



**PORTSMOUTH
DIOCESE**

**GUIDE TO
ORGANISATIONS
SUPPORTING
FAMILY LIFE
AND MARRIAGE**

2011

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Action on Elder Abuse

Works to protect, and prevent the abuse of, vulnerable older adults.
Provides information, advice and support to victims and others who are concerned about or have witnessed abuse.

Tel: 0808 808 8141

www.elderabuse.org.uk

Age UK (Amalgamation of **Age Concern and **Help the Aged**)**

Aims to improve later life for everyone through information and advice, campaigns, products, training and research.

Tel: 0800 169 6565

www.ageuk.org.uk

AL-Anon & Alateen Helpline

Fellowship of relatives and friends of alcoholics who share their experience in order to solve their common problems. Alateen is for teenage relatives and friends of alcoholics.

Helpline: 0207 403 0888 (10.00-22.00)

Email: enquiries@al-anonuk.org.uk

www.al-anonuk.org.uk

Alcoholics Anonymous

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

National Helpline: 0845 769 7555

www.alcoholics-anonymous.org.uk

Association of Interchurch Families

Provides a support network and information service for couples in which each of the partners belongs to a different Christian denomination, often referred to as Interchurch Families, to those concerned with their pastoral welfare, and a voice in the churches.

National Tel: 0203 384 2947

Email: info@InterchurchFamilies.org.uk

www.interchurchfamilies.org.uk

Local contacts: Paul and Lucy Docherty

Tel: 01329 233602 Email: paul@docherty1.co.uk / lucy@docherty1.co.uk

Association of Separated and Divorced Catholics

Give spiritual, social and mutual support to members within the framework of the Church.

National Enquiry Line Tel: 01132 640638

Beginning Experience

Facilitate the grief resolution process for adults and children who have suffered a loss through death, divorce or separation, thereby enabling them to again love themselves, others and God. Accomplish the purpose by offering quality, copyrighted, grief resolution programs presented by trained peer ministers.

Tel: 0141 434 1371

Email: anne_pat@btinternet.com

www.beginningexperience.org

BRAKE

Road safety charity running a helpline for anyone bereaved as a result of a road crash.

Helpline: 0845 603 8570 (Mon-Fri: 10.00 - 16.00. It may also be open at additional times - call the number to find out the most up to date current opening times.)

Email: helpline@brake.org.uk

www.brake.org.uk

Cabrini Children's Society (formerly Catholic Children's Society)

Charity providing wide ranging services to children, young people, families and to adults with learning disabilities. Encourages, inspires and supports the individuals it works with, to find their way in the world.

Tel: 0208 668 2181

Reading Adoption Office

Tel: 01189 875121

Winchester Adoption Office

Tel: 01962 842024

www.cabrini.org.uk

Care for the Family

Promotes strong family life and helps those who face family difficulties.

Does this through events, resources, training and networks of befrienders.

Tel: 02920 810800

Email: mail@cff.org.uk

www.careforthefamily.org.uk

Carers in the Community

Provides friendship and spiritual support for those who are living with and caring for people with mental illness.

Tel: 01642 818332

Email: edna@carersinthecommunity.org.uk

www.carersinthecommunity.org.uk

Carers Together

For people - relatives, friends or neighbours - who are looking after or concerned about another person. This may be because they are old and frail, have a disability, have a long or short term health condition, or are isolated or struggling to cope. People can share their concerns, link to other carers, find out what is available to support them, help them to find where to find support, and find out about the Hampshire Carers Network.

Tel: 01794 519495 (Mon-Fri: 9.30-15.30)

Email: admin@carerstgether.org.uk

Carers Active Listening Line: 08000 323456 (9.00-23.00)

www.carerstgether.org.uk

Caritas-Social Action Network

Umbrella organisation of charities with a Catholic ethos, providing professional social care within the UK. Members provide services to marginalised and vulnerable children, adults and families of all faiths and none.

Tel: 0207 901 4875

Email: Lesley.versprille@cbcew.org.uk

www.caritas-socialaction.org.uk

Catholic Association for Racial Justice

Works with Catholic Dioceses and Parishes to support people from diverse backgrounds, raising awareness and providing education for racial justice and promoting spiritual growth and development.

Tel: 0208 802 8080

Email: info@carj.org.uk

www.carj.org.uk

Catholic Caregivers

An American organisation which provides information and material to help those who support and work with caregivers.

