



**PORTSMOUTH
DIOCESE**

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

2009

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Action on Elder Abuse

(Works to protect, and prevent the abuse of vulnerable older adults.)

Tel: 0808 808 8141

www.elderabuse.org.uk

Age Concern

(Supports all people over 50 in the UK, ensuring that they get the most from life. Provide essential services such as day care and information.)

Tel: 0208 765 7200

Information line: 0800 009 966 (8.00-19.00)

Hampshire: 01962 868545

Email: info@ageconcernhampshire.org.uk

Berkshire: 0118 959 4242

Email: acb@acberk.org

Bournemouth: 01202 530530

Email: info@acbournemouth.org

Isle of Wight: 01983 525282

Email: info@aciw.org.uk

Jersey: 01534 758922

Email: ageconcernjersey@hotmail.co.uk

Guernsey: 01481 726312

www.ageconcern.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 experiences, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.)

Tel: 01904 644026

www.alcoholics-anonymous.org.uk

Anti-Bullying Campaign Helpline for Parents (or Children or Bully)

Tel: 0207 378 1446

Association of Interchurch Families

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

(The aims are to give spiritual, social and mutual support to members within the framework of the Church and to encourage and nourish growth in the Faith by Days of Recollection, Retreats, social events etc. This is achieved through a nationwide collection of groups.)

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: 0208 992 6557

www.beginningexperience.org

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. Encourage, inspire and support the individuals they work 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 hurting because of family breakdown. Provide a wide range of books and resources supporting family life and free subscriptions to regular newsletters on subjects such as parenting, single families, and bereavement)

Tel: 02920 810800

Email: mail@cff.org.uk

www.careforthefamily.org.uk

Carers in the Community

(Provide 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

(Supports all involved in caring for members of their family with long term illness, disability or other special needs.)

Tel: 01794 519495

Email: admin@carerstogether.org.uk

www.carerstogether.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

(Mission is to bring 'Good News' to Deaf people and to enable them to pass it onto to others.)

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.)

Chairman: Jim Sharpe

Tel: 01753 863283

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 6076

Fax: 0121 237 6147

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: Theresa Devlin

Tel: 01252 621333

Email: theresa.devlin@virgin.net

Branch Secretary: Elizabeth Etienne

Tel: 01534 851234

Email: groovigranliz@jerseymail.co.uk

Causeway Prospects

(Making the good news of Jesus accessible. Simplified Bible teaching, interactive worship and a style of meeting where everyone feels welcome and valued.)

Tel: 01189 516978

Email: causeway@prospects.org.uk

www.prospects.org.uk

Celebrating Family

(Celebrating Family is the response of the Bishops Conference of England and Wales to 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 14).

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 (Mon-Fri 10.00-1300 & 19.00-22.00, Tues/Wed 13.00-16.00 also)

www.childdeathhelpline.org.uk

Childline

(Free confidential helpline for children and young people in the UK who are feeling scared or out of control or just want to talk to someone.)

Tel: 0800 1111

www.childline.org.uk

Compassionate Friends Helpline

(An organisation of bereaved parents and their families offering understanding, support and encouragement to others after the death of a child or children. Also offers support, advice and information to other relatives, friends and professionals who are helping the family.)

Tel: 0845 123 2304

Email: helpline@tcf.org.uk

www.tcf.org.uk

Cruse Bereavement Care

(Exists to promote the well-being of bereaved people of any age, and to enable anyone bereaved by death to understand their grief and cope with their loss.)

Helpline Tel: 0844 477 9400

Email: helpline@cruse.org.uk

www.crusebereavementcare.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

Fax: 01252 871120

Email: portsmouthtribunal@tiscali.co.uk

Disability Alliance

(Disability Alliance is a national registered charity with the principal aim of relieving the poverty and improving the living standards of disabled people.)

Tel: 0207 247 8776

Fax: 0207 247 8765

Email: office.da@dialpipex.com

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

(Provide 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 (Mon-Fri 9.00-11.00)

Drugs Helpline

(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

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

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.)

