

News release

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For immediate release

66% of coupled-up people in East of England fancy their partner more now than at the beginning of their relationship

Anyone worrying about what to wear on a Valentine's Day date with their partner or whether they've 'still got it' should feel reassured by new research carried out by relationship support charity, Relate. In a survey of over 2000 UK adults, they found that 62% of adults in relationships say they fancy their partner more now than at the beginning of their relationship. For those living in the East of England, this rose to 66%.

While people tend to fancy their partner more than at the beginning of the relationship, this didn't necessarily equate to more sex. In total, just under a third (28%) of Brits in relationships in the East of England were having more sex now than in the beginning of the relationship.

The survey confirmed the theory that love grows over time, with 78% in the East of England saying they love their partner more now than at the beginning of their relationship. This compares to 77% across the whole of the UK.

Claire Godward, Relate Cambridge Centre Director said: "It's heartening to hear that love and attraction increases with time for so many people. Sharing new experiences, valuing everyday pleasures and creating memories together helps the connection between couples to grow over the years. As partners we take on new challenges like bringing up children and building successful careers, and deal with everything life throws at us, we often start to see each other in a new light which can increase the attraction we feel."

"If you're having less sex now than at the beginning of your relationship, it doesn't mean you don't fancy each other or that your relationship is in trouble, particularly if you're being intimate in other ways like touching, kissing and hugging. If you do one thing for your relationship this Valentine's Day, plan in some time for intimacy - whether that's having sex, giving your partner a massage or simply cuddling up in bed in front of a film."

If you're feeling insecure or unhappy in your relationship, contact Relate. You can attend alone or as a couple and support is available both face to face and online. Find out more at <http://www.relatecambridge.org.uk>

ENDS

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

Image credit for image attached: Relate

Notes to editors:

- All findings in this news release are taken from a poll of 2,298 UK adults, conducted online by Censuswide between 19-23 October 2018 on behalf of Relate.
 - The sample size for East of England was 134.
 - Relate Cambridge is a registered charity number 1096975.
 - 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 two 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: www.relate.org.uk.