Email: MonicaDodds@YourAgingParent.com

www.CatholicCaregivers.com

Catholic Deaf Association

An association of deaf and hearing people who support each other and promote services for deaf people, offering support to existing Diocesan services. The CDA encourages Deaf people to share in the Mass and the Sacraments and to participate and share fully in the life and mission of Church and Society.

www.cda-uk.com

Catholic Disability Fellowship - Portsmouth Diocese

Diocesan organisation which aims to provide spiritual and practical help to families with children or young people who have physical and mental disabilities.

Chair: Dinah Kennedy

Tel: 01256 321764

Secretary: Paula Medd

Tel: 02392 369183

Catholic Safeguarding Advisory Service (CSAS)

Responsible for driving and supporting improvements in practice. Its primary role is one of co-ordination, advice and support in respect of the wider job of safeguarding children, young people and vulnerable adults.

Tel: 0121 237 3740 (Mon-Fri: 9.00-17.00)

Fax: 0121 237 3741

www.csas.uk.net

Portsmouth Diocesan Safeguarding Co-ordinator: Angela McGrory

Tel: 02392 816396

Catholic Women's League

Promotes religious, educational and social welfare. A source of friendship, spiritual activities and charitable/social activities.

Branch President: Rosemary Farrow Tel: 01202 396398

Email: rosie@rosieandjim.plus.com

Branch Secretary: Elizabeth Etienne Tel: 01534 851234

Email: groovigranliz@jerseymail.co.uk

Causeway Prospects

A Christian organisation working together with people with disabilities, supporting them to live as independently as possible. Provides advice, training and resources to help equip the Church for effective ministry and outreach among people with learning disabilities so that each feels welcomed and valued.

Tel: 01189 508781

Email: info@prospects.org.uk

www.prospects.org.uk

CEDAR (Catholics Experiencing Domestic Abuse Resources)

A range of resources to help parishes, deaneries, dioceses, school and organisations in the Catholic Church in England and Wales grow in awareness of issues surrounding domestic abuse.

National Helpline: 0808 2000 247

www.cedar.uk.net

Celebrating Family

Celebrating Family is the response of the Catholic Bishops of England and Wales to the findings of Listening 2004. The website has information on supporting family life and links to resources.

www.celebratingfamily.org.uk

(Copies of some of the resources are also available on request from the Department for Pastoral Formation – see page 19.)

Charity Search

Helping older people in real financial need to tap into the multiple sources of help available.

Phone: 0117 982 4060

Email: info@charitysearch.org.uk

www.charitysearch.org.uk

Child Bereavement Charity

Provides support to families and professionals when a child dies or when a child is bereaved of someone important in their lives. Services offered include a Support and Information Line, Buckinghamshire-based Family Bereavement Support Service, interactive website with a Families and Professionals Forum, resources and Professionals Training Programme.

Tel: 01494 568900 (Mon-Fri: 9.00-17.00)

Email: enquiries@childbereavement.org.uk

www.childbereavement.org.uk

Child Death Helpline

For anyone affected by the death of a child of any age, from prebirth to adult, under any circumstances, however recently or long ago.

Tel: 0800 282986 - Additional Freephone number for ALL mobiles: 0808 800 6019 (Mon-Fri: 10.00-1300, Tues & Wed: 13.00-16.00 also & every evening 19.00-22.00)

www.childdeathhelpline.org.uk

Childline

ChildLine is a counselling service for children and young people who are feeling scared or out of control or just want to talk to someone.

Tel: 0800 1111

www.childline.org.uk

(The) Compassionate Friends Helpline

Charitable organisation of bereaved parents, siblings and grandparents dedicated to the support and care of other bereaved parents, siblings, and grandparents who have suffered the death of a child/children. Also offers support indirectly by fostering understanding and good practice amongst professionals concerned with child death and by increasing public awareness.

Tel: 0845 123 2304 (10.00-16.00 & 19.00-22.00)

Email: helpline@tcf.org.uk

www.tcf.org.uk

Creighton Model FertilityCare™ System

A natural and ethical system of family planning that can help couples to achieve or avoid a pregnancy. Under the guidance of a trained practitioner, users are taught how to monitor and understand a woman's cycle by observing and charting biological markers.

