

March is National Bed Month - treat yourself to a lie in!

Great news from Relate Cambridge – you don't have to get out of bed to access our telephone and Skype counselling services

For anyone who may struggle to get out from under their duvet – Relate Cambridge has some excellent news for you. You can now access our some of our services without even getting out of bed!!! This is a great way to get help for your relationships, without the hassle of getting in the car, battling through the traffic or worrying about parking.

Telephone counselling is just like having a face-to-face session, except you are talking to a trained counsellor over the phone. It is a confidential and convenient service which is most suitable only for individuals.

Skype counselling is a high quality video conferencing programme that allows your counsellor to see and hear you, using your computer and webcam during the counselling session. This service gives you all the benefits of our face to face relationship counselling in a flexible and convenient format. It is fully interactive and completely confidential. Skype can easily be downloaded from the internet or installed as an app.

To find out more about these two services or any of the others that we offer – just call us on 01223 357424 or visit www.relatecambridge.org.uk for more information.

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

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:

- Relate Cambridge celebrated its 70th birthday in 2015.
- 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 its 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.
- For more information and advice visit: www.relate.org.uk.