

# Media Work

I joined the Relate Media team in the winter of 2005 and worked for them for 6 years in that role. Being part of the team meant I was often quoted in newspapers and magazines on relationship issues.

I have also been a guest on Colourful Radio, BBC Radio, BBC Asian Network, Capital Radio, Radio 1, Kerrang!, LBC where I was often involved in phone-ins from the public with their concerns on various issues. Broadcast appearances included Press TV, OBE TV, CNN, France 24, Mexican TV, NBC, GMTV and the BBC Hard Christmas website.

Often, I was contacted by students in journalism to do consultancy work and to give talks on relationship issues.

I have also been invited to address groups and audiences about the work that I have done with Relate.

# Television



- France 24 International News Channel - Asexuality 05 Sep 2010
- ITV This Morning - Ex-partners 04 Nov 2008
- Channel 5 - Common Sex difficulties 17 Jun 2008
- Press TV (Nexus)- Online Marriages 22 May 2008
- OBE TV - Marriages Today 30 Apr 2008
- Talkback Thames Ltd - Channel 5 Sex Series with Em & Lo 08 Apr 2008
- Russian TV (Channel 1) - D Day (Divorce Day 7 Jan) 08 Jan 2001
- GMTV - Impact of Christmas on relationships 29 Dec 2006
- NBC American TV - Joe Dobbie's e-mail to Kate 31 Jul 2006
- Mexican TV - The rate of divorce in today's society 21 Mar 2006
- CNN - Difficulties faced in long-term relationships 07 Mar 2006

# Radio



• Radio 5 Live - Breaking up, from a man's point of view 1 Jul 2010 • BBC Radio Show - Mixed marriages, cultures & religions - for better or for worse 2 Jun 2010 • BBC Radio Essex - Online relationships & their impact on the primary relationship 9 Sep 2009 • BBC Somerset - Prenuptial agreements 27 Apr 2009 • BBC Essex - Couples who sleep apart 10 Apr 2009 • BBC Radio Stoke - Young couples who cannot afford to live apart even though they are separated 09 Apr 2009 • • Made in Manchester - Low libido in 16-24 year olds 08 Apr 2009 • BBC West Midlands - Families not communicating 31 Mar 2009 • BBC Tease - Formula for the Perfect Marriage 26 Mar 2009 • Kerrang! - The Credit Crunch 27 Feb 2009 • Radio One - The Credit Crunch 27 Feb 2009 • BBC Asian Network - The Credit Crunch 27 Feb 2009 • Radio 5 - Should you enter marriage thinking he is NOT the right one 20 Oct 2008 • BBC Radio 5 Live - Monogamy v Open Relationships 09 Sep 2008 • BBC Radio Sheffield - Age gaps in relationships - do they work? 02 Sep 2008 • BBC Radio Stoke - Marrying too young 28 Aug 2008 • BBC London (The Late Show) - Infidelity 13 Aug 2008 • BBC Radio Stoke - In-law problems 04 Mar 2008 • BBC WM - Quality time in the car for couples 15 Jan 2008 • BBC Radio Sheffield - D Day (Divorce Day 7th Jan) 07 Jan 2008 • BBC Radio Essex - D Day (Divorce Day 7th Jan) 07 Jan 2008 • BBC London - Stresses on couples and families at X'mas 18 Dec 2007 • LBC 97.3 FM - Pressures/stresses at Christmas 07 Dec 2007 • Radio 4 Documentary - PST at Relate 06 Dec 2007 • Colourful Radio - How to love an unlovable child 19 Oct 2007 • BBC Coventry & Warcs - Finding love on holiday 15 May 2007 • BBC London - Secrets & lies in relationships 09 May 2007 • BBC London - Soho's "Amora" 17 Apr 2007 • Colourful Radio - Marriage Statistics (10% fall) 23 Feb 2007 • BBC London - How to improve your sex life 19 Feb 2007 • Leeds Student Radio - Men over 50s & affairs 09 Jan 2007 • BBC Mill Bank - Insidedivorce.com 08 Jan 2007 • BBC Asian Network - Impact of alcohol on relationships 08 Dec 2006 • Smoke Radio - Problems faced dating long distance 17 Oct 2006 • BBC Essex - Relationships with in-laws 07 Aug 2006 • Colourful Radio - Difficulties in confiding in families 17 Jul 2006 • BBC Coventry - Pressures on relationships 04 Jul 2006 • Capital Radio - The World Cup 23 Jun 2006 • Radio Spin - Conflicts with in-laws 02 Jun 2006 • BBC Radio - Secrets of a happy relationship 22 May 2006 • BBC Asian Network - Keeping secrets from your partner 13 Dec 2005