Contact: Sarah Finch

Tel: 0118 945 6545

Email: fertility.care@btconnect.com

Cruse Bereavement Care

Exists to promote the well-being of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss. Services are free to bereaved people.

Daytime Helpline: 0844 477 9400 (Working Days: 9.30-17.00, Mon & Wed until 19.00)

Email: helpline@cruse.org.uk

www.crusebereavementcare.org.uk

CRY – Cardiac Risk in the Young

Supports those bereaved through young sudden cardiac death (also known as SADS, SDS); and has a Surgery Supporters Network for young people (aged 14-35) diagnosed with a cardiac condition. CRY promotes heart screening and ECG testing programmes, and funds the CRY Centre for Sports Cardiology and the CRY Centre for Cardiac Pathology.

Tel: 01737 363222

E-mail: cry@c-r-y.org.uk

www.c-r-y.org.uk

Diocesan Tribunal (Portsmouth)

The tribunal seeks to assist, within canon law, those whose marriages have broken down and are seeking to establish whether they are able to marry in the Catholic Church.

Tel: 01252 878789

Email: tribunal@portsmouthdiocese.org.uk

Disability Alliance

Charity which works to relieve the poverty and improve the living standards of disabled people. Eventual aim is to break the link between poverty and disability.

Tel: 0207 247 8776

Fax: 0207 247 8765

Email: office@disabilityalliance.org

www.disabilityalliance.org

Domestic Violence Helpline

National service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.

Tel: 0808 200 0247

www.nationaldomesticviolencehelpline.org.uk

Drinkline

Provides information and self-help materials, help to callers worried about their own drinking, support to the family and friends of people who are drinking, advice to callers on where to go for help.

Tel: 0800 917 8282

Drugs Helpline

A 24 hour, 7 days a week free and confidential telephone service which provides support and information about local and national services that can provide counselling and treatment.

Tel: 0800 776600

Text: 82111

www.talktofrank.com

EnCourage Trust

Provides friendly and informal support based on traditional Roman Catholic principles to people of any Faith who struggle with homosexuality. Offers friendship and support; not in any way involved in the matter of sexual reorientation. Aim to live chaste lives in accordance with the Roman Catholic Church's teaching on homosexuality.

www.encouragetrust.org.uk

Equipes Notre-Dame (Teams) – (formerly Teams of Our Lady)

An international Catholic movement for Christian married couples. Team members provide support and encouragement for each other in their spiritual journey and their daily lives.

Contacts: Piotr and Dzidzia Chodzko-Zajko

Tel: 0208 575 5421 E-mail: CentralBritain@Teams-Transatlantic.org

www.teamsGB.org.uk

Everybody's Welcome

Supports parish communities to become more friendly, more family-sensitive, and more welcoming of all.

What is Life Like? is a series of leaflets to help parishes understand and meet the needs of families in specific situations.

What is Life Like if You or Someone in Your Family

- Is Bereaved or Has Suffered a Loss?
- Is Disabled or has Learning Difficulties?
- Is Divorced and Remarried?
- Is Gay or Lesbian in Their Sexual Orientation?
- Has a Mental Health Problem?
- Share Life and Love but not Faith in God?
- Share Your Christian Faith within Two Different Church Traditions?

Email: everybodyswelcome@celebratingfamily.org.uk

www.everybodyswelcome.org.uk

(Free copies of the above leaflets are available on request from the Department for Pastoral Formation – see page 19.)

Explore

Educational charity that enables young people in schools, colleges and prisons to explore the experience of couples and, through this study, to appreciate the skills and emotional literacy that produce healthy and enduring relationships, family life and marriage.

www.theexploreeexperience.co.uk

Hampshire Chairman: Chris Ford

Tel: 01329 280635

Email: fordsatfareham@aol.com

Faith and Light

An International Christian Association with people who have learning disabilities, their families and friends. Aims to encourage and develop the gifts of people with learning disabilities.

www.faihandlight.org.uk

Co-ordinator UK South: Elizabeth Neame

Email: neameteam@aol.com

Tel: 01373 453069

Eastleigh: John Williams

Tel: 02380 260061

Familias

Through the ministry of its members FAMILIAS aims to support, nourish and sustain families whatever their circumstances.

Membership is open to anyone involved in any aspect of family ministry.

Marriage and Family Life Project Officer: Elizabeth Davies

Tel: 07817 479694

Email: elizabeth.davies@cbcew.org.uk

www.celebratingfamily.org.uk/familias.html

Family Education Trust

A national educational trust which researches the causes and consequences of family breakdown. Produces material for use in schools, much of which can be downloaded free from the website.

