



STARTING OVER SHOW - BRIGHTON 2009

PRESS PACK

Breaking up is hard to do – but YOU can make it easier.

**Get involved in the UK's first divorce fair to help people start afresh
after a relationship breakdown**

Spring 2009 - Sunday 15th March
Brighton - [The Old Ship Hotel](#)

Key speaker is novelist and weekly Mail columnist Anna Pasternak

**Free workshop provided by Channel 5's 'Wright Stuff' Divorce
Doctor Francine Kaye**

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Press page: <http://www.startingovershow.co.uk/index.php/visiting/show-news/>

What do we live for; if it is not to make life less difficult for each other?

George Eliot (1819-1880)

A relationship break up can be the perfect time to make positive changes whether that's starting up the business you always dreamt of, getting your pension sorted, or losing weight and taking more care of your health.

The Starting Over Show is the first UK event to help people bounce back from relationship break ups and life crises.

On the day, we'll create a safe haven in which soon-to-be singletons can take professional advice to build the confidence and skills they need to go it alone.

Over 140,000 UK couples divorce each year, not to mention the thousands of co-habiting couples who need to extricate themselves from shared mortgages and lives. Some civil partnerships are now breaking down too.

Since south coast towns suffer from some of the UK's highest divorce rates, Brighton is a fitting setting for our first event.

The Starting Over Show has been designed to serve people who have experienced a relationship break up, life crisis or significant change to their circumstances and who want to turn their life around. The show will bring together a wide range of services, products and organisations designed to help visitors move forward in their lives.

"With the credit crunch starting to hit, quality professional advice and a vision of a better future are more important than ever. That's why we have counsellors, life coaches and family mediators as well as lawyers attending the show, including a workshop with C5's The Wright Stuff 'divorce doctor' Francine Kaye.

"We want the show to demonstrate how to seek the right support and the benefits of taking positive action, rather than succumbing to a negative or resentful feelings or feeling constantly overwhelmed at the thought of 'what do I do now?' The show will give people access to all the resources that can help them to really start over, all under one roof."

Suzy Miller: Creator and Producer of the Starting Over Show

We also have created an independent resource site - the SOS Village at www.sos-village.org - where you can get access to many free and valuable sources of information and help. We welcome contributions to the content of the site from people who are 'starting over'.

So where has the SOS concept come from?

The very first ever divorce or 'break up' fair was held in Austria. Around 500 people and 20 exhibitors attended the first ever divorce fair at the Vienna Marriott Hotel in October 2007. The fair gave advice on how to organise a post-married life, and to help couples to untie the knot as painlessly as possible.

The two-day fair was held under the motto "New beginning". The event allowed would-be divorcees to consult lawyers about their rights and seek advice. The divorce rate in Austria hit an all time high of 50% in 2006, with 66% of marriages in Vienna ending in divorce.

The Saturday was reserved for men, and Sunday for women, so couples could avoid awkward encounters and retain a degree of anonymity. There was also a series of lectures on subjects like how divorce affects children and coping as a single parent.

In 2008 there were divorce fairs in Holland and Switzerland, as high divorce rates fuel the need for such events.

Unlike the event held in Austria, the Starting Over Show focuses on moving forwards through the process rather than getting stuck in the traditional wrangling over money and property. Breaking up with out breaking down is a theme of the SOS event in Brighton, which is why the show will not be including some of the exhibitors present at the divorce fair in Austria. No private detectives and DNA testers will be exhibiting at SOS!

The culture of the Starting Over Show is one of providing information and inspiration to the visitors, and encouraging them to consider collaborative law and financial mediation as a way forward. Consequently, the need to 'segregate' the sexes as in the Austrian event will not be happening at SOS, as that would go against the inclusive ethos of the show which hopes also to attract visitors going through civil partnership breakups which are happening now in Brighton and elsewhere in the UK.

Statistics and trends

- Almost half of all marriages in England and Wales will end in divorce.
- At least one child under 16 is affected in 53% of all cases, with nearly two-thirds of them being under 11.
- Since 1997 average age of divorce has risen from 40.2 to 43.7 years for men and from 37.7 to 41.2 years for women, partly due to the rise in age at marriage.
- The highest rate of divorce is among men and women in their late twenties.

