

“I finally found my forever person”

As a wedding registrar, Cynthia Green, 60, has married more than 20,000 couples, including on reality TV dating shows *Married At First Sight* and *Love Is Blind*, yet never walked down the aisle herself. But that's all set to change now as she's finally found true love!

I ABSOLUTELY LOVE MY JOB of bringing couples together. But when you're marrying people every day for a living, it can really hit home that you're not married yourself – especially when everyone keeps asking why not. I started to wonder what was wrong with me. But then I realised my previous relationships, including 17 years with my children's father, weren't my forever relationships. So, I threw myself into being a mum and a nana instead, doing my job, going on holiday with the girls and enjoying the rollercoaster ride of working in the media, which came as a real shock later in life, but is very exciting! Until July 2021, I'd been living with

my daughter and granddaughter. When I moved out, at the age of 57, I started to question why I still hadn't found my partner in life. I thought: "Cynthia, what do you like about yourself? What are you not happy about?" I think it's important to make sure you are happy within yourself when you're looking for love. I became more spiritual, and I also chatted to some people who worked as therapists who said I should "feminise" myself more. I was really offended at first! But they meant I was coming across as not wanting to meet anyone, as I am very independent.

Looking back, I can understand what they were saying as many people put up emotional barriers



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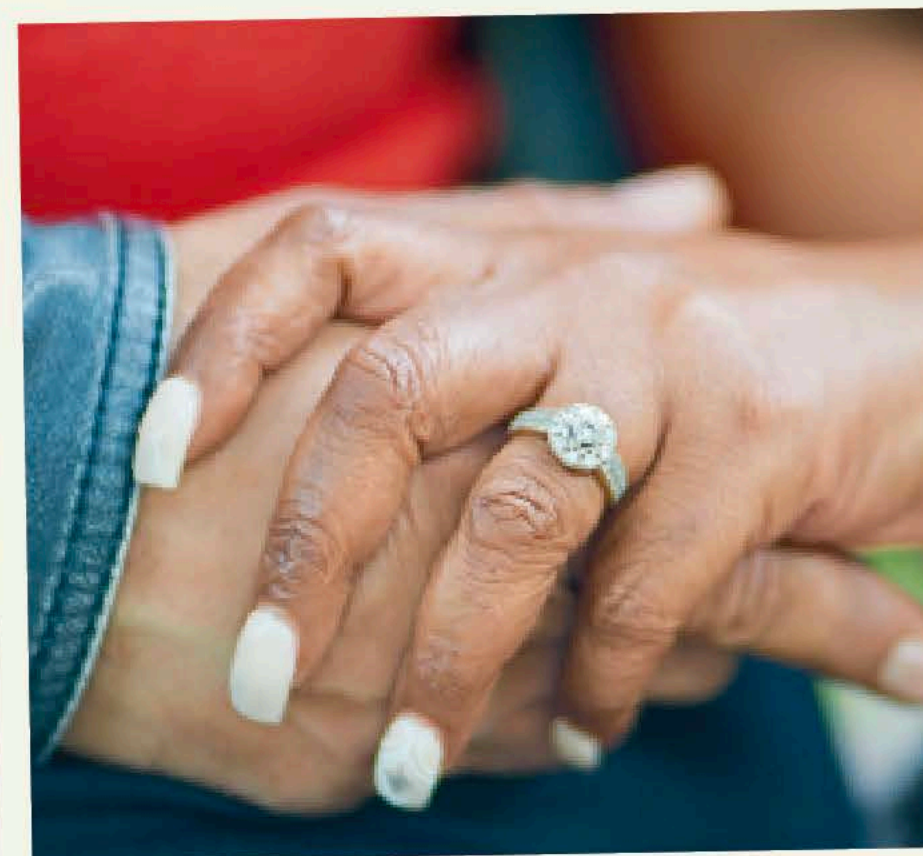
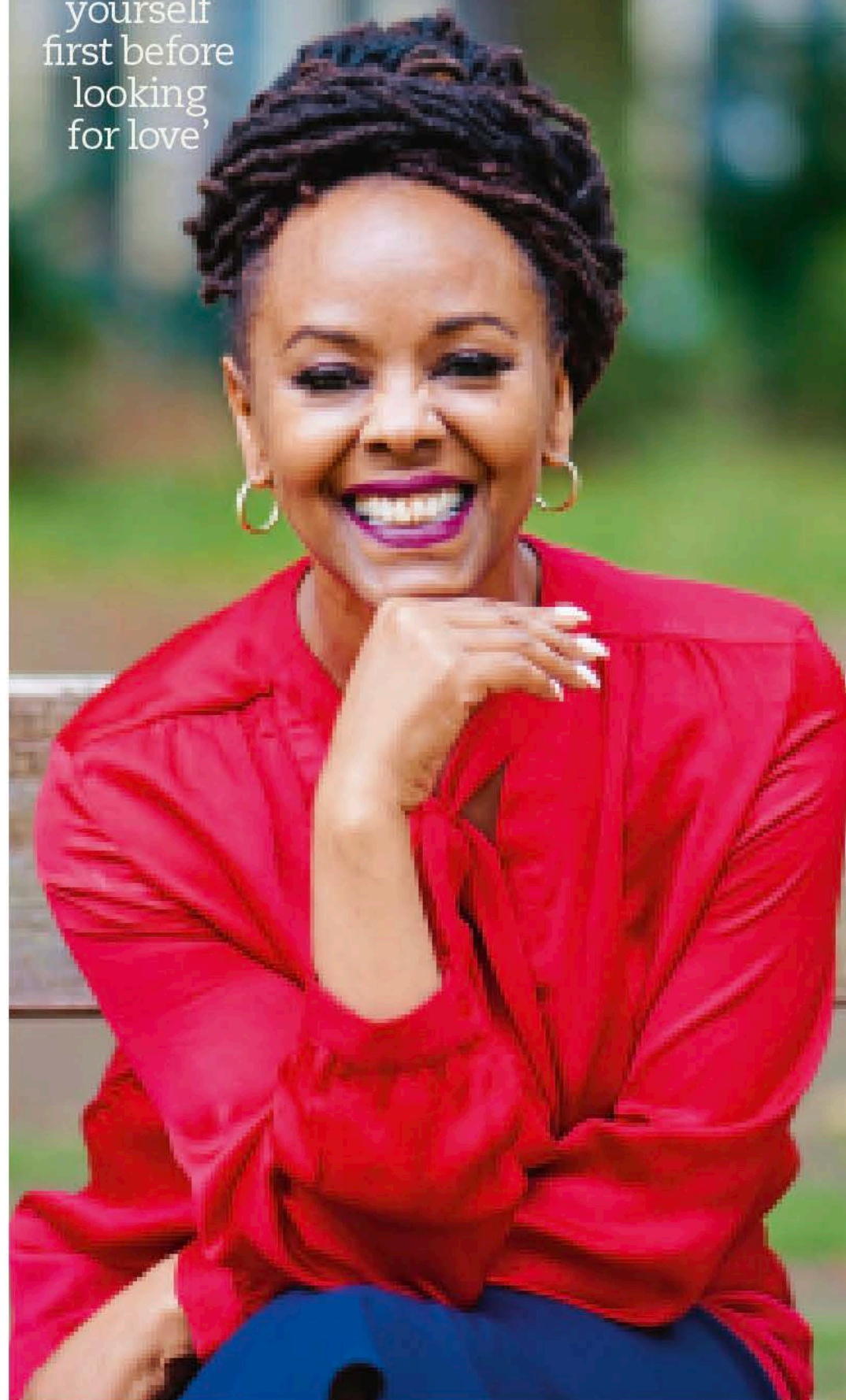
without realising. It's called self-preservation, and you can't help it. But I don't think I'm patronising anyone when I say you should look at yourself first before looking for love. I've been on the same journey. I'd sat on the sofa night after night feeling sad while eating a pizza with chips piled on top for dinner, followed by chocolate and ice cream and alcohol. But there's a point where you have to snap out of that and start finding the little gems of positivity in your life to help you get through it and get ready to find love again.