Tel: 0208 894 2525

www.famyouth.org.uk

Family Lives

A national, independent charity and leading provider of parent support in the country. Offers the service 'Parentline', a free confidential, 24-hour, parent to parent phone line for anyone in a parenting role, individual parent and e-mail support, information materials, training and volunteer opportunities and organises parenting groups and workshops offering practical solutions and suggesting ways to manage difficult situations.

Central Office: 0207 284 5500

Parentline: 0808 800 2222

Text phone: 0800 783 6783

www.familylives.org.uk (for parents wishing to talk about any family issue big or small)

Fertility UK

A natural family planning service for the UK which promotes fertility awareness; provides fertility awareness education for couples planning pregnancy and natural family planning (NFP) teaching for couples, provides educational resources, an e-mail helpline service for UK residents and accredited training days.

Email helpline for UK residents: admin@fertilityuk.org

www.fertilityuk.org

Gamblers Anonymous (UK) Helpline

Fellowship of men and women who have joined together to do something about their own gambling problem and to help other compulsive gamblers do the same.

Tel: 0207 384 3040

www.gamblersanonymous.org.uk

Get Connected

Free confidential help for young people who know they need help but don't know where to find it.

Tel: 0808 808 4994 (13.00-23.00) - WebHelp 24/7

Email: help@getconnected.org.uk

www.getconnected.org.uk

Gingerbread Advice Line

Works nationally and locally, for and with single parent families, to improve their lives. Provides support and expert advice for single parents on anything from dealing with a break-up, to going back to work or sorting out maintenance, benefit or tax credit issues.

Single Parent Helpline: 0808 802 0925 (Mon: 10.00-18.00,

Tues/Thurs/Fri: 10.00-16.00, Wed: 10.00-13.00 and 17.00-19.00).

www.gingerbread.org.uk

Home-Start UK

Supports families in local communities across the UK, offering free, confidential support including home visits, friendship and practical assistance through a network of trained volunteers with experience of parenting.

Free Info Line: 0800 068 6368

www.home-start.org.uk

South East Region Tel: 020 7269 6979

Email: southeastregion@home-start.org.uk

Portsmouth Tel: 02392 734400 Email: office@hsportsmouth.org.uk

West Berks Tel: 01635 760310 Email: office@home-startwb.org.uk

N.W.Hants Tel: 01256 812333 Email: homestart.nwhants@live.co.uk

Life

Aims to transform the lives of disadvantaged and vulnerable children and young people in the UK by offering free, confidential advice, counselling and support to mothers, children and young families on a number of issues including care, housing, education and fertility care. Includes support for women contemplating abortion, suffering after pregnancy loss or struggling to cope after abortion.

National Helpline Tel: 0800 915 4600

Text-2-Talk: 07786 200330

Email: info@lifecharity.org.uk

www.lifecharity.org.uk

Life FertilityCare Programme

Promotes and supports reproductive health and fertility. FertilityCare helps couples to understand their fertility potential before they try to conceive and offers evaluation and treatment for infertility.

Tel: 01926 834 654

www.lifefertilitycare.co.uk

Lone Parents Helpline

The UK's free, independent helpline for lone parents and anyone affected by the issues surrounding one parent families.

Tel: 0808 802 0925 (Mon-Fri: 9.00-17.00; Wed: 17.00-20.00 also.)

www.loneparenthelpline.com

Marriage Care

Helps people prepare for, achieve and sustain successful marriages and supports them should they experience marital breakdown by providing relationship counselling services. Centres in Bournemouth, North East Hants, Oxford, Portsmouth, Reading, Southampton and Wiltshire.

National Helpline: 0845 660 6000 Email: info@marriagecare.org.uk

Appointment service: 0800 389 3801 (for appointments in the Reading area Tel: 0118 946 2529)

www.marriagecare.org.uk

Diocesan Marriage Care Co-ordinator: David Chiswell (02392 263191)

MDF: The Bipolar Organisation

A charity helping people living with manic depression or bipolar disorder.

Tel: 020 7793 2600 (Wales: 0845 634 0080)

www.mdf.org.uk

Mencap

Charity working with people with a learning disability, their families and carers.

