



**News Release**

**28 November 2013**

## **Dealing with stressful relationships at Christmas**

Christmas – 'tis the season to be jolly. Or is it? Apparently lots of us find the whole period rather stressful.

According to a new report, over 40 per cent of the British public say dealing with Christmas festivities is 'very stressful' and if you're separated or divorced, the rate is even higher.

Audrey Venables, who is a family law partner at Forshaws Davies Ridgway in Warrington, is a member of Resolution, which represents family law professionals in England and Wales and is the body which commissioned the survey.

She said: "Christmas places additional strain on people for all sorts of reasons and divorced or separated people often find this period extra difficult. There can be arguments about where the children will spend Christmas, competing grandparents, integrating new partners and a fear of being alone.

"The problem is even worse for separated or divorced pensioners. Over half of them apparently want the Christmas season to be over as soon as possible. And nearly 60 per cent of young divorcees (aged 18-34) also say they are very stressed at this time.

"Ending relationships well and sorting out unresolved issues over finance and contact arrangements with children are key to moving forwards into a happier future," she said.

To help people through the trauma of separation and divorce, Resolution has just launched a new advice guide, providing more information about the options available for couples who are splitting up. The guide can be downloaded free at [www.resolution.org.uk/separatingtogether](http://www.resolution.org.uk/separatingtogether)

For more information or to make an appointment, please contact Audrey Venables on 01925 230000 or consult the website [www.qualitysolicitors.com/fdr](http://www.qualitysolicitors.com/fdr). Follow us on Twitter: @QSFDR

## **EDITOR'S NOTES:**

### **About Forshaws Davies Ridgway**

- Forshaws Davies Ridgway is a full service legal practice with offices in Warrington, Stockton Heath and Frodsham, divided into QualitySolicitors Forshaws Davies Ridgway, providing individual legal services and **fdr**, a specialist commercial practice, at 21 Bold Street, Warrington.
- 18 Partners
- Over 100 staff
- Services include: Commercial Law, Conveyancing, Criminal, Family, Litigation, Wills & Probate.

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*On behalf of Quality Solicitors Forshaws Davies Ridgway*