Source: www.statistics.gov.uk

Our research suggests the following:

That new singles will spend more on financial and wellbeing services than their married counterparts

In an ongoing survey by professional service directory 'CertainShops - Professionals Online' supports anecdotal evidence that, following a relationship break up people are more likely to buy new properties, update their wills and insurances, and spend money on themselves.

Results to date show that in the three years following the break up of a relationship:

- 26.5% rented a property more than once
- 36.7% bought a new property
- 51.0% went on a foreign holiday more than once
- 27.3% joined a gym
- 20.0% changed their appearance
- 35.3% changed their job

Financial advice and legal advice were considered 'definitely important' for people going through a relationship break up (53.1% and 50% respectively) with well-being advice also as a definite at 45.5%. The highest score for 'definitely important' was 82.8% for 'people to listen to them sympathetically'.

Why Suzy is putting on the Starting Over Show

My partner ended our ten year relationship in 2003. Our three children were aged 6, 4 and 1 at the time, and it was the most painful and traumatic experience of my life. However, less than 6 years on, I am grateful that my ex had the courage to end a relationship that was not truly feeding either of us and we now have a healthy respect for each other.

It was tough getting to where I am now, and on the way I learnt that accessing the right information, support and help both legally, financially and emotionally was essential. My ex partner is married to a lovely girl who the kids love and we effectively co-parent, living in the same village, sharing the same values and sometimes it amazes me how we got to be in such a good place despite some very difficult times getting here.

It takes courage and vision and a determination to believe in a positive future when life seems nothing but a struggle, but the joy of children is that they provide a massive incentive to make that extra effort. It is not a journey anyone needs to make alone. There are skilled people who can help with all aspects of Starting Over who are there to be accessed via the www.startingovershow.co.uk website.

Information and Inspiration are what helped me move forward in my life. I want to make those resources available to other people through the Starting Over Show in Brighton in Spring 2009, and through the Starting Over Village resource hub at www.sos-village.org.

Key speakers:

Anna Pasternak (Daily Mail & Daily Telegraph) and Francine Kaye (The Divorce Doctor/The Wright Stuff) will be inspiring our visitors on the day to start over. Anna will be giving a talk about her book Daisy Dooley Does Divorce, and Francine will be providing a free starting over workshop.

Anna Pasternak

A regular contributor to national newspapers, in particular the Daily Mail and Daily Telegraph, Anna is the author of the hugely popular Daisy Dooley Does Divorce column, which has been published in the Mail every Monday since November 2004.

Daisy Dooley chronicles Anna's own heartbreakingly funny and touching relationship history which she calls "Disastrous...Married at 32, divorced by 33, had a child with a younger man at 35 and was left by him to become a single mother at 37". Her breathtaking honesty and search for inner happiness is an emotionally intelligent and uplifting journey.

Myspace page: www.myspace.com/daisydooley

Francine Kaye

As one of the most experienced relationship coaches in the UK, Francine is the relationship expert for the Channel 5 programme The Wright Stuff appears on The Trisha show and is featured in and writes for national magazines, the press and is a guest on national radio. She is invited for her expertise on CNN, Nick Ferrari, Vanessa Feltz, Jumoke Fashola, Paul Ross, Lowrie Turner and many others. Francine is also the author of Time to Live published by Hodder and is an expert workshop leader and trainer. Her experience as a Counsellor, Relationship Coach, Parent Effectiveness Trainer, and Family Mediator qualifies her to help men and women find and sustain fulfilling relationships, help couples rebuild and redesign rocky relationships and in cases where divorce is the only prognosis, she gives her clients the skills and strategies to do what it takes to divorce with dignity and heal their hearts and their lives. Francine's new book The Divorce Doctor published by Hay House will be available in May 2009.