Tel: 0808 808 1111

www.mencap.org.uk

(The) Men's Advice Line

Confidential helpline for all men experiencing domestic violence by a current or ex-partner.

Freephone Tel: 0808 801 0327 (Mon-Fri: 10.00-13.00 and 14.00-17.00)

Email: info@mensadviceline.org.uk

www.mensadviceline.org.uk

Mental Health Project

A range of resources to help increase spiritual and pastoral support for those with mental health needs, their families and carers in parishes, deaneries, dioceses, schools, hospitals, universities, prisons and organisations in the Catholic Church in England and Wales.

Tel: 07581 205314

www.mentalhealthproject.co.uk

Miscarriage Association

Miscarriage can be a very unhappy, frightening and lonely experience. Provides support, information and comfort for those who have been affected by the loss of a baby in pregnancy, whether recently or long ago.

Helpline: 01924 200799 (Mon-Fri: 9.00 – 16.00)

www.miscarriageassociation.org.uk

Missing People

Offers a lifeline for the 250,000 people who run away and go missing each year. For those left behind provides specialised support to ease the heartache and confusion, and helps search for their missing loved ones.

Helpline: 0500 700700

www.missingpeople.org.uk

Narcotics Anonymous

A non-profit society of men and women for whom drugs had become a major problem. Recovering addicts who meet regularly to help each other stay clean.

Tel: 0300 999 1212

www.ukna.org

National Association of Ovulation Method Instructors (Billings) NAOMI (UK)

Provides information, authentic literature and instruction for learning the Billings Ovulation Method of Natural Family Planning. Also arranges for the training and accreditation of Billings Ovulation Method instructors.

Tel: 01444 881744

www.billingsnaomi.org

National Board of Catholic Women

A forum in which Catholic women of England and Wales come together to share their views and concerns at diocesan and national level.

Tel: 01642 791840

Email: enquiries@nbcw.org

www.nbcw.org

National Debtline

For people with debt problems in England, Wales and Scotland - service is free, confidential and independent.

Tel: 0808 808 4000 (Mon-Fri: 9.00-21.00, Sat: 9.30-1300, 24-hour voicemail)

www.nationaldebtline.co.uk

National Domestic Violence Helpline (England)

A national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf. Can give support, help and information over the telephone. Translation facilities for callers whose first language is not English, and a service for callers who are deaf or hard of hearing are available.

Tel: 0808 2000 247

www.nationaldomesticviolencehelpline.org.uk

Natural Family Planning Teachers' Association

Teaches individuals and trains teachers in the Sympto-Thermal Method of Natural Family Planning.

Secretary: Teresa Castelino

Tel: 01926 850321

Email: teresa.castelino@sky.com

www.nfpta.org.uk

NSPCC

Aims to end child cruelty in the UK by campaigning for law changes, working with organisations to ensure that they effectively protect children and providing a range of services for both children and adults, including the national Child Line for children, the NSPCC Helpline for those worried about the welfare of a child and by the commissioning of projects to serve the needs of the local area.

Tel: 0808 800 5000

www.nspcc.org.uk

One Plus One

Gathers evidence about couple and family relationships - how they work, why and when they run into difficulties, and how to cope when they do. Their findings about what support benefits families at vulnerable times are used to develop user-friendly and effective services to support couples and families in their communities, and to support those professionals and practitioners working with them.

Tel: 020 7553 9530

Email: info@oneplusone.org.uk

www.oneplusone.org.uk

PACT - Prison Advice and Care Trust

Charity which supports people affected by imprisonment. Provides practical and emotional support to prisoners' children and families, and to prisoners themselves.

Offenders' Families Helpline: 0808 808 2003

Email: info@prisonadvice.org.uk

www.prisonadvice.org.uk

PAPYRUS

Supports young people at risk of suicide and those concerned about them.

HOPElineUK: 0800 068 4141

www.papyrus-uk.org

Positive Parenting Publications

Produce Resources, Training and the Delivery of Parenting Support in the community.

Tel: 0845 643 1939

E-mail: info@parenting.org.uk

www.parenting.org.uk

Rainbows

Not-for-profit international organization, offering training and programmes for establishing peer support groups in communities, schools, churches, and social agencies. The programmes are available to children, young people and adults of all ages who are grieving a death, family change or any other significant loss.