# Newspapers

The Telegraph

**DAILY**  
**EXPRESS**

  
**THE TIMES**

- Daily Mail - When a woman earns more than her man 11 Oct 2010
- Daily Express - A new start for a new year 5 Oct 2010
- Evening Standard - Couples rowing in the car 16 Sep 2010
- Sunday Times - Mixed marriages, cultures & religions - for better or for worse 2 Jun 2010
- The Times (Body & Soul) - Jealousy in relationships 28 May 2010
- The Observer - The impact of means tested child benefit on couple relationships 19 May 2010
- The Sun Online - Staying friends with an ex-partner 114 Apr 2010
- The Telegraph - Married couples in business together 8 Apr 2010
- The Echo - Sexual Addiction 21 Jan 2010
- Sunday Express - Affairs 14 Jan 2010
- The Telegraph - Baby boom due to the Big Freeze 14 Jan 2010
- The Mail on Sunday - The rel bet housework and the frequency of sex in couples 8 Jan 2010
- The Sun - Put the spark back into Sex 1 Dec 2009
- The Guardian - Talk to your partner about your day 8 Oct 2009
- The Guardian - Divorced Couples as Friends 24 Aug 2009
- Daily Mail - The New 4 year itch? 10 Aug 2009
- Daily Mail - Impact of Porn on a couple's relationship 15 Jul 2009
- The Sunday Supplement - Divorce in later life 23 Jun 2009
- The Independent on Sunday - How to avoid arguments over the bank holidays 22 May 2009
- The London Paper - Living together & the credit crunch 17 Mar 2009
- The Mirror - Sex during pregnancy 01 Dec 2008
- National News - The 7 year itch 15 Oct 2008
- Sunday Telegraph - Relationships since 1948 11 Jul 2008
- Mail on Sunday - Women in their 30s/40s reconnecting with their fathers 24 May 2008
- The Swindon Advertiser - Trial Separations 16 Apr 2008
- Metro London - What mystifies us as therapists 29 Oct 2007
- Daily Mirror - Why women with children are sexy 18 Aug 2007
- Daily Mirror - What men find sexy about women 03 Aug 2007
- The Sikh Times & Eastern Voice - Male Divorce 03 Jul 2007
- Montreal Canadian Newspaper - "Amora" (sex exhibition) 02 Jul 2007
- The Scotsman - Couples' individual income 11 May 2007
- Solent News - Infidelity survey 20 Apr 2007
- Mail on Sunday - Divorced fathers & contact with children 15 Jan 2007
- Hornsey Journal Series - The real job of a sex therapist 22 Dec 2006
- Solent News - The Remembrance Ring (anniversaries) 26 Sep 2006
- Press Association - Ant & Dec: Friendship vs marriage 24 Jul 2006