Regional Co-ordinators: Robert and Mary Jones

Tel: 01452 813592 Email: SouthernBritain@teams-transatlantic.org

www.teamsofourlady.org.uk

Everybody's Welcome

(Supports parish communities to become more friendly, more family-sensitive, and more welcoming of all, including those at their heart as well as on the margins.)

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 14.)

Explore

(Provides relationship education in schools and other places where young adults meet. Couples answer questions from young people about married life and help them to understand the complexities of life as a couple.)

Contact: Rex Chester

Tel: 01962 626043

Email: rex.chester2@btinternet.com

www.theexploreeexperience.co.uk

Faith and Light

(An International community movement bringing together people with a learning disability, their families, carers and friends, particularly young people. It recognises that everyone has gifts to offer – the ability to welcome others with love and affection and a gift of Celebration.)

www.faithandlight.org.uk

National Co-ordinator England South: Elizabeth Neame

Email: neamteam@aol.com

Tel: 01373 453143

Eastleigh: John Williams

Tel: 02380 260061

Winchester: Nancy Hill

Tel: 01962 863930

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.)

Tel: 0208 894 2525

www.famyouth.org.uk

Fertility UK

(National fertility awareness & natural family planning service for the UK.)

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.)

Tel: 0808 808 4994 (13.00-23.00) Email: help@getconnected.org.uk

www.getconnected.org.uk

Gingerbread Advice Line

(Work nationally and locally, for and with single parent families, to improve their lives. Achieve change by championing their voices and needs and providing support services.)

Single Parent Helpline: 0800 018 5026 (Mon-Fri 9.00-17.00, Wed 9.00-20.00)

www.gingerbread.org.uk

Home-Start UK

(Offers support, friendship and practical help to parents with young children in local communities throughout the UK and with British Forces in Germany and Cyprus.)

Free Info Line: 0800 068 6368

www.home-start.org.uk

South East Region Tel: 01344 751628

Email: southeastregion@home-start.org.uk

Portsmouth Tel: 02392 384027 Email: office@hsportsmouth.org.uk

West Berks Tel: 01635 500860 Email: office@home-startwb.org.uk

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

Immigration Advisory Service

(The Immigration Advisory Service (IAS) is the UK's largest charity providing representation and advice in immigration and asylum law.)

Tel: 0207 967 1200

www.iasuk.org

Life Fertility Care Programme

(Promotes and supports reproductive health and fertility.)

www.lifefertilitycare.co.uk

Life Pregnancy Care

(Offers free, confidential information, counselling and support for women contemplating abortion, suffering after pregnancy loss or struggling to cope after abortion.)

National Helpline Tel: 0800 915 4600

Text-To-Talk 07786 200330

Email: info@lifecharity.org.uk

www.lifecharity.org.uk

(‘Hurt by abortion? Need to talk..?’ Leaflet produced by Life is available on request from the Department for Pastoral Formation – see page 14.)

Lone Parents Helpline

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

Tel: 0800 018 5026 (Mon-Fri 9.00-17.00; Wed 9.00-20.00.)

www.loneparenthelpline.info

Marriage Care

(Help people prepare for, achieve and sustain successful marriages and to support them should they experience marital breakdown by providing relationship counselling services.)

National Helpline: Tel: 0845 660 6000 (Mon-Fri 10.00-16.00 local rate)

Centres in Bournemouth, North East Hants, Oxford, Portsmouth, Reading, Southampton and Wiltshire.

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

Email: info@marriagecare.org.uk

www.marriagecare.org.uk

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

(The) Men’s Advice Line

(Is a 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

Missing People

(Provide support and advice for families left in limbo via a national 24 hour freefone helpline for people who are missing someone. Can assist the search with publicity posters, web appeals and in the media.)

