



**Volunteering is good for your health!**  
**Make it your New Year's resolution for 2018**  
**to volunteer for Relate Cambridge**

Did you know that the following 6 health benefits can come as a direct result from volunteering? They are: a longer life, mental health benefits, lower blood pressure, managed stress, a dopamine rush and better self-esteem. Find out more by clicking on the following link:

<http://www.activebeat.com/your-health/6-health-benefits-of-volunteering/>

Here is what a few of the volunteers from Relate Cambridge have said: 'It means a lot to know that I'm supporting a worthwhile organisation like Relate – and good too to feel I'm a valuable member of the team. Relate are always looking out for new volunteers – I'd recommend it'.

'Please think about giving something back, through an organisation that is out there to help couples, families and individuals get their lives back on track, it's great to be involved with Relate Cambridge'.

'As a volunteer receptionist I try to make sure that I greet clients with a smile and a positive attitude. It's amazing how many 'thank you's' I get when the clients leave the building – the feeling I get then reminds me of hitting our targets back in my working days!'

Relate Cambridge needs volunteers to welcome their clients and hold the fort. Ideally they need someone who is flexible and reliable with customer care skills, friendliness, common sense, reliability and commitment. DBS (Disclosure & Barring check) will be required, but this can be applied for through Relate.

Relate Cambridge supports relationships, and helps children and young people and improves lives. We offer: couple/relationship counselling, divorce counselling, psychosexual therapy, family counselling, life skills training. These activities take place in Cambridge, South and East Cambridgeshire, Fenland and Huntingdon.

For further details and an application form, please contact our admin team during office hours on 01302 347866 or email [admin@relatecambridge.org.uk](mailto:admin@relatecambridge.org.uk)

**For all media enquiries contact Elaine Taylor on 01302 347712. For case studies and pictures contact Sarah Osmik on 020 7554 7892 or [sarah.osmik@relate.org.uk](mailto:sarah.osmik@relate.org.uk). For urgent out of hours enquiries call 07875 049415.**

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FOLLOW us on Twitter at <http://www.twitter.com/RelateCambridge>  
[www.relatecambridge.org.uk](http://www.relatecambridge.org.uk)

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

**ENDS**

**Notes to editors:**

- Work with us at Relate Cambridge – we currently have vacancies for Trustees and volunteer receptionists.
- Relationships are the beating heart of our lives – when they aren't healthy, we suffer. That's why Relate, the UK's leading relationship support charity, is here to help.
- Relate champions the importance of strong and healthy relationships for all as the basis of a thriving society.
- Nearly 3 million people in the UK are in distressed relationships – that's 1.4 million families at breaking point.
- Relate's work helps prevent loneliness, depression, abuse, homelessness, debt and many other life-shattering events that can happen when relationships go wrong.
- Relate's non-judgmental services helped more than 1.5 million people last year, of all backgrounds and sexual orientations.
- Relate will celebrate its 80<sup>th</sup> birthday in 2018.
- Visit [relate.org.uk](http://relate.org.uk) or call 0300 100 1234 to find out more.
- Relate is a registered charity number 207314.