National Office: 01302 359017

Email: sue.rainbowsgb@btconnect.com

Dorset Registered Director: Michele Totman

www.rainbowsgb.org

Rethink

Works to help everyone affected by severe mental illness recover a better quality of life. Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff.

Tel: 020 7840 3188/0845 456 0455 (Mon-Fri: 10.00-13.00)

Email: advice@rethink.org

www.rethink.org

Samaritans

Confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Tel: 08457 909090

Email: jo@samaritans.org

www.samaritans.org

SAMM – Support After Murder and Manslaughter

Supports those who have been bereaved as a result of murder or manslaughter, through a telephone helpline, on-line forum and local contacts.

Helpline: 0845 872 3440

www.samm.org.uk

SAND ROSE

Provides free breaks for the bereaved, with particular emphasis on young families.

Tel: 0845 6076357 (Mon & Wed: 9.00-15.00)

E-mail: info@sandrose.org.uk

www.sandrose.org.uk

SANDS: Still Birth and Neonatal Death Society

Provides support for anyone affected by the death of a baby. Offers support when a baby dies during pregnancy or after birth.

Tel: 0207 436 5881 (Mon-Fri: 9.30-17.30, Tues & Thurs: also 18.00-22.00)

Email: helpline@uk-sands.org

www.uk-sands.org

Sane

Aims to raise awareness and respect for people with mental illness and their families and secure better services. Provides help and information to those experiencing mental health problems, their families and carers.

Helpline: 0845 767 8000 (18.00-23.00 daily)

www.sane.org.uk

Sexual Health Line

Free and confidential telephone service with advice about HIV, AIDS, sexual health, sexually transmitted infections, local services, clinics and support services.

Tel: 0800 567123

Shelter

A national organisation providing telephone housing advice and information. Issues include finding accommodation, hostel referrals, housing benefit/rights, illegal eviction, domestic violence and emergency accommodation.

Shelterline: 0808 800 444 (Mon-Fri: 8.00-20.00, Sat & Sun 8.00-17.00)

www.shelter.org

SignHealth

A healthcare charity for deaf people. Counselling service available.

Tel: 01494 687600

Text Phone: 01494 687626

SMS/Text: 07966 676749

www.signhealth.org.uk

SOBS: Survivors of Bereavement by Suicide

Meets the needs and breaks the isolation of those bereaved by the suicide of a close relative or friend.

Tel: 0844 561 6855 (9.00-21.00) Email: sobs.admin@care4free.net

www.uk-sobs.org.uk

Society for the Protection of Unborn Children (SPUC)

Affirms, defends and promotes the existence and value of human life from the moment of conception, and defends and protects human life generally.

Tel: 0207 091 7091

Email: information@spuc.org.uk

www.spuc.org.uk

Society of St. Vincent de Paul (SVP)

Dedicated to tackling poverty and disadvantage by providing direct practical assistance to anyone in need.

Portsmouth Central Council President: Eileen McDermott

National Tel: 0207 407 4644 Email: info@svp.org.uk

www.svp.org.uk

Tamba BSG - Twin and Multiple Birth Association - Bereavement Support Group

Supporting parents who have lost a baby or babies during a multiple pregnancy or at any stage after birth.

Contact: Carol Clay Tel: 01483 306762

www.tamba.org.uk/bsg

The Family Caring Trust - Parenting Programmes

A charity supporting parents and carers of children of all ages by providing practical resources to improve family relationships.

Tel: 02830 264174

Email: office@familycaring.co.uk

www.familycaring.co.uk

Union of Catholic Mothers

For Catholic women, married and single - also non-Catholic wives of Catholic husbands. Aims to follow the full Christian ideal of marriage and family life.

www.theucm.co.uk

Diocesan Secretary: Mrs. Irene Mitchell

Tel: 0118 932 8417

Email: irenem.mitchell@virgin.net

WAY (Widowed and Young) Foundation

Offers support, advice and friendship to those who have been bereaved of a partner under the age of 50.

Tel: 0300 012 4929

Email: info@wayfoundation.org.uk

www.wayfoundation.org.uk

Women's Aid

Works to end domestic violence against women and children, and supports a network of over 500 domestic and sexual violence services across the UK.

