

**News release - 10<sup>th</sup> March 2015 - for immediate release**

## **Half of people in the South of England have a ‘very good’ relationship with their mother**

*Relate Cambridge’s tips to help relationships blossom this Mother’s Day*

Mother’s Day is traditionally a time to celebrate that special woman in your life, but, according to figures released this week by leading relationships charity Relate, a significant proportion of us admit that our relationship with our mum could be better.

According to a YouGov poll of over 5000 people across the UK, just over half (53%) of people living in the South and East of England say they have a ‘very good’ relationship with their mum and almost a quarter (24%) describe theirs as ‘fairly good’.\* Despite this largely positive picture, 11% describe their relationship with their mother as ‘average’, 5% describe it as ‘fairly bad’ and 2% describe it as ‘very bad’.\*\*

Elaine Taylor, counsellor at Relate Cambridge, believes there is room for at least a little improvement in all relationships. She said: “It’s wonderful that so many people in the South of England have a good relationship with their mum, but no matter how positively we view our relationships there are always things we can do to make them stronger. The key thing, as with all relationships, is to communicate and be able to show your mum how you’re feeling.”

### **Make your relationship blossom this Mother’s Day – Elaine’s top tips:**

**Find time for one another:** If you feel that quality time with your mum is limited, suggest building a regular phone call or skype session into your weekly routine and remember to meet up face to face when you can.

**Keep gifts personal:** Why not produce a photo collage for Mother’s Day of all your favourite memories together, or invite her round for lunch and cook her favourite meal?

**Be true to yourself:** It can be tempting to live your life the way you think your parents want you to, but be careful not to lose who you are. Your mum may encourage you to study something particular at university, for example, or to stay living nearby with your family, but is that what *you* want?

**Tell her how you feel:** Some people find it easier to talk about their feelings than others but when it comes to your relationship with your mum, this is the holy grail of advice.

**Avoid placing blame:** Only *you* can be responsible for your own feelings. Blaming your mum for the way you are will only result in conflict. If you find yourself getting frustrated, take a deep breath and think about how you can soften your language by using sentences starting with 'I' and not 'you'.

**Be patient:** Any issues with your mother are likely to have built up over time, which means any improvement in the relationship is also likely to be gradual. Keep working at it.

Relate Cambridge offers information, advice and counselling for all stages of relationships, including helping families to build and maintain strong relationships. Visit [www.relatecambridge.org.uk](http://www.relatecambridge.org.uk) for more information, or call 01223 357424.

#### **ENDS**

For all media enquiries contact Elaine Taylor on **01302 347712**  
LIKE us on Facebook at <http://www.facebook.com/RelateCambridge>  
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### **Relate Cambridge – supporting relationships at every stage of your life**

\*The survey of 5778 people nationwide was carried out by YouGov. The sample size of people from the South of England was 1031 and includes the South East, South West, and East of England but excludes London. Responses were gathered between 25 February and 18 March 2014. All figures, unless otherwise stated, are from YouGov Plc.

\*\*The survey results for the UK as a whole show that 55% of people said they have a 'very good' relationship with their mums, 23% described their relationship as 'fairly good', 12% described it as 'average', 5% described it as 'fairly bad' and 2% described it as 'very bad'.

#### **Notes to editors:**

- Relate champions the importance of strong and healthy relationships as the basis of a thriving society.
- Personal and social relationships are important in our everyday lives and are central to our wellbeing.
- Relationships are under increasing pressure - breakdown costs the UK economy £46 billion each year according to the Relationships Foundation.
- 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 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 1,700 counsellors across the country.
- Relate celebrated its 75<sup>th</sup> birthday in 2013.
- For more information and advice visit: [www.relate.org.uk](http://www.relate.org.uk).