

News release - *For immediate release*

RELATE CAMBRIDGESHARES IT'S PASSION FOR SUPPORTING RELATIONSHIPS WITH THEIR NEW AMBASSADOR, SUSAN QUILLIAM, UK DATING EXPERT OF THE YEAR



*Susan (right) sharing her ideas with Claire Nunes, Centre Director (centre)
and Elaine Taylor (Media Liaison)*

Relate Cambridge is delighted to announce that Susan Quilliam, well known Cambridgeshire based author and columnist, has agreed to be an Ambassador for Relate Cambridge.

Claire Nunes, Centre Director for Relate Cambridge said “Susan has always been a keen advocate of what we do and having her promoting our work means we can reach more people than ever and raise our awareness. I am very excited to be working with Susan and really grateful for her support.”

Susan is a relationship psychologist with a passion for helping people have the best relationships. For over thirty-five years she has offered relationship support through her work as an author, trainer, consultant and coach.

Susan has written 22 books published in 33 countries and 24 languages, including *The Relate Guide to Staying Together* (1995). Susan also wrote the 'Arguments Checkup' quiz which can be accessed on the Relate website, and has been an advice columnist for publications such as *Good Housekeeping*, has had her own advice programme on LBC radio, and regularly writes and comments for print, broadcast, television and online media worldwide.

Susan is particularly committed to improving love relationships, and has recently co-authored *The Online Dating and Relating Model* (2011), a pioneering outline of online dating's traps and how to avoid them, which forms the basis of The School of Life event *Getting Better at Online Dating*, and has recently won the award of "UK Dating Expert of the Year" in the 2015 UK Dating Awards. She has also rewritten *The Joy of Sex* (Mitchell Beazley 2008), is one of the Family Planning Association's designated 21st Century Achievers, and has been appointed to the Council of the Sexuality and Sexual Health section of the Royal Society of Medicine. Susan is also a Patron of Outsiders, the charity promoting sexual positivity for those with disabilities.

Having originally trained as a teacher, Susan now delivers workshops, presentations and keynote speeches on relationship topics to health and education professionals and to the general public worldwide. She also offers coaching on relationship issues both personal and professional, and is an associate member of the College of Sexual and Relationship Therapists and of the Royal Society of Medicine.

Susan said: 'Relate Cambridge is a hugely inspiring as well as effective organisation. The counselling and education and learning material they offer are crucial in helping individuals, couples and families to create and maintain the happy relationships which lie at the heart of human health and happiness. So I was thrilled when I was approached to be an Ambassador, and am hugely looking forward to what I can do to help spread the word and to support Relate Cambridge's work.'

Elaine Taylor, Press and Media Liaison for Relate Cambridge said: 'I am absolutely delighted to be working with Susan as our Ambassador. Since we first met 10 years ago, Susan has had a hugely positive impact on my work for Relate Cambridge, not only in my role as media liaison, but also through sharing with clients the knowledge I have gained from her books. We have some very exciting plans for the months ahead'

Relate Cambridge is always looking for new Ambassadors. If you are a high profile individual who believes in our work, have a special area of expertise and would like to join our team, please contact Claire Nunes, Centre Director 01302 347710 director@relateCambridge.org.uk

Relate Cambridge offers information, advice and counselling for all stages of relationships. Call us on 01302 347712 or visit www.relatecambridge.org.uk for more information.

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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:

- Relationships are under increasing pressure – breakdown costs the UK an estimated £4.6bn 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.
- Over a million people every year access information, support and counselling from Relate but its 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.