Tel: 0808 2000 247

www.womensaid.org.uk

Worldwide Marriage and Engaged Encounter

Aims to give married couples, priests and religious the opportunity to take responsibility for what is happening in their lives, to refocus on the values which are really important to them and to live more joyful and purposeful lives. Marriage Encounter offers weekend programmes for married couples but also for priests and religious, giving them the chance to examine and renew the relationship they have with their people and to develop an even deeper appreciation of their vocation. Marriage Encounter does not offer advice or counselling for marriage in crisis. Engaged Encounter offers weekend programmes which are a form of marriage preparation, designed to give couples preparing for marriage the chance to deepen their relationship through open communication.

Portsmouth Diocesan contacts:

Chris and Mary Farrall

Tel: 02380 275401

Email: thefarralls@talktalk.net

South Eastern Region Co-ordinators:

Pat and Judy Rogers

Tel: 01983 865489

Email: patandjudyrogers@aol.com

www.wwme.org.uk

Young Minds (Parents Information Service)

Committed to improving the mental health and emotional well-being of all children and young people.

Parents Helpline: 0808 802 5544 (Mon-Fri: 9.30-16.00)

www.youngminds.org.uk

Every effort has been made to ensure that the details above were correct at time of compilation (July 2011).

Please advise us if any changes or additions are needed to update this information for the 2012 edition.

Department for Pastoral Formation: 01329 835583

Email: administrator@portsmouthdiocese.org.uk

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Child Bereavement Charity	6
Child Death Helpline	6
Compassionate Friends Helpline	7
Cruse Bereavement Care	7
CRY – Cardiac Risk in the Young	7
Miscarriage Association	13
Rainbows	15
SAMM – Support After Murder and Manslaughter	16
Sand Rose	16
SANDS: Still Birth and Neonatal Death Society	16
SOBS: Survivors of Bereavement by Suicide	17
Tamba BSG - Twin and Multiple Birth Association - Bereavement Support Group	18
WAY (Widowed and Young) Foundation	18

Bereavement due to Breakdown of Relationship

Beginning Experience	3
Care for the Family	3

Family Life

Association of Interchurch Families	2
Cabrini Children's Society (formerly Catholic Children's Society)	3
Care for the Family	3
Celebrating Family	6
Familias	10
Family Education Trust	10
Family Lives	10
Gingerbread Advice Line	11
Home-Start UK	11
Lone Parents Helpline	12
One Plus One	15
Positive Parenting Publications	15
The Family Caring Trust - Parenting Programmes	18

Marriage

Diocesan Tribunal (Portsmouth)	8
Equipes Notre-Dame (Teams)-(formerly Teams of Our Lady)	9
Marriage Care	12
One Plus One	15
Union of Catholic Mothers	18
Worldwide Marriage and Engaged Encounter	19

Mental Health

Carers in the Community	4
MDF - The Bipolar Organisation	12
Mental Health Project	13
Rethink	16
Sane	17
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Parenting

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Family Lives	10
Positive Parenting Publications	15
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Physical and Learning Needs

Carers Together	4
Catholic Deaf Association	5
Catholic Disability Fellowship-Portsmouth Diocese	5
Causeway Prospects	5
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Faith and Light	9
Mencap	12
SignHealth	17

Post-Abortion Support and Counselling

Life	11
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Racial Justice

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Relationship Education

Explore	9
Marriage Care	12
One Plus One	15

Safeguarding Children and Vulnerable Adults

CSAS: Catholic Safeguarding Advisory Service	5
Papyrus	15

Sexual Health, Fertility and Pregnancy

Creighton Model FertilityCare™ System	7
Fertility UK	10
Life	11
Life FertilityCare Programme	12
National Association of Ovulation Method Instructors (Billings) NAOMI (UK)	13
Natural Family Planning Teachers' Association	14
Sexual Health Line	17

Social Care Organisations and Caregivers

Age UK (Amalgamation of Age Concern and Help the Aged)	2
Cabrini Children's Society (formerly Catholic Children's Society)	3
Carers in the Community	4
Caritas-Social Action Network	4
Catholic Caregivers	4
Catholic Deaf Association	5
Catholic Disability Fellowship-Portsmouth Diocese	5
Catholic Women's League	5
Disability Alliance	8
PACT: Prison Advice and Care Trust	15
SPUC: Society for the Protection of Unborn Children	17
SVP: Society of St. Vincent de Paul	18

Support Organisations

Association of Separated and Divorced Catholics	3
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National Debtline	14
NSPCC	14
PACT: Prison Advice and Care Trust	15
Samaritans	16
Shelter	17