



# Away From It All Holidays

Supporting parents and families  
(many dioceses)

Away From It All (AFIA) is a holiday scheme primarily funded by members of Mothers' Union, to help people who wouldn't otherwise be able to have a holiday. The scheme is open to anyone who is experiencing stress in their family life. By going on an AFIA holiday families are enabled to spend quality time together and rebuild relationships.



There are many ways to get involved in AFIA holidays to help families in need to a much needed break:

- Nominate a family in need of a life changing holiday.
- Pray - join a worldwide network of Christians, constantly upholding our work and the people we support including families on AFIA holidays.
- Make a donation towards the costs of organising these holidays.

For more information about how to get involved in the AFIA scheme, contact your diocesan AFIA contact, Action & Outreach Coordinator or email the Mothers' Union Development Officer at Mary Sumner House on [outreach@themothersunion.org](mailto:outreach@themothersunion.org)

For general guidelines about setting up and developing outreach initiatives, go to the members' section of the Mothers' Union website [www.themothersunion.org](http://www.themothersunion.org)