



Relationship Health Matters

Learning the I Matter Framework can Help
You Improve Adult and Child Wellbeing

Dr Cathy Betoin



Issue #1 | October 2025

Welcome

Hello and welcome to the first issue of **Relationship Health and I Matter News!**

Each month, we'll share simple ideas, reflections, and tools to help you notice and strengthen the relationships that matter most — at home, at work, or in your wider community. Whether you're a parent, professional, or just someone curious about how relationships shape wellbeing, this newsletter is for you.

Spotlight: Everyday Connection Matters

Sometimes the smallest actions create the biggest impact. In a relationship health and an I Matter approach, we talk about looking out for Gorgeous Energising Moments. We call these 'GEMS'. Last month, a group of parents in a neighbourhood outside Kendal decided to share reflections on interactions with their children. They found that even two minutes of noticing and naming GEMS and positive moments improved communication and connection.

Takeaway: You don't need big events or formal training — small, mindful actions can ripple into stronger relationships.

Recent Podcast:

A few months ago, I completed some fascinating interviews with experienced professionals to submit to the consultation on the national curriculum.

If you would like to listen in to the conversation with an experienced SENCO [you can listen in here](#) . You can find the full set of interviews [here](#)

Takeaway: Many children and adults are struggling and in this situation, so you are not alone in thinking a change of direction is needed.

Practical Tip: The Five Steps to Success

The **Five Steps to Success** offers a practical way of thinking about how to improve relationship health when things have become tricky. Next time you realise you are in a difficult situation try this:

1. Acknowledge the Fog! (This means recognising you don't know how you got here). Notice your “not-wants” and “wants” in the situation.
2. Become Informed: Open yourself to being ready to learn and make some changes
3. Take Care of You: Think about your self-care and your team/family members
4. Connect and Take Charge: If things have been tricky for a while - think about how your routines can help
5. Fine Tune: Don't be afraid to adjust!

Optional resource: [Download the Five Steps poster](#),

[Here is a short video explainer](#)

Project News:

We are excited to be developing relationship health and I Matter informed thinking in the Kendal area with the GP's and local schools and community organisations.

- **Community Wheel Local Kendal Area:** This is our entry level community conversation designed to reduce isolation and build connections and fun. You can learn more about the entry options [here](#)
- **I Matter Relationship Health Online Learning:** This more indepth online learning option is an opportunity to explore the foundations of relationship health. You can learn more and express an interest [here](#)

If you would like to develop this thinking in your own community then we would love to hear from you!

Share Your Insights

We'd love to hear how small changes in noticing, reflecting, or connecting are working for you.

You could reply to this newsletter with a short story or insight — and we may feature it in a future issue!

Closing Thought

“Even small acts of attention and understanding ripple far beyond the moment — one conversation at a time.”

Thank you for joining us on this first step in growing more relationship health and resilience — wherever you are.

Dr Cathy Betooin and

The Relationship Health and I Matter Team

I Matter Training - Stramongate House, , 53 Stramongate, Kendal, La94BH, United Kingdom

You are receiving this email because on Oct 19, 2019, you opted in to receive email from I Matter Training

[View in your browser](#) You can [manage your preferences](#) or [unsubscribe](#).

