**Press release templates**

Press release, for immediate release

**Family Monsters Picnic fun day for Family Action**

[Name of venue, e.g. Toad Hall], [where e.g. Toadville], is hosting a free, fun Family Monster Picnic on [date].

The charity is organising picnics across the country to give families a great reason to set aside daily worries and join in a fun day out.

Research for the national charity revealed that one of the top five worries people have about their close family is not getting to spend quality time together.

In its 150th anniversary year the charity is encouraging everyone to talk about the everyday pressures in their families, to stop ‘family monsters’ from becoming overwhelming.

[more details about how people can join in the picnic]

**Family Action, (local spokesperson), said:**

“Millions of people are struggling to cope with the pressures in their family. We want to have quality time with our loved ones, but things get in the way. Simply taking time out from the everyday routine, such as having a picnic together, can help our families reset and recharge.”

As well as expert services such as help for parents-to-be, intensive family support, and counselling or mediation, the charity has recently launched FamilyLine. The new, confidential helpline is helping people with parenting challenges, family conflict, relationship difficulties and other family issues.

Go to www.familymonstersproject.com/picnic to find out more.

ENDS

**Post event version:**

Press release, for immediate release

**Family Monsters Picnic fun day for Family Action**

[Put your full name here e.g. Sue Collins], [put where you live here e.g. Northampton], held a fun Family Monster Picnic for the 150-year-old charity Family Action.

Research for the national charity revealed that one of the top five worries people have about their close family is not getting to spend quality time together.

In its 150th anniversary year the charity is encouraging everyone to talk about the everyday pressures in their families, to stop ‘family monsters’ from becoming overwhelming.

[Your first name] held the picnic with friends and family, for Family Action because [one sentence about your motivation eg we supported someone you know with a specific family monster / your family enjoy the activities on offer in our Children’s Centres / you admire the work we do].

As well as expert services such as help for parents-to-be, intensive family support, and counselling or mediation, the charity has recently launched FamilyLine. The new, confidential helpline is helping people with the challenges of family life such as parenting challenges, family conflict, relationship difficulties or mental health and wellbeing.

[your name], said: “[write here three or four sentences about why this is important to you – we can help you if you’re not sure what to say].”

Family Action, (local spokesperson), said: “Millions of people are struggling to cope with the pressures in their family. We want to have quality time with our loved ones, but things get in the way. Simply taking time out from the everyday routine, such as having a picnic together, can help our families reset and recharge.”

Go to www.familymonstersproject.com to find out more.

Ends