

EAT

This Marriage Week, why not make the time to sit down together and share a meal for two? Why not share the preparation – and the clearing up! or how about a take-away, or a romantic meal at a local restaurant.

Take time to savour the sights, smells and flavours of a great meal together.

TALK

When was the last time you sat down and just talked about “you” – the challenges of life, what’s motivating you, what’s dragging you down, how it feels to be you – or perhaps your hopes and dreams for your future together? Make some time this week to sit down together just to “talk”!

PLAY

This week, why not make some time to do something together you both enjoy.

It could be as simple as going for a walk, watching a movie together, or spending an evening in your local pub. Or of course you could do something adventurous – go para-gliding or bungee jumping!



For more ideas and information visit www.marriage-week.org.uk