

Comms Pack

The Relationships Survey 2026



About us

We are TLC: Talk, Listen, Change — the UK’s leading relationships charity.

We help people understand what healthy relationships are and empower them to navigate abuse, crisis, and relationship breakdown.

We champion healthy relationships through therapeutic wellbeing services such as counselling, family mediation, and domestic abuse prevention and support services. We work with adults, young people, families, and communities.

Introduction

We need your help to spread the word about The Relationships Survey 2026. This is the first questionnaire by TLC: Talk, Listen, Change that aims to provide a snapshot of the nation’s relationships.

Cutting through the facts and figures, we want to hear about people’s personal experiences with friends, family, and romantic partners.

We’re aiming to paint a bigger picture of the state of relationships across the country. This will help us understand what changes we should be fighting for so that everyone in the UK can access relationship support when they need it, and everyone has the capacity to enjoy safe, healthy, happy relationships.

The survey will be open from 14 February to 30 June 2026. With everyone who fills it out (and leaves an email address) having the chance to win a £50 gift voucher.

[T&C’s](#) and [Privacy Notice](#) can be found on the TLC website should you need more details.

<https://talklistenchange.org.uk/relationship-survey>

We’re asking you to help us get more responses by advertising the survey on your website or social media channels using the assets we’ve provided overleaf and in a [Google Drive folder](#).

TLC: Talk, Listen, Change, Floor 5, Trafford House, Chester Road, Manchester, M32 0RS

 enquiries@talklistenchange.org.uk

 0161 872 1100

 www.talklistenchange.org.uk

VAT Number: 461 819 771 | Company Number: 1559314 | Charity Number: 512710

Assets

(Please copy/paste for your audiences)

Newsletter

(External or Internal)

TLC: Talk, Listen, change has launched The Relationships Survey 2026 – their first ever questionnaire aiming to provide a snapshot of the nation’s relationships.

They are looking to understand how people feel about their relationships with friends, family, and romantic partners. Collecting responses from everyone, including those who’ve never used their services before.

The survey takes no more than 5 minutes to fill out, and we’d greatly appreciate if you could share with your own followers/supporters, as well as colleagues, friends, and family to help TLC’s response count.

Everyone who fills it out has a chance to win a £50 gift voucher.

Open 14 February 2026. Closes 30 June 2026.



(Full resolution version to be downloaded from the [google drive](#))

[@tlccharity – Instagram](#)
[Talk Listen Change – Facebook](#)
[TLC: Talk, Listen, Change – LinkedIn](#)



Social media captions:

<p>Suggested captions: (Written for Instagram, please take note of the red text and replace with the link: https://survey.talklistenchange.org.uk when posting to LinkedIn, Facebook or X.)</p>	<p>Suggested visual: (Full resolution versions to be downloaded from the google drive)</p>
<p>#1 The UK’s leading relationships charity has just launched The Relationships Survey 2026. TLC: Talk, Listen, Change wants to hear how you view friendships, family connections, and romantic partners. Fill out the survey for a chance to win a £50 voucher. Visit @tlccharity for the link in bio. (REPLACE THIS LAST LINE WITH THE LINK FOR FACEBOOK, X or LINKEDIN)</p>	<p style="text-align: right;">5:4</p> 
<p>#2 How many close friends do you have? What kind of things do you talk about? What can or can’t you discuss with your partner? Fill out this questionnaire by TLC: Talk, Listen, Change – the UK’s leading relationships charity, for your chance to win a £50 Voucher. Visit @tlccharity for the link in bio. (REPLACE THIS LAST LINE WITH THE LINK FOR FACEBOOK, X or LINKEDIN)</p>	 <p style="text-align: center;">1:1</p>
<p>#3 Can you truly talk to your partner about your feelings? Let TLC: Talk, Listen, Change know for a chance to win a £50 voucher. Visit @tlccharity and find a link to The Relationships Survey 2026 in the bio. (REPLACE THIS LAST LINE WITH THE LINK FOR FACEBOOK, X or LINKEDIN)</p>	 <p style="text-align: right;">9:16</p>

Please tag us in your social media posts / stories.

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