

**News release - *For immediate release***

## **Don't waste your extra hour – dedicate it to loved ones**

As the clocks go back, *Relate Cambridge* and *Marriage Care* suggest spending the extra hour on those who matter most

When the clocks go back on 25<sup>th</sup> October, we will be blessed with an extra hour. But how are we going to spend it? How about making that extra hour really count and using it to invest in your relationships?

This is the advice being offered by relationships charities, Relate and Marriage Care. Their [\*The Way We Are Now 2015\*](#) study in conjunction with Relationships Scotland found that we spend more time with our bosses than with our mums (38% of those in employment see their boss every day compared to only 27% for mums). The same study also found that nearly half (47%) of people with children under five (and who are in a couple relationship) never or rarely engage in outside interests with their partner, compared to 27% without children. With this in mind, the relationship experts believe we should be making the most of any spare time we can get.

Relate counsellor, Elaine Taylor at Relate Cambridge said: “When we’re so busy juggling careers, finances and childcare, our relationships can sadly be put on the back burner. An extra hour may not seem like long but it’s enough time to reach out to somebody in a really positive way and spread a little love and happiness. Whether you decide to focus on your partner, friend, child, or yourself, that little bit of extra effort is likely to go a long way and help to make your relationship stronger.”

Bridie Collins at Marriage Care said: “It’s often quoted that what most people say on their deathbed isn’t that they wish they’d made more money but that they’d spent more time with their family and friends. Our time is the most precious gift we can give to those who are most important in our lives. Sometimes, though, we take this for granted so why not take the gift of this extra hour and spend time with someone you love?”

### **Relate Cambridge’s six ways to spread the love in your extra hour**

- **Call to say ‘I love you’** – Why not call somebody close to you like your mum, dad, grandma or son or daughter and tell them how much you care. Sometimes it’s nice to hear those three little words out loud.
- **Have a romantic lie in** – Let the alarm clock go off at the usual time but instead of getting out of bed, spend the extra hour cuddling with your partner and anything else that might lead to. You’ll be sure to go to work with a spring in your step after that!

- **Set up a dating profile** – Perhaps you’ve recently come out of a relationship and feel ready to start dating again. An hour is a perfect amount of time to set up a profile on an online dating website.
- **Reply to texts and emails** – Not work emails, but that text from your friend asking to meet for coffee or that email from your auntie checking how you are that you’ve been meaning to reply to for weeks.
- **Have a sit down breakfast** – How many families manage to sit round the table for breakfast these days? Often it’s simply not feasible but with an extra hour to spare, why not prepare a fry-up or a delicious fruit salad with yoghurt for the whole family as a treat.
- **Invest in yourself**- If you’ve been really busy lately and are feeling exhausted, the best thing for you and your relationships may actually be to treat yourself to some ‘me time’. Perhaps read a book, do something creative like playing an instrument or drawing.

Relate Cambridge offers information, advice and counselling for all stages of relationships. Call us on 01302 347712 or visit [www.relatecambridge.org.uk](http://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](http://www.marriagecare.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**

#### Notes to editors:

- Relate and Marriage Care 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. For more information and advice visit [www.relate.org.uk](http://www.relate.org.uk).
- 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.
- Marriage Care is the largest single provider of marriage preparation services, and the second-largest provider, after Relate, of relationship counselling services in England and Wales with over 100 counselling locations, 52 centres and nearly 700 trained volunteers nationwide.
- 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) or phone 0800 389 3801 for a local appointment.
- Marriage Care is a national charity which helps couples and individuals build and sustain strong, fulfilling healthy relationships through relationship education initiatives, marriage preparation services and relationship counselling to all, regardless of ability to pay.