# HOLIDAYS ‘AWAY FROM IT ALL’

**Quality time together for families experiencing difficulties**

Birmingham others’ Union helps to fund family holidays and days out. The scheme (AFIA) is open to any family in difficulties who would not otherwise have a holiday.

Referral from a professional person is required. eg member of the clergy, social worker, head teacher or member of the medical profession.

Application forms can be requested from the Mothers’ Union office or by email from afiabirmingham@hotmail.co.uk

## How to help

* **Donate money, hold fund raising events and make a real difference to families in and around Birmingham**
* **Be aware of people who may need this support**

**If you would like to find out more about any of these projects contact the Diocesan Office or if you are a branch member please refer to the Diocesan Directory held by branch leaders.**

Mothers’ Union Church of England

1 Colmore Row

Birmingham B3 2BJ

Tel: 0121 643 0938

e-mail: office@mubham.org.uk

 Website address: muenterprises.org/birmingham

 Office hours: Monday, Tuesday and Wednesday: 10.30am – 12.30pm

# Reaching Out to Families

**Working together to support families and see**

**relationships flourish**

**Praying Enabling Campaigning**

Information on the practical support offered by Birmingham Mothers’ Union to families in our city,

surrounding communities and worldwide



Registered Charity 1065815

A growing membership of 4 million Christian women and men

In over 80 countries worldwide

Committed to supporting marriage and family life

Practical support and policy-driven advocacy, home

and abroad

 Reaching out to those isolated, in trouble or in need of help

***Our vision is of a world where God’s love is shown through*** ***loving, respectful and flourishing relationships***

## Praying Together

Throughout all our work, prayer sustains and strengthens. A ‘Wave of Prayer’ goes around the world as members pray together every day at midday wherever they are for the people and the work of Mothers’ Union and for International issues affecting families.

## WORLDWIDE PROJECTS

**Ground breaking community work in over 80 countries**

Mothers’ Union is an international family charity. It realises that the well-being of families cannot be separated from the welfare of wider communities – at home and abroad. Birmingham has links with 4 around the world. We are in touch regularly and are committed to understanding more about one another’s ways of life and needs. Prayer strengthens our bonds. **‘WOMEN’S AID’ PROJECT**

**Helping to support the vulnerable and the marginalised**

###  *Domestic abuse affects 1 in 5 adults in this country at some point in their lives (1 in 4 women and 1 in 7 men)*

We have established a link with *‘Birmingham & Solihull Women’s*

## Overseas Development Work

This helps provides a unique worldwide network of over 340 Mothers’ Union Project Leaders. They support and empower women to tackle their own family’s poverty and that of their communities.

***The ‘Literacy & Development Programme’ and the***

***‘Family Life Programme’ are major initiatives***

### Relief Work

This provides emergency financial help for communities affected by disaster – natural or man-made. Mothers’ Union can send aid quickly to where it is most needed through its worldwide network of local community workers.

### How to help

* **Donate to the Overseas Development Fund/ Relief Fund**

## BAPTISMS and BOOK BAGS

**Helping children and families feel welcome in church**

### Baptism cards

We keep in contact with young families by delivering special cards on the anniversary of their child’s Baptism.

‘What Dads Add’ card

This small card gives ideas for spiritual care, prayers, and an explanation of baptism promises affirming a father’s role in the spiritual nurture of children. An ideal gift at a child’s baptism.

###  Book Bags

Bags full of books and toys can help young children enjoy a service.

### How to help

* **Volunteer to distribute cards at and after baptisms**
* **Look after and fill up bags for children**
* **Use the Hand in Hand resource to help families enjoy their journey of faith together.**

## MARRIAGE PROJECT

**Supporting couples in their love and commitment**

 Birmingham Mothers Union is developing aits support and promotion of marriage through wedding fairs and marriage preparation. In conjunction with clergy we are exploring ways of supporting couples who are thinking of getting married in church.

* If your PCC is interested in involving the laity in facilitating Marriage Preparation then 2why not find out about the training programm3e ‘Loving for Life’ from our Headquarters in London, or our own Diocesan Facilitators

***Marriage – for better, not for worse***

### How to help

* **Join the marriage project team**
* **Train as a ‘Loving for Life’ marriage facilitator**
* **Promote marriage in church by helping at wedding fairs or running a fair at your Church**

## PARENTING GROUPS

**Providing quality time for parents and carers**

Birmingham Mothers’ Union has volunteer parenting facilitators, trained to national standards. They run groups in a friendly, supportive atmosphere. Parents/carers can learn parenting techniques that really work, share experiences and advice and have fun together! The response from those taking part has been wonderful.

***‘I like the way it suggested good ways of handling situations without focusing on rights and wrongs’***

### How to help

* **Send a donation to the Birmingham Fund to help in the training and resourcing of new facilitators**
* **Train as a Mothers’ Union parenting facilitator**
* **Set up a parenting group in your parish and use one of our trained facilitators**

## CREATIVITY IN ACTION

Members and friends sew beautiful grieving gowns for still-born babies and knit blankets and garments for premature babies. We supply 5 hospitals in and around Birmingham

This is an act of love – deeply valued by those who give and those who receive.

Birmingham *Aid’.* We provide emergency toiletry packs for women and children who have fled from domestic abuse.

### How to help

* **Donate toiletries, baby items or other vital commodities**
* **Get informed on the issues surrounding domestic abuse**

## PRISON PROJECT

**Reaching out to families affected by imprisonment**

Mothers’ Union volunteers work in prisons throughout the UK. In Birmingham we supply Christmas gifts for children of prisoners and write Christmas cards to distribute to inmates of all faiths or none.

We work with Birmingham Prison and Swinfen Hall Young

Offenders Institute providing crèches to help visiting families and offer parenting and relationship support.

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## CAMPAIGNING FOR JUSTICE

**Speaking out for policies that promote family life**

Mothers’ Union doesn’t wait for hard times to hit families. We campaign locally, nationally and internationally for social justice for those on the margins and for greater recognition of stable family life. Successful campaigns have included:-

* Supporting the right for flexible working hours for all parents with children under 16.
* Guarding against thecommercialisation and sexualisation of children through our Bye Buy Childhood campaign.



### How to help

* **Join our social policy team**
* **Flag up these and other campaigns in your own Church communities**

## REFUGEES & ASYLUM-SEEKERS

**Befriending and Supporting**

Leaving behind all that is familiar to come to a new country can be an overwhelming experience. Mothers’ Union members work in partnership:

* supplying clothes, food and household goods *to ‘Karis Neighbour Scheme’* in Ladywood;
* befriending refugee families; teaching English
* providing a welcome for asylum seeker families having to regularly travel to Solihull to report to the ‘Midland Enforcement Unit’.

### How to help

* **Befriend a refugee family**
* **Give a donation of food or household goods**

* **Have your own Overseas collecting box**

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##  Ways to use your skills

**Knited breasts**

Theseassist health workers to show new mums how to master breast feeding techniques**.**

**Knit teddies to send to children in need of comfort** Tragedies arise in all kinds of circumstances. A teddy with a message of love and support is one way we can let people know we are there and care.