Divorced 14 years ago with two small children, Francine has experienced the challenges of an uncertain future as single parent. She has overcome financial adversity and in the past 14 years has transformed her life to become one of the UK's most successful relationship coaches. Francine says "As a direct result of accepting my new life instead of resisting it, I have regained my identity, healed my heart and learned to love again. As The Divorce Doctor I am helping others to do the same"

www.thedivorcedoctor.co.uk

Exhibitors: Information Zone & Inspiration Zone

Information Zone

Val & Don Rush: TR resolutions
Matrimonial financial mediators

Jaci Godman Irvine: Estate
Legacy Services Wills and trusts

Fiona Monson: Armida
Business Recovery
Accountancy and help with debt

Linda Lamb:
MayoWynneBaxter
Collaborative family law

Colin J Hegner: C.J.H.
Consultancy Services Estate
planning/wills

Elissa Da Costa: Barrister,
Mediator, Collaborative Lawyer

Child Support Solutions Ltd
legal advice regarding the child
support agency

Mark Robinson: Private Wealth
Management Independent
Finance Specialist

Michael Hayes & Julia Dyson:
Bunkers Solicitors

**Franklin Price & Sarah
Ingram:** Jeffrey Green Russell
Legal Firm

**Jennifer Lynch & Susan
Knight:** Tennant and Knight
Solicitors

**Kirsten Gronning, Jackie
Walker & Fay Young:** Breakup
Angels with:

Lorraine Schaffer - director of
the Centre for Mediation and
Conflict Resolution +

Natalia Postlewaite: Greatvine:
Expert advice for life

Breakup Angels is a
collaboration of quality
professionals and organisations
building a platform to service all
the needs of people affected by
relationship breakdown.

Greatvine is a national platform
for the delivery of live expertise.

Robert Hughes: Debt-Litigation
Dealing with debt without
resorting to bankruptcy or
consolidation

Robert Sheppard: Findon Legal
Consultants Estate Planning &
Chris Mansfield: Mansfield
Financial Services

Andrea Richardson: Working
Links - helping single parents
get back to work

Mark Barrett: Blaker Son &
Young Solicitors Family Law
specialists

Mark Keenan: Divorce-
OnlineUK's largest online
divorce service

Inspiration Zone

Scott Collier: Photographer

Annarosa Solda: Italian
Horizons and healing work &
Peter Reid: Photographer

Jane Orr: The Mystic
Housewife Healer

Jo Parker: The Shoe Queen
Shoes to die for!

**Bernay Laitye with Helen
Jones & Linda Reader:**
in:colour Colour psychologists
and image consultants

Julia Armstrong: Coach,
therapist and author

Liz Foster: Divorce Coach &
Carol Hughes: Life Coaching

Martina Mercer-Hall: 'Life-
Designer' utilising Astrology,
Feng Shui, Colour Therapy and
Interior Design

Geoff Cox: MXI Corporation
bring you Xocai 'healthy'
Chocolate

Searchmate Introduction
Agency

Karen Young: Utility Warehouse
Discount Club Start up your
own part-time home-based
business

Richard McMinn: Chiropractic
Life Family Wellness
Chiropractic

Charlotte Friedman: Divorce
Support Group & **James
Pirrie:** Family Law in
Partnership

Kate and Emily: practical help
and positive tools for single
parents

Marie-Louise Schlemm:
Climax Chocolates

Catherine Allen: Relate
relationship counseling &
Vermillion Books

Vena Ramphal: Unwrapping
the gifts of passion
coach specializing in divorce

Also:

**Free Legal Surgery with
Amanda Quinn family lawyer**

**Free Financial Surgery from
Breakup Angels with:**

Bill Smith: Scotia Independent
independent financial advisor &
pension consultant

Judith Morgan: The Money
Gym Wealth coach & debt
advisor

Wikivorce surgery - join the
UK's largest divorce forum

Feel Good Zone:

Michelle Jones: Ease Stress
Reflexology

Michele Duke: Virgin Vie at
Home

See full exhibitor details with
links at: [http://
www.startingovershow.co.uk/
index.php/visiting/exhibitors-
list/](http://www.startingovershow.co.uk/index.php/visiting/exhibitors-list/)

Our Venue

The first live UK Starting Over Show will take place on Sunday 15th March 2009, 10am - 5pm at the Barcelo Old Ship Hotel in Brighton. Enter via the Ship Street Entrance.

The venue is centrally located, close to shops, the famous 'Brighton Lanes', restaurants cafes, and near Brighton Pier and the sea front. Dating back in parts to 1559, the [Barceló Brighton Old Ship Hotel](#) is the oldest hotel in Brighton and stands proud on the bustling seafront in this popular British destination.