# Magazines



- Daily Mirror - Low libido in Women 21 Dec 2010
- Premier - Problem page "How do I stop my son's affair?" 20 Dec 2010
- National Family Weekly - Keeping the Romance alive 15 Dec 2010
- She - Secrets in a relationship 14 Dec 2010
- County Wedding - When things go wrong on your big day 26 Oct 2010
- Choice - How to keep relationships alive after 30/40 years of being together 22 Oct 2010
- Fashion & Lifestyle - Sexual Statistics on Orgasms 7 Oct 2010
- Ben Health - Starting again for the 50 plus 16 Sep 2010
- Sense - Step families & better relationships 22 Jul 2010
- Woman- Sibling Rivalry 13 Jul 2010
- Marie Claire - The impact of trauma on relationships 12 Jul 2010
- She - Credit card debts & disputes with neighbours 07 Jul 2010
- Love It - The impact of the World Cup on couple relationships 24 May 2010
- Cosmo Bride - Avoiding conflicts at weddings 13 May 2010
- Top Sontae Magazine - The importance of sex in relationships 24 May 2010
- Top Sontae Magazine - Tips on talking to your partner about different issues 29 Apr 2010
- Essentials - Problem page: "I am dreading going on holiday with my husband 29 Apr 2010
- Red - The impact of a new baby on the couple's relationship 26 Apr 2010
- Glamour - Tips for a good healthy relationship 22 Apr 2010
- Fabulous - Infidelity: What to do and how to pull back 18 Mar 2010
- Cosmopolitan - 10 things every girl should know about oral sex 17 Mar 2010
- Marie Claire - How much sex is enough? 16 Mar 2010
- Cosmopolitan - Divorce Parties 12 Mar 2010
- Psychologies - The Impact of porn on children 8 Mar 2010
- Pick Me Up - Advice for divorcing couples 3 Mar 2010
- Marie Claire - Can relationships survive a divorce 2 Mar 2010
- Real People - Separated couples who get back again 16 Feb 2010
- Psychologies - Sex in modern times 8 Feb 2010
- Glamour - when one partner wants marriage and the other does not 5 Feb 2010
- Marie Claire - Sex Therapy @ Relate 26 Jan 2010
- Stylish Magazine - Dancing as a way to help couple relationships 17 Dec 2009
- Woman - 3 most common reasons why couples separate/divorce 15 Dec 2009
- Love it Magazine - Stress on relationships at Christmas 7 Dec 2009
- Red - Separation in later life 15 Oct 2009
- Now Magazine - Celebrate Women 8 Oct 2009
- Cosmopolitan - Female Virgins in their 20s & 30s 21 Sep 2009
- Cosmo Bride - Brides 23 Sep 2009
- You

Magazine - Pregnancy & the pressure on partners 23 Sep 2009 • Cosmopolitan - Female Virgins in their 20s & 30s 21 Sep 2009 • Marie Claire - First Love 28 Aug 2009 • The Stylist - Single Career Women & Relationships 17 Aug 2009 • Company - Birth order in the Family 13 Aug 2009 • Woman - After the affair 30 Jul 2009 • Health Magazine - Sex in over 55s 23 Jul 2009 • North Leeds More Magazine - Jealousy in relationships 16 Jul 2009 • Reveal Magazine - Erectile Dysfunction 11 Jun 2009 • Thomas Cook Travel Magazine - Holiday Romances 10 Jun 2009 • Lighter Life Magazine - Punctuality and its impact on Couple Relationships 02 Jun 2009 • Speak Easy Magazine - Relationships between parents and teenagers 21 Apr 2009 • More Magazine - 5 questions she should ask him in a young relationship 15 Apr 2009 • More Magazine - Tips for staying in a long term relationship 10 Mar 2009 • Father's Quarterly - Changes to her pregnant body 06 Mar 2009 • Wedding - Questions couple should ask 20 Feb 2009 • Woman - Relationship with best friend's brother 17 Feb 2009 • New Magazine - Cancer and Long term separation in relationships 28 Jan 2009 • Top Sontae Magazine - The Credit Crunch 25 Nov 2008 • Adfero Ltd - Samaritan feature: Stress in relationships 25 Nov 2008 • Men's Health - Jealousy 21 Nov 2008 • More Magazine - Why men are afraid to commit to relationships 12 Nov 2008 • Company Magazine - Impact of Debt on relationships 05 Nov 2008 • Cosmopolitan Bride - Friends and their impact on your wedding 28 Oct 2008 • Beth - The impact of stress on sex 28 Oct 2008 • Woman - Celebrity Weddings 02 Oct 2008 • Weight watchers - Impact of Christmas on Relationships 05 Sep 2008 • Heyday - Christmas and In-laws 04 Sep 2008 • Intelligent Life - Money and its impact on the couple relationship 21 Jul 2008 • Men's Health - Is the relationship over when you have an affair? 05 Jun 2008 • Stella (Sunday Telegraph) - When friends become lovers 21 Apr 2008 • FHM - Breakdown of relationships 08 Apr 2008 • Passionate Media - Guide for parents on divorce 31 Mar 2008 • Men's Health - My flat chested girlfriend 25 Mar 2008 • Ladies First - Weddings & quarrelsome families 13 Mar 2008 • Insurance Times - Valentine's Day & strain on relationships 30 Jan 2008 • Woman - First Love 24 Jan 2008 • Cosmopolitan - Dating a man or a boy (immaturity) 21 Jan 2008 • New Woman Feature - 3 problems 14 Jan 2008 • Fathers Quarterly - When a man wants to end an affair 08 Jan 2008 • Psychologies - Setting the romantic mood 21 Dec 2007 • Active Life - Advice on things learnt doing a new job 19 Dec 2007 • Woman - Mr Nice vs Bad Boys 12 Dec 2007 • De Vere Hotels - 25 tips for men's health 11 Dec 2007 • Glamour - The 5 year itch 03 Dec 2007 • Hey-day - Loss of libido in the 50+s 03 Dec 2007 • Practical Parenting - Sex during and after pregnancy 23 Nov 2007 • Pregnancy, baby & you - What happens to US? 14 Nov 2007 • Chemist & Druggist - Sex toys 13 Nov 2007 • Eve - Divorcing couples & impact on extended family 06 Nov 2007 • Eve - 20 brand new things about sex 22 Oct 2007 • Conde Nast Bride - Men's attitude to sex in new rels 22 Oct 2007 • Bliss Magazine - Making Christmas stress-free 04 Oct 2007 • Men's Health - Ready made families 25 Sep 2007 • Men's Health - Partners with different libido 24 Sep 2007 • Fathers' Quarterly - Impact of new baby on relationship 13 Sep 2007 • Psychologies - Taking each other for granted 07 Sep

