

News release

## Money worries are a top strain on relationships for people in South East

### *New study reveals detailed picture of UK's relationships*

An annual study of more than 6,000 people in the UK has lifted the lid on some of the most personal areas of our lives\*, finding that for those living in the South East, money worries are a top strain on relationships for 55% of people.\*\*

Published today by charities Relate, Relationships Scotland and Marriage Care, [The Way We Are Now 2015](#) is one of the largest studies of its kind. It provides a window into the nation's relationships – from couple and family life to sex, friendships and how we feel about our colleagues and bosses.

The study suggests that money worries are a critical issue in relationships, particularly for those with children: UK-wide figures show that those with children are far more likely to cite money worries as one of the biggest strains on their relationships (61%) compared to those without (47%). This is backed up by Relate Cambridge's work, with family finances frequently discussed in the counselling rooms.

The national statistics also paint a picture of families with young children feeling the squeeze. One in three parents of under-fives (32%) said childcare and bringing up children was one of the top three strains on relationships. In addition, 37% of those who were in full- or part-time employment agreed that work interferes with home life, personal life and caring responsibilities, compared to 27% of workers without children.

Elaine Taylor at Relate Cambridge, said: "This study provides a unique insight into the state of the nation's relationships. It shows that, despite the improving economic climate, money worries still loom large for many – particularly those with children.

"Relationships are the lifeblood of a thriving society, meaning that supporting strong relationships should be everybody's business. That is why we are calling for the Government to robustly implement its 'Family Test', forcing policy makers to think about the impact of new policies on families like those who took part in our study. We also suggest that anyone worried about the impact of financial pressures on their relationships opens up about what's happening and gets some support if needed."

The study also found that:

- Almost 1 in 10 (9%)\*\*\* people living in the South East said they have no close friends.
- Just 32%\*\*\* of people living in the South East said that sex life and physical attraction are among the three most important factors in a relationship.
- People living in the South East said that sharing problems was one of the most important factors in showing commitment in a relationship with almost half (48%)\*\*\* selecting it.
- 25% of people\*\*\* in living in the South East said they have cheated on their partner.
- Over 1 in 5 people living in the South East (24%) said they have experienced the breakdown of their parents' relationship.

To see the full report about the study including infographics on each topic and methodology visit [www.relate.org.uk/waywearenow](http://www.relate.org.uk/waywearenow) (from Tuesday 1<sup>st</sup> September).

Relate Cambridge offers information, advice and counselling for all stages of your relationships. Call us on 01302 347712 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**

LIKE us on Facebook at <http://www.facebook.com/RelateCambridge>

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

\*All figures provided in this press release are broken down for Wales unless otherwise stated. All figures, unless otherwise stated, are taken from *The Way We Are Now 2015 – an annual* study of the relationships of over 6000 people across the UK, of which 850 were living in the South East, by Relate, Relationships Scotland and Marriage Care. The study was carried out by YouGov. Responses were gathered between 27<sup>th</sup> March and 7<sup>th</sup> April 2015. All figures are based on Relate analysis of data provided by YouGov Plc.

\*\*Respondents were asked to rank the top three strains out of a list of seventeen possible options.

\*\*\* For details about the methodology used, please see the full report.

### Notes to editors:

- Relate, Marriage Care and Relationships Scotland have released *The Way We Are Now 2015* report to raise awareness of the importance of relationships for individuals and society. We are working together to let people know how relationship support can help people of all ages, at all stages of their relationships.
- Relationships are under increasing pressure – breakdown costs the UK an estimated £46bn each year.
- **Relate** champions the importance of strong and healthy relationships as the basis of a thriving society.
  - 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 Cambridge celebrated its 70<sup>th</sup> birthday in 2015.
  - For more information and advice visit: [www.relate.org.uk](http://www.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.
  - For more information and advice visit [www.relationships-scotland.org.uk](http://www.relationships-scotland.org.uk)
- **Marriage Care** is a national charity committed to helping couples build and sustain strong, fulfilling, healthy relationships.
  - Marriage Care provides marriage preparation and relationship counselling services for thousands of people each year, supporting couples and individuals in both the best and worst of times in their relationships, and has been doing so for nearly 70 years.
  - Marriage Care is the largest faith-based relationship support charity in the UK, delivering our services through a network of 53 centres, more than 100 counselling locations and the sheer dedication of over 700 professionally trained and accredited volunteers.
  - Government research found that Marriage Care's marriage preparation work delivers an estimated £11.50 of benefit for every £1 spent.
  - For more information and support go to [www.marriagecare.org.uk](http://www.marriagecare.org.uk)