launching the [Relationships Alliance 2017 Manifesto](#) in conjunction with other relationships charities, OnePlusOne, Tavistock Relationships and Marriage Care. The Manifesto contains seven key policy priorities including investing in free or subsidised relationship support for disadvantaged groups.

Relate says that through supporting relationships any future government would help to resolve parental conflict, reduce health demand, and improve children's performance at school.

The Alliance has based its manifesto priorities on a growing body of evidence demonstrating the value of relationship support services to society and the economy. For example, the Government's own evaluation found that relationship counselling could save £11.40 for every £1 spent.\*

Elaine Taylor, Relationship Counsellor at Relate Cambridge, said: "Poor quality relationships are often at the root of so many of society's problems including mental health issues, homelessness, debt, loneliness and poor physical health. By ensuring that relationship support is available to everyone in Cambridgeshire, Peterborough, Fenland, Stamford and South Kesteven who needs it - no matter what their income - we're confident that our local authorities will see vast improvements in health and wellbeing and reduced pressure on public services."

**Relationships Alliance Manifesto 2017 policy priorities**

- 1. A new comprehensive cross-government relationships strategy, with a cabinet Minister for Families and Relationships.**
- 2. Training for frontline practitioners about relationships.**
- 3. Relationships and Sex Education must be taught by trained, confident experts in charities and specialist teachers.**
- 4. Develop a clear focus on out-of-court alternative dispute resolution.**
- 5. Invest in a programme of universal information, self-help and preventative relationship support.**
- 6. Fund provision of affordable (subsidised/free) relationship support for low-income and disadvantaged groups.**

## **7. Expand the availability of couple therapy for depression within the Improving Access to Psychological Therapies (IAPT) programme.**

To see the full version of The Relationships Alliance Manifesto 2017, including supporting evidence visit: <https://www.relate.org.uk/policy-campaigns/policy-priorities/relationships-alliance-manifesto-2017>.

Counselling changes lives. Relate Cambridgeshire's non-judgmental services support couples, families, young people and friends of all backgrounds and sexual orientations. Call us on 01223 357424 or visit [www.relatecambridge.org.uk](http://www.relatecambridge.org.uk) for more information.

### **ENDS**

**For all media enquiries contact Elaine Taylor on 01302 347712**

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

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

\*[Relationship Support Interventions Evaluation, January 2014](#) – a research report commissioned by the Department for Education. The report authors are: Tavistock Institute of Human Relations, National Foundation for Educational Research, Thomas Coram Research Unit and Qa Research.

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

- The Relationships Alliance consists of four charities with expertise in supporting good quality relationships – [Relate](#), [OnePlusOne](#), [Tavistock Relationships](#), and [Marriage Care](#). Our vision is of a future in which strong and stable couple, family, and social relationships are supported as the basis of a thriving society. Every year, well over a million people access information, education, support and therapy through our services, and together we provide a spectrum of support for good quality relationships, ranging from providing information and resources for self-help, to counselling and therapy. The Alliance collectively has a wealth of experience in supporting relationships in both direct service provision and research.
- Relate champions the importance of strong and healthy relationships as the basis of a thriving society.
- 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. For more information and advice visit: [relate.org.uk](http://relate.org.uk).
- Relationships Scotland's network provide relationship counselling, family mediation, child contact centres and other family support services across all of mainland and island Scotland. Their work supports individuals, couples and families experiencing relationship difficulties. Around 20,000 people have contact with our services each year.