2007 • Eve - What to do if a relationship is going wrong 26 Jul 2007 • Bride - Sex vows before marriage 24 Jul 2007 • Vita - Impact of cancer on couple relationships 13 Jul 2007 • Father's Quarterly - Loss of desire since baby 04 Jul 2007 • Woman - Obese children removed from their parents 22 Jun 2007 • Woman - Why some divorcing couples remain friends 15 Jun 2007 • Woman - Affairs in couple relationship 11 Jun 2007 • Interest Magazine- Co-habiting Uni grads different incomes 08 Jun 2007 • All about Soap - Mum with 2 kids dating married man 05 Jun 2007 • Men's health - Premature ejaculation 17 May 2007 • Pride - Sibling rivalry 03 Apr 2007 • Woman - Impact of child sex abuse on adult relationships 03 Apr 2007 • All about Soap - I slept with my daughter's boyfriend 29 Mar 2007 • Slimming World - Is the perfect sex life is perfect for you? 15 Mar 2007 • Saga - Rels: Importance of doing things separately 02 Mar 2007 • Essentials - Dating a divorced family man 21 Feb 2007 • Scarlet - Sex during menstruation 15 Feb 2007 • Australia & New Zealand - Migration down under & impact 09 Feb 2007 • Zest - Spring clean your relationship and love life 22 Jan 2007 • Love It - A party to celebrate divorce 22 Jan 2007 • Pregnancy & Birth - He's having a baby 19 Jan 2007 • Yours Magazine - Loss of libido in the over 50s 15 Jan 2007 • Men's Health - Spicing up your love life 12 Jan 2007 • Take a break - Reasons for marrying 19 Dec 2006 • My Weekly - Coping with retirement 15 Dec 2006 • Glamour - Do opposites work in a relationship? 03 Oct 2006 • Glamour - Jealousy in relationships 25 Sep 2006 • Cosmopolitan - Why have a sex break 25 Sep 2006 • All about Soap - Do I still love my ex? 18 Sep 2006 • Scarlet - Dominatrix and partners 25 Jul 2006 • Glamour - Female orgasms 16 Jun 2006 • Scarlet - Losing his libido 12 Jun 2006 • All about Soap - My boyfriend won't commit 12 Jun 2006 • Red - How to avoid repeating your parents' mistakes 15 May 2006 • All about Soap - I don't like my best friend's fiancé 28 Apr 2006 • Super Nanny - Dating again after divorce 21 Apr 2006 • Easy Living - Turn your frown upside down 11 Apr 2006 • My Weekly - Coping with unfaithful partners 27 Mar 2006 • Sainsbury's magazine - Impact of holidays on relationships 24 Mar 2006 • Woman's Own - How holidays can affect relationships 20 Mar 2006 • Family Circle - Are you living with a grumpy old man? 07 Mar 2006 • Men's Health - Threesome sex 24 Feb 2006 • Cosmopolitan - Sex life swap? 07 Feb 2006 • All about Soap - My marriage is a mess 03 Feb 2006 • All about Soap - My wife does not want our baby 03 Feb 2006 • Men's Health - Orgasms 20 Jan 2006 • London Update - Love and Arranged marriages 29 Nov 2006 • Red - Relationships and growing apart 25 Nov 2006 • Glamour - Sex before marriage 21 Nov 2006 • Tesco Magazine - Spring clean your relationship 14 Nov 2005 • Marie Claire - Difficulties in long term relationships 21 Oct 2005

