

Relate and Marriage Care encourage employees to prioritise personal relationships in National Work-Life Week

Relationship charities, Relate Cambridge and Marriage Care are encouraging people to remember the importance of their personal relationships as well as their career during this year's National Work-Life Week*.

This follows recent research from Relate, Marriage Care and Relationships Scotland which found that over a quarter (28%) of workers aged under 35 believe the ideal employee is available 24 hours a day compared to 22% of over 60s.** The research also found that 22% of those in work said they work more hours than they want to and this damages their health.

In addition, the report [The Way We Are Now 2015](#) indicated clear differences between women's and men's experiences of work and their attitudes towards it. When asked whether they agree with the view that work should be the primary priority in someone's life, 61% of women disagreed, compared to only 51% of men. Women were also more likely to agree that taking care of family responsibilities is frowned upon - with 30% saying this compared to 23% of men. Worryingly, women were also more likely to agree that they feel pressured by their manager to work even if they are ill - 36% said this compared to 28% of men and 32% overall.

Elaine Taylor, Relationship Counsellor at Relate Cambridge said: "Work is a really important part of life for many of us, and there are times when all of us feel it is taking up more of our time than we would like, especially in an age when we can be connected to the office at all times.

"However, it's important to remember to prioritise time with our families and friends away from the workplace, as this can help us to feel balanced and more relaxed. We'd like to encourage people to use this year's National Work-Life Week to really enjoy spending time with family and friends - even just a few hours with no phone or emails can make a big difference."

Bridie Collins at Marriage Care said: "If balancing work and family life responsibilities is becoming an issue between you and your partner, why not use this week to talk together about it. If you find this difficult, remember there is support available through organisations such as Marriage Care and Relate."

Relate Cambridge offers information, advice and counselling for all stages of relationships, including helping families to build and maintain strong relationships.

Call us on 01302 347712 or visit www.relatecambridge.org.uk for more information.

Marriage Care offers relationship education courses for couples who want to strengthen their relationships and counselling for those who need some support. Call us on 0800 389 3801 for a local appointment or visit www.marriagecare.org.uk for more information.

ENDS

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

Relate Cambridge – supporting relationships at every stage of your life

*National Work Life Week is run by the charity, Working Families. The week aims to highlight the benefits of facilitating the well-being and work-life balance of employees, so that they are engaged, motivated and productive at work.

**All figures are taken from *The Way We Are Now 2015 – an annual study* of the relationships of over 6000 people across the UK by Relate, Relationships Scotland and Marriage Care. The study was carried out by YouGov. Responses were gathered between 27th March and 7th April 2015. All figures are based on Relate analysis of data provided by YouGov Plc.

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 70th birthday in 2015.
- For more information and advice visit: 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.
- **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.