



News release

Cambridge MP and Shadow Transport Minister visits Relate Cambridge for his relationship MOT on Friday 27th November

Relate Cambridge is pleased to announce that local MP Daniel Zeichner has agreed to take up their offer to experience a relationship MoT.

Mr Zeichner says ‘When Relate Cambridge suggested I had a relationship MoT - I immediately said there was nothing wrong with my relationship - which is true! But of course there are always things to discover about yourself and how you react in a whole range of partnership situations.’

A relationship MoT is not a counselling session. Led by a trained facilitator and counsellor, it focuses instead on skills and strategies, with the opportunity to look at a wide range of discussion points about specific areas of your relationship.

Claire Nunes, Centre Director of Relate Cambridge, said ‘I am delighted that Daniel will experience first-hand this new service Relate Cambridge offers. I’m particularly thrilled as this helps spread the message that we are there at every stage of your relationship, not just if things go awry. After all, we could all do with a few tips.’

Relationship MoTs are indeed the perfect example of prevention being better than cure. For those who are not in the middle of a relationship crisis, but just want to refresh their relationship skills, there is nothing more appropriate than an MoT. They are offered on the following topics:

- ⇒ Relationship skills
- ⇒ Confidence building
- ⇒ Family pressures
- ⇒ Managing conflict within relationships

For more information contact:

Relate Cambridge on 01302 347712 or visit www.relatecambridge.org.uk

The contact number for Daniel Zeichner is: 01223 423252.

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

ENDS

relatecambridge



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

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Relate Cambridge – supporting relationships at every stage of your life

Notes to editors:

- Relate Cambridge offers a package to help the whole family and offers individual, couple, family and children counselling.
- Relate Cambridge delivered nearly 6,000 sessions last year.
- The following are links to promotional films made by Relate Cambridge:
<http://vimeo.com/92023037> and <http://bit.ly/1NZp4PV> .
- Relate Cambridge celebrated its 70th birthday in 2015.
- 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 is 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.
- For more information and advice visit: www.relate.org.uk.