

This is Care for the Family

cff.org.uk



Strengthening couples
Equipping parents
Supporting bereaved people
Because family life matters



We believe that every family should have somewhere to turn to for support in both the good times and when family life is challenging.

Since 1988 we've had the privilege of touching the lives of hundreds of thousands of families.

As you read through this booklet you will sense our passion and discover how Care for the Family can impact your own family and the families that you support.

We hope that you will join us in strengthening family life across the generations.



Rob Parsons

Rob Parsons, OBE

Founder and Chairman, Care for the Family



Marriage

At Care for the Family we want to see couples flourishing in strong and healthy relationships. With anything that is precious to us, we do all that we can to help it thrive, but it's easy to leave our relationship on autopilot. We want to support couples, whether they've been together for many years or have just got together and whether their relationship is in great shape or experiencing challenges.



Marriage By Design

This is a DVD-based marriage preparation course that will help you get your marriage off to a great start. Take time out from planning your wedding to think about what you want your marriage to look like, and talk about your expectations on finances, household chores, in-laws and much more! The resource can be used in a group setting or by individual couples.



The Marriage Sessions

This is a flexible, four-part, DVD-based resource that explores how couples can enrich their marriage. Whether newlyweds or married for years this is a fantastic opportunity for couples to invest in their marriage. Each stand-alone session provides the content for a two-hour couples' event, and the pack includes everything you need. Or you can simply watch a session together as a couple.



If You Forget Everything Else, Remember This ... Building a Great Marriage

Covering a range of topics from communicating well, embracing differences, handling in-laws, dealing with financial pressures, and sex and intimacy, Katharine Hill provides wisdom in bite-sized chapters. With real-life stories that will alternately make you laugh and cry, her honest and practical look at marriage is both engaging and encouraging.

cff.org.uk/marriage

Check out our website for marriage enrichment articles, books, podcasts and live events.



Parenting

All families are unique, so parenting looks different for each of us. Parents may have one child or many, be fostering or adopting, be parenting a child with additional needs, or live apart from their children during the week. We want to do all we can to support you in your parenting adventure.

Podcasts, courses and resources

Covering a wide range of topics, our video podcasts, courses and resources are all about equipping parents and carers to do the best job they can. Our two *Parentalk* courses are aimed at parents of the primary and the teenage years and require no training to run. These DVD-based materials each have six sessions and come in a pack with a Group Leader's Guide and ten copies of Parent Notes – providing you with everything you need for your course.



Left to Their Own Devices? – Confident Parenting in a World of Screens

This book by Katharine Hill explores the impact of devices and the digital age on our children. It gives practical advice on screen time, social media, gaming and consumer culture as well as how to tackle some of the more serious issues such as cyberbullying, grooming and pornography. Look out for an event tour and a new resource for schools and parents, all based on this book.

Additional Needs Support

Becoming a parent is a life-changing event with new routines to get used to and a whole new set of priorities. But when your child has additional needs, there's an even greater adjustment to be made. There can be good days and tough days and it can be such a help to chat to someone. Our telephone befriending service provides trained volunteers at the end of the phone when you need them. Your befriender will have first-hand experience of a similar situation to your own.

Single Parent Support

If you are parenting alone you may be facing a whole host of additional challenges, like taking responsibility for your children's physical and emotional wellbeing as well as your own, and dealing with the financial pressures that go along with carrying a family by yourself. Many parents find encouragement from our email newsletters and the popular single-parent family activity breaks that we run each summer.

cff.org.uk/parenting

Check out our website for more parenting resources, articles, books and live events.



Bereavement

At Care for the Family we understand that everyone responds differently to bereavement and therefore there isn't just one way to manage grief. We want to help those who are living with loss to discover hope for the future, and the strength to rebuild their own lives and the lives of their families.

Telephone befriending

Both our Bereaved Parent Support and Widowed Young Support teams have staff and volunteers who have experienced a similar loss themselves and are trained to come alongside individuals on their grief journey. That is why so many have valued our telephone befriending service. Our trained befrienders have experienced the pain of loss first hand, but have also begun the journey towards hope and rebuilding. They are there to walk alongside you and bring support in a way that often others can't.

Bereavement support events

We regularly host day and weekend events for bereaved parents, or for those who've been widowed at a young age. People often find it helpful to get away from routine and to relax completely in the company of others who understand first-hand the kind of pain they are experiencing. Being able to share with, or simply listen to others, in a safe, supportive environment creates an ideal opportunity to discover a 'new normal' and hope for the future.



cff.org.uk/bereavement

Check out our website for more bereavement resources, articles, books and events.

