



**“THE WELFARE OF THE FAMILY IS OF PARAMOUNT IMPORTANCE—SURELY”**

Mr Justice Paul Coleridge made the above his title for the Explore Lecture which he delivered in front of a good audience in the Attlee Suite, Portcullis House, Westminster on Thursday 24 September 2009. He outlined his experience in the Family Courts over the last two decades describing “the ceaseless river of human distress” He accepted that the effect of family breakdown on the psychological health of the parents and, even more importantly, the children was well researched and documented. Children from broken homes are less likely to achieve their potential. His prediction was that the effects of family breakdown on the life of the nation and ordinary people will, within the next 20 years, be as destructive as the effects of global warming or economic meltdown in international markets.

Mr Justice Coleridge discussed the causes and the underlying changes in society. He called for a fundamental change in individual attitude and behaviour. He stressed the importance of reaffirming marriage as a gold standard and advocated the establishment of a National Marriage Trust supported by private funds to focus its entire activity on this vital area of national life.

**A QUIET SUMMER**

Our couples are the life-blood of Explore. Their help is vital to the organisation of both the Explore Schools and Prison Programmes. We thank them all for their help in 2008/09 and hope that all our couples enjoyed a relaxing summer and are ready and able to support the charity in this new academic year. Could you introduce some of your friends to Explore?

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## A Fantastic Endorsement from Bay House School, Gosport

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Neil Powney, Head of Religious Studies, writes:

Explore have worked with our Year 10 & Year 11 Religious Studies pupils. Over a series of four one-hour sessions the pupils experienced the Hopes and Fears introduction; either 2 or 4 sets of couples and the evaluation and plenary sessions.

The format enabled our pupils to “explore” a wide range of issues relating to long term relationships. The key to the success of the programme was the couples’ openness about their relationships and their ability to communicate their experiences to pupils. Our pupils responded well to taking the lead in the sessions and were well supported by the adviser coaches.

Explore has given our pupils a unique experience in which they were able to view marriage and long-term relationships in a realistic and positive way.

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### Marriage “cancer survival impact”

Married people are more likely to survive cancer, whereas those going through a break-up have the worst chance of beating it, a study shows.

US Researchers from Indiana University analysed data on 3.8 million people diagnosed with cancer between 1973 and 2004. They found people who were married had a 63% chance of surviving five years compared to 45% of people who were separated.

#### **“CANCER SURVIVAL**

**Married**— 63% survival after 5 years and 58% at 10 year mark  
**Never-married**—57% and 46%  
**Divorced**—52% and 46%  
**Widowed**—47% and 41%  
**Separated**—45% and 37%

Previous studies have looked at the impact of marriage on health outcomes. Many have found a beneficial effect with experts suggesting the love and support of a partner is essential in bat-

### First Event arranged for Explore Devon

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The new Explore Devon organisation recently established in partnership with the Exeter Community Family Trust is actively progressing

The new venture will be holding its first Volunteer Evening on Saturday 17 October 2009 with an Evening Buffet Supper at the Devon and Cornwall Police Headquarters in Exeter. Training for Adviser Coaches and Couple Preparation starts in November. All interested parties are welcome.

The first Explore event will be a Half Day Conference for 250 Year 10s at St Peters School, Exeter on Thursday 21 January 2010.

## Can you help by becoming an ASSOCIATE member?

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The work of Explore is growing. And there is a very noticeable development in opinion within the UK placing great importance towards supporting the teaching of healthy emotional literacy and relationship skills.

Are you able to support us? Will you consider becoming an Associate Member of Explore?

The Associate scheme is being introduced to encourage and develop a network of support for the charity. In return for your ongoing annual donation, Explore will offer you a regular newsletter and invitation to its Explore Lectures and all local events.

For more information, contact your LDO or [andrew.explore@yahoo.com](mailto:andrew.explore@yahoo.com)



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## Explore Hampshire thanks its couples

On 23rd September 2009, Explore Hampshire held an event at the Bishop of Winchester's palace—Wolvesey—to thank all its couples for their help and support

Rex Chester, Chairman of Explore Hampshire, introduced the Rt. Rev. Michael Scott-Joynt, Bishop of Winchester and a Patron of Explore, who warmly welcomed the 75 members of the Hampshire team who attended the event. Following this, Claudia Sturt, Regional Custodian Manager, NOMS and a Trustee of Explore, gave a valuable and emotional insight into the importance of childhood backgrounds and relationships with specific reference to her experiences in the Prison Service.

*"Marriage is by no means perfect or the only way or only structure for living with a partner but statistically it is the most enduring and statistically the children of such relationships perform the best"*  
*Mr Justice Paul Coleridge in the Explore Lecture*

Following lunch, John Murphy, Explore's Head of Training, led the assembled couples through exercises designed to enable more open dialogues when participating in Explore events..

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## Explore's First Workshop at Erlestoke

On 1st October 2009, Explore Wiltshire opened its Prison Programme when the first session of the workshop was completed at HMP Erlestoke near Devizes.

The workshop has 15 participants and is being held over 3 morning sessions held a week apart. John Murphy is leading the workshop supported by Mary Paisey and Heather Oliver. In total 6 couples will be involved in dialogues which is the highest number ever involved in a single prison workshop.



**THE STUDENTS  
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MARRIAGE TRUST**

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***Lasting Relationships and  
Marriage.***

*Explore is an educational charity that works in schools and prisons bringing young people and married couples together to explore the realities and rewards of lasting relationships, family life and marriage. The aim is to enable young people to gain a deeper understanding of those vital life skills that can provide success and happiness in their adult relationships. The active participation learning method that is used by Explore has been experienced by over 27,000 young people over the last 9 years in 130 schools and 15 prisons. The participants have overwhelmingly [93%] rated highly the learning process.*

We're on the Web.

[www.theexploreexperience.co.uk](http://www.theexploreexperience.co.uk)

## A Testimonial from Testwood Sports College

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Wendy Bonney of Testwood Sports College writes:

I am writing to recommend the Explore experience to other groups dealing with young people.

Rex and his Explore Hampshire team came to my Year 10 last October and organised discussion groups with couples about marriage and talked to them about the realities of living as a married couple. The students were encouraged to ask candid questions which the couples answered.

I arranged the visit as part of my GCSE RS course— Marriage and Family module—but the visit was equally valuable in Citizenship and PSE and contributed to our Healthy Schools agenda.

The students were interested, behaved in a respectful and grown up way and I felt very proud of them. Later, when I read their written feedback and talked to them, I was genuinely surprised at how much they had learnt from this visit.