



Relate Cambridge is tackling loneliness

It is often said that you should be able to count the number of your true friends on one hand, but at Relate Cambridge we are concerned that many people feel they don't have a single friend who they can rely on, as we know that having meaningful and good quality social relationships with friends and neighbours is a key part of our health and wellbeing.

Young people are the most likely to report feeling lonely, so it is important that their needs are addressed too, as well as focusing attention on older people. Making friends and keeping friends isn't always easy, and we know that it takes time and effort. In today's fast-paced world, the time people have to invest in friendships can be limited, particularly in child-bearing years. We believe that people need to be given support which enables them to nurture their personal friendships and feel part of their community.

Relate Cambridge can provide that support to individuals who are experiencing feelings of loneliness and isolation (mainly through individual counselling and children and young people's counselling) and offer practical tips on improving relationships with friends and neighbours.

Talking to one of our experienced counsellors can provide part of the solution and Relate Cambridge's doors are always open.

For more information or to book an appointment, contact Relate Cambridge on 01302 347866
Mon-Fri 9am-5pm (confidential answerphone at all other times)
or visit www.relatecambridge.org.uk

ENDS

For all media enquiries contact Elaine Taylor on 01302 347712

LIKE us on Facebook at <http://www.facebook.com/RelateCambridge>

FOLLOW us on Twitter at <http://www.twitter.com/RelateCambridge>

Relate Cambridge – supporting relationships at every stage of your life

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 celebrates its 80th birthday in 2018.
- Visit relate.org.uk or call 0300 100 1234 to find out more.
- Relate is a registered charity number 207314.