UNCONDITIONAL LOVE

Not long after I started to self-analyse, I also began my weight-loss journey. Not because I connected losing weight to finding romance but because I wanted to be the best I could be for myself. Then be ready to be the best for someone else. I started calorie counting my food and was horrified when I realised how massive my portions had been. I hired a personal trainer, and although it felt like the weight wasn't coming off for a while, I kept at it. After a few months, I started losing around one-and-a-half pounds each week, and by the end of the year, I'd lost 23 pounds in six months. I felt so much more confident in myself, especially standing up in front of hundreds of people at work because if people aren't looking at the bride and groom, they're looking at me! But I also felt amazing and really healthy – even better than I did at 30. That's when I said to myself, you're ready for love now.

I was at a party in Essex when I met Milo, in April 2022. He started talking to one of my friends and I thought, "oh, he looks nice". But then I heard him ask if we could be introduced, and that was it. We started chatting, realised we both worked for Islington Council at the time, and then I did something quite unusual: I asked him to come and sit with us while we ate, which I would never do normally. But something compelled me. We just clicked. As we talked and danced the night away,

'You should look at yourself first before looking for love'



my friend said it was as if we'd known each other for years. We realised quite quickly there was a 14-year age gap between us when we discussed our children's ages. Milo said, 'How old are you, then?', and I was like, 'How old do you think I am?' – but it wasn't a big deal for him, and it hasn't been ever since.

After meeting up for dinner the next day, and continuing to see each other every weekend, we decided to move in together. The conversation happened during a Zoom call, while I was in America visiting my twin sister in September 2023. But when I had a breast cancer scare at the beginning of February 2024, Milo proposed to me a few days after the biopsy, saying he needed me to know he was going to be there no matter what happened. Thankfully, I was alright, and we decided to get married in Kyoto, Japan, as we both love the culture. My mum and dad have sadly gone now, and after seeing so many kinds of weddings over the years, we just figured we'd have the wedding we wanted. So, we put our backpacks on, went to Japan, found the perfect venue and booked it. It was mad – but the date is now set for December 5 this year.

It feels amazing to plan my own wedding after all these years. People say I don't stop smiling, and I still wake up sometimes and think, how did this all come about? I've also had many lovely messages from people saying I've inspired them, and that I've given them the faith to think their person is out there too. Milo is into health and fitness, so while it's been great to fall in love with him, it's also wonderful to have him as my personal mentor. We exercise together, respect each other, and we've also really connected spiritually, which I think is really important. But I'm glad I was happy with myself first, before I embarked on finding the person I wanted to be happy with for the rest of my life.

● Follow Cynthia on Instagram. [com/cynth_celebrantregistrar](https://www.instagram.com/cynth_celebrantregistrar).