The venue cafe will be serving hot drinks and home made cakes throughout the event, and the restaurant in the hotel will provide bar snacks and meals.

Hotel address

Kings Road Brighton East Sussex BN1 1NR United Kingdom

Tel: 01273 329001

Fax: 01273 820718

Link to AA Route map here:

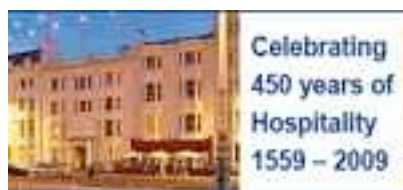
<http://www.barcelo-hotels.co.uk/the-aa/southern-england/2106/>

Parking

There is on street parking all around the venue (pay machines) and an NCP car park directly next to the venue on Black Lion Street (max height of vehicle 6'32"). There is also limited parking at the hotel (entrance in Black Lion Street).

See more of why Brighton is such a great place to visit by clicking here: Visit Brighton

<http://www.startingovershow.co.uk/index.php/visiting/brighton-visit-the-city/>



Articles, press coverage and guidelines

articles written by us on the theme of divorce

<http://www.startingovershow.co.uk/index.php/category/advice-and-articles/>

pdf downloads of free mini e-books

<http://www.startingovershow.co.uk/index.php/free-divorce-relationship-advice/>

press coverage: see <http://www.startingovershow.co.uk/index.php/visiting/show-news/>

podcast of Suzy talking about the show: <http://www.juliaarmstrong.com/files/SuzyMillerDec08.mp3>

Link to the video with music: <http://www.startingovershow.co.uk/index.php/category/short-films/>

access to the event - photography and filming, press guidelines

Protecting our visitors: interviewing

Suzy Miller and exhibitors at the event are available for interview. Exhibitors can be contacted via the Starting Over Show website, and Suzy can be contacted via email at suzy@startingovershow.co.uk, or by phone on 07825 222 404

filming arrangements and photocall timings

In order to respect the privacy of our visitors, no cameras or video equipment will be allowed into the event. However, pre-arranged filming and photo-calls can be booked via Suzi Christie/Blueberry PR suzi@blueberry-pr.co.uk 01435 830031

case studies

Nicola Rawson: sold the wedding and engagement ring to pay for the divorce. Ex husband put his vasectomy costs onto his form E! wnid@hotmail.co.uk

Suzy Miller: kept the faith and now has a healthy relationship with her ex and his new partner

F: Successfully managed her post divorce relationship, but accepted a very poor settlement and has been advised that she will not be able to change it.

Sean: fighting for access to his little girl - denied seeing her over Xmas and feels 'bullied' by the courts

For other case studies, see articles written here: <http://www.startingovershow.co.uk/index.php/category/advice-and-articles/>

podcasts

Interview with Suzy Miller

<http://www.juliaarmstrong.com/files/SuzyMillerDec08.mp3>

Interviews with exhibitors

<http://www.startingovershow.co.uk/index.php/podcast-interviews-with-our-mentorsexhibitors/>

press interviews

http://www.sos-village.org/SOS_Village/Podcasts/Podcasts.html

high quality photos/images and case studies are available on request

current images available via the website from here: <http://www.startingovershow.co.uk/index.php/sos-15-march-2009/press-images/>

photographs and podcast interviews will be available after the event on request

Contacts:

Suzy Miller (Featured in Sept 08 issue of Eve Magazine)
07825 222 404 suzy@startingovershow.co.uk

Suzi Christie/Blueberry PR
suzi@blueberry-pr.co.uk 01435 830031

For free press tickets to the event, please contact suzy@startingovershow.co.uk
Please let us know the names of any journalists attending so that we can put you on our entry list, and you can access the event via the main Barcelo Brighton Old Ship Hotel reception rather than via the Ship Street Entrance which the visitors will be using.

Starting Over Show

www.startingovershow.co.uk

All the things you need to know about breaking up and starting over in one SOS

Useful Information

Honest Communication
Personal Transformation

Starting Over Show is part of Certain Shops Ltd. 72 Medway Drive Forest Row E Sussex RH18 5NX Tel: 0208 8167281 Textphone 18001 0208 8167281 www.certainshops.com e:suzy@startingovershow.co.uk
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