

PRESS RELEASE

RELATE CAMBRIDGE CALLS FOR FINANCIAL SUPPORT FOR CHILDREN LIVING IN AND AROUND CAMBRIDGESHIRE

At a networking event held on Thursday 7th April - organised by Relate Cambridge and hosted by Cambridge MP Daniel Zeichner - Claire Nunes, Centre Director of Relate Cambridge, made a desperate plea to invited guests for their financial support.

Claire explained 'that to help us reach out to local families and children who have experienced parental separation, we need to be able to offer **free** counselling'. Claire went on to say that 'Relate Cambridge has a team of highly qualified and experienced counsellors, able to offer specialist expertise to help these children, but it is distressing that so many who want to access support, are unable to do so because **they can't afford it**.

The centre director emphasized that '**our** main area of concern is the fall out from failing relationships. Most children will adjust fairly well to their parents' separation; **however** behavioural problems, performing less well in school or leaving school/home when young, are twice as likely for the children of separated parents, compared with the children of the parents who remain together'.



Claire summed up by saying 'You have heard we are the relationship experts. We know, because we see it every single day, that poor relationships between parents are associated with worse parenting behaviours, which have a considerable impact on children. Good mental health and emotional wellbeing is as important as physical health, for this allows children and young people to blossom and develop the resilience to cope with whatever life throws at them, and so grow into well-rounded, healthy adults.

The event is not only a call for sponsorship – but also to demonstrate what Relate Cambridge can offer children, young people and families - and to urge schools, organisations and parents to use their service.

Key National Statistics:

- 1 in 10 children and young people aged 5 - 16 suffer from a diagnosable mental health disorder - that is around three children in every class at any one time. Not every school, but every class in every school

- Many children and young people up to the age of 25yrs deliberately self-harm and around 25,000 are admitted to hospital every year due to the severity of their injuries.
- More than half of all adults with mental health problems were diagnosed in childhood.
- Nationally ¼ million children each year witness domestic violence.
- 20% of children have a mental health problem in any given year.

Relate Cambridge offers information, advice and counselling for all stages of your relationships, including helping families, to build and maintain strong relationships. We offer support (free in some cases) to children (5-10 years) and young people (11-17 years) who are adversely affected by traumatic life circumstances, including family change or breakdown, loss or bereavement. Call us on 01223 357424 or visit www.relatecambridge.org.uk for more information.

ENDS

To arrange interviews with Relate Staff and for all media enquiries call: Elaine Taylor on **01302 347712**

To contact Daniel Zeichner call: **01223 423252.**

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Relate Cambridge – supporting relationships at every stage of your life