# *Consultancy work/Miscellaneous*

• Boots.com Health & Family - Empty Nest Syndrome 06 Dec 2010 • BBC Website - An affair in pregnancy 6 Sep 2010 • Men's Life Today - Long term relationships 02 Sep 2010 • Goodtoknow.co.uk - Couples splitting up 18 Mar 2010 • Channel 4 Sex Education - Physical disabilities and sex & relationships 23 Feb 2010 • Boots Health Fitness Website - Marriage Week UK 19 Jan 2010 • Twinkleware.co.uk - Alcohol & Couples 18 Jan 2010 • Adfero online Agency - Meeting potential partners for the over 40s 18 Nov 2009 • The Royal Medical Benevolent Fund Website - The impact of long working hours for the parents on the Family 15 Oct 2009 • The New Relate Website - 5 more problems 21 Aug 2009 • Drink Aware Website - Young Couples going to different universities 17 Aug 2009 • Off the Wall Consulting - Asians & the Gay Community 12 Aug 2009 • BBC4 - Siblings 30 Jul 2009 • Relate Website - 3 Common relationship problems 09 Jul 2009 • Play Write for Theatre - Sexual Relationships 26 Jun 2009 • Dn A PR - Mad Men Press Activity 23 Jun 2009 • Cardiff University - How to get over your man in 14 days 21 May 2009 • Bristol University - Becoming a therapist 05 Nov 2008 • City University - The work of a Relate Counsellor 05 Nov 2008 • Adfero (Online news agency) - Cancelled holidays due to relationship difficulties 29 Oct 2008 • Bournemouth University - Empty Nest Syndrome 30 Oct 2008 • Men's Health Website - How to argue less 09 May 2008 • Betty.co.uk - Adoption 27 Mar 2008 • BBC News Online - 70 years of Relate 19 Mar 2008 • ITV.com - Celebrating 10 years of Viagra 17 Mar 2008 • LCC TV - Marriage and relationship breakdowns 26 Nov 2007 • BBC Website - Hard Christmas 23 Oct 2007 • Cass Business School - Intimate relationships at work 27 Jul 2007 • Freelance journalist - Mid life crisis 10 Jul 2007 • Postgrad journalist student - Birth order 25 May 2007 • Bright spark media - Recovering from divorce 10 Apr 2007 • Freelance journalist - addiction to computer games 5 Apr 2007 • What if innovation - Talk on Relationship Issues 16 Apr 2007 • Manning Gottlieb OMD - Talk on Trust 19 Mar 2007 • Westminster University - First Dates on Valentine's Day 16 Feb 2007 • Leeds University - What can Relate offer? 26 Jan 2007 • London College of Fashion - Affairs: Why women choose married men 10 Nov 2006 • Relate North London AGM - Speaker on Psychosexual therapy 19 Sep 2006 • Make Believe - Loyalty in relationships 02 Aug 2006 • University of Bournemouth - Divorce and its effects 13 Jun 2006 • University Student interview - Problems in Interracial relationships 02 Jun 2006 • Passionatemediaco.uk - When your man's a worrier 06 Apr 2006