



Prepare Enrich Newsletter – Autumn 2008

Highlights

Regional events in January 2009

Growing Together – a guide for working with groups

Couple checkup - a new relationship tool to reach additional couples

Help wanted!

Now that the summer is over, it is a good time to look at marriages that are happening next year and getting marriage preparation in place.

The recent ONS statistics on divorce rates also give pause for thought as the couples who married 25 or more years ago reach the stage of children leaving home. For some it is a time of new opportunity, for others it's a recognition that marriage has become a shell with little intimacy. Why not think about using MATE to work with any of these couples, on a couple to couple basis or in a group setting, and help them invest in the next stage of their marriage?

Regional events in January 2009

We are planning a couple of events for Practitioners early next year, in Wimbledon on January 24th and Sheffield on January 31st. These Practitioner Gatherings offer an opportunity to get together with others using Prepare/Enrich Inventories and share experiences and to hear about latest developments with Prepare Enrich. We have also invited Alister Mort from ILM Relational Ministry and Dave Percival from 2-in-2-1 to lead sessions.

The days are free, including lunch, recognising the work that you put in all year round in supporting couples. The previous events were very well received **so contact the office now to book direct or for details to be sent to you**. Even if you can only manage half a day, it will still be worth your while to come.

Growing Together – a guide for working with groups

Publicised in the last Newsletter, this is now available. Based on our experience of developing and delivering group sessions over a number of years, it includes:

- detailed information on running a group course,
- a collection of exercises
- key tips and
- a Powerpoint presentation to accompany your sessions

The guidance is flexible so you can run the course over a single day, a weekend or a series of evenings, and with both married and pre-married couples. The manual and exercises can be emailed to you free, or printed and sent by post for £5. The accompanying Powerpoint is currently only available by email, but could be copied to a CD for those who need this. To order, contact the office or send a request via the Resources area of the web site (www.prepare-enrich.co.uk/prac/resources.htm).

Couple checkup - a new relationship tool to reach additional couples

Also mentioned last time was a new tool for working with couples, originating from Prepare Enrich in the US and now adapted for UK use. **Couple Checkup** is an online tool with many of the features of the existing Prepare/Enrich inventories but the initial reporting is provided directly to the couple, who can then seek further insight through practitioners. We have asked a number of couples to try it out, and have received positive reports on its usefulness.

This is not a competitor to the face to face process, more an accessible entry route into the service, particularly for those geographically remote from a practitioner or who initially find the prospect of meeting up with one too daunting.

You can find more information about it on our website, at www.prepare-enrich.co.uk/couples/cc_checkup.htm

and the tool itself also has a direct entry point at www.couplecheckup.co.uk

Help wanted!

Our web site (www.prepare-enrich.co.uk) is becoming better known and we are getting an increasing number of requests for practitioners through it. We envisage that there will also be requests from those who have completed the Couple Checkup and would now like to take things further. We try to meet all requests where possible, so if you would be happy to work with enquirers in your locality, please could you let us know? Our thanks to those who have already offered their services, who know that we always check again before passing on your details, so you can decline at that stage if you are too busy. As to charges, we tell enquiring couples that they should agree costs with their practitioner – we can offer some guidance if you wish.

Relationship MOT at Lee Abbey

The next events at Lee Abbey, for both married and engaged couples, are on November 7-9 2008 and March 6-8, June 5-7 2009. See the web site for more information.

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