Helpline: 0500 700700

www.missingpeople.org.uk

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

(Provides information, literature and a teaching service for learning the Billings Ovulation Method of Natural Family Planning.)

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

(The helpline that provides free confidential and independent advice on how to deal with debt problems.)

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)

(Can offer you practical help and advice including: emergency refuge accommodation, safety planning and advice, and translation facilities if you have difficulty communicating in English.)

Tel: 0808 2000 247

Natural Family Planning Teachers' Association

(Teaches individuals and trains teachers in the double check sympto-thermal method of Natural Family Planning.)

Secretary: Teresa Castelino

Tel: 01926 850321

Email: teresa.castelino@sky.com

www.nfpta.org.uk

NSPCC

(Aim is to end cruelty to children.)

Tel: 0808 800 5000

www.nspcc.org.uk

One Plus One

(A family charity that puts research into practice. Investigates what makes relationships work – or fall apart – and makes the findings accessible to everyone interested in strengthening and supporting couple and family relationships. Website contains large amounts of information about families and relationships.)

Tel: 020 7553 9530

Email: info@oneplusone.org.uk

www.oneplusone.org.uk

PACT - Prison Advice and Care Trust

(Support prisoners and their families to make a fresh start and to minimise the harm that can be caused by imprisonment on offenders, families and communities.)

Tel: 0207 490 3139

www.prisonadvice.org.uk

Parenting Programmes - (Family Caring Trust)

(Parenting materials.)

Tel: 02830 264174

Email: office@familycaring.co.uk

www.familycaring.co.uk

Parentline Plus Helpline

(Works to offer help and support through an innovative range of free, flexible, responsive services - shaped by parents for parents.)

Tel: 0808 800 2222

www.parentlineplus.org.uk

Positive Parenting Publications

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

Tel: 0845 643 1939

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 Tel: 01142566462 Local Co-ordinator: Michele Totman

www.rainbowsgb.org

Rethink

(Help everyone affected by severe mental illness recover a better quality of life.)

Tel: 020 7840 3188 (Mon, Wed & Fri 10.00-15.00; Tue & Thu 10.00-13.00)
www.rethink.org

Samaritans

(24 hour confidential non-judgemental emotional support.)

Tel: 08457 909090 Email: jo@samaritans.org
www.samaritans.org

SANDS: Still Birth and Neonatal Death Society

(Provides support for anyone affected by the death of a baby.)

Tel: 0207 436 5881 (Mon-Fri 9.30-17.30) Email: helpline@uk-sands.org
www.uk-sands.org

Sane

(Provides help and information to those experiencing mental health problems, their families and carers.)

SANEline: 0845 767 8000 (18.00-23.00 daily)
Email: SANEmail@sane.org.uk
www.sane.org.uk

Sexual Health Line

(24-hour, seven-days-a-week, free and confidential telephone service with advice about HIV, AIDS, sexual health, sexually transmitted infections, local services, clinics and support services.)

Tel: 0800 567123

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 daily) 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

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.)

Diocesan Secretary: Mrs. Irene Mitchell

Tel: 0118 932 8417

Email: irenem.mitchell@virgin.net

Women's Aid

(National domestic violence charity that helps up to 250,000 women and children every year. Works to end violence against women and children, and supports over 500 domestic and sexual violence services across the country.)

Tel: 0808 2000 247

www.womensaid.org.uk

Worldwide Marriage and Engaged Encounter

(Offers weekends for married and engaged couples, and priests and religious.)

Portsmouth Diocesan contacts: Chris and Mary Farrall

Tel: 02380 275401

Email: thefarralls@talktalk.net

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.)

Tel: 0800 018 2138 (Mon-Fri 10.00-16.00 & Wed 18.00-20.00)

www.youngminds.org.uk

Every effort has been made to ensure that the details above were correct at time of publication. Please advise us if any changes or additions are needed to update this information for the 2010 edition.

Department for Pastoral Formation: 01329 835583

Email: administrator@portsmouthdiocese.org.uk

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