Resources for your community

You are the best placed to reach people in your own community, so at Care for the Family we want to equip you to by providing resources and training so you can impact the lives of people you regularly come face-to-face with. There are hundreds of amazing individuals around the UK who are running courses in schools, churches, community groups, prisons, with local authorities and in their own homes. Some of these courses require training to deliver them, while our ready-to-run course packs provide everything you need to run your own group.

Ready-to-run courses

We have a range of courses you can simply buy off the shelf and run in your community. Each course pack has a DVD (or equivalent online videos), and booklets for leaders and participants. Check out our online shop to see how we can help you strengthen marriages, equip parents and nurture faith.

cff.org.uk/communityresources

Most of these resources are free to download from our website if you commit to running them with a group in your local community. Our marriage and parenting courses can be used with families in all situations, with those of all faiths or none.

Train to run a course

Our range of **Time Out for Parents** courses are fun and interactive helping parents build on their strengths, giving them time and space to think and discuss any changes they want to make. Each course has a helpful, easy-to-read handbook. The courses are usually run in community venues in a series of two-hour sessions.



TotSlot is a series of ten minute talks helping parents put into practice key principles of bonding and attachment. This is an ideal resource to run in a setting where parents of babies and toddlers regularly get together.

Let's Stick Together is a short session giving new parents helpful relationship skills to 'stick together' in the excitement and exhaustion of having a new baby. Train online in just a few hours to equip you with the knowledge and skills to present this valuable session in your community.

cff.org.uk/training



Resourcing churches

All of our work is motivated by Christian compassion and most of what we do is accessible to those of all faiths or none. However, some of our resources are aimed specifically at those who share our Christian faith and want these values to be the foundation of their family life.

We are passionate about equipping churches with resources to support families in their community, so we have developed the following resources with Christian content specifically for churches.

The Kitchen Table Project

This is a growing movement of mums, dads and carers joining together to learn from each other and share ideas, so you can all succeed in inspiring faith in your home. While parents are the biggest influence on their children, they often feel ill equipped, or simply don't know where to start when it comes to nurturing faith in their children. Follow us on Facebook.

Raising Faith

This is a flexible, six-part, DVD-based resource that explores how Christian families can create strong and healthy foundations of faith in their children. Each session provides the content for a two-hour, stand-alone session and gives parents and carers the opportunity to discuss their own experiences and explore some key parenting principles. Also look out for the *Raising Faith* book, and the live event that sit alongside this great resource.



Playtime

Toddler groups are a lifeline to the families who attend them and are often a first step into the church. We provide resources, encouragement and some great ideas for toddler group leaders through our regular newsletters and annual event.

Who Let the Dads Out?

This innovative project encourages churches to connect with dads in their community by running groups for them and their children, and encouraging them to be great dads.

Bereavement Care Awareness

This training day aims to equip churches by giving them the tools they need to support bereaved people in their church or wider community. Whether you have many years of experience supporting bereaved people or you are relatively new to it, this course will help equip

you to support those suffering the pain and heartache of loss. Get in touch to book this training day for your church or community group.



The Wisdom House

This DVD-based resource provides you with a great way to get a group together and get them talking about everyday life issues. Watch Rob Parsons share insights on eight topics such as, fulfilling your dreams, dealing with difficult people, forgiveness, and finding contentment – then use the questions provided to get your conversation going.

cff.org.uk/faithinthefamily

Check out our website for more church resources, articles, books and events. We also host faith-based events across the UK and you can find us at various Christian festivals throughout the year.



Get involved

Everything that we do depends on the amazing individuals who support us – we couldn't do any of this without you! Here are some ways you can get involved with Care for the Family.

Fundraise

Some of our supporters undertake fun and adventurous activities to raise money for Care for the Family, from marathons and bike rides, to cream teas and concerts! Could you use your skills, interests or hobbies to make a big difference to families?

cff.org.uk/fundraise

Volunteer

We are amazed by the generosity and hard work of our volunteers. If you've ever been to one of our events, your delegate bag was probably packed by a volunteer and you'll be greeted at the door by a welcoming volunteer steward. There are also many volunteers around the UK supporting people through telephone befriending or helping to run our single parent holidays. Get in touch to see if this is an area you could be a part of.

cff.org.uk/volunteer

Become a Partner

Many people give to us financially month on month, while others give a one-off gift or leave us a legacy. Every donation, no matter how small, helps to transform family life.

£10 p/month allows us to give away resources to those who can't afford them.

£20 p/month will subsidise a holiday for a single parent family.

£40 p/month will allow us to train and support a volunteer befriender.

As a thank you when you become a Partner, you are now welcome to:

- A Family Took Kit – full of resources for you and your community
- A discount rate on all our resources
- Free, exclusive resources through our Spring and Christmas appeals

cff.org.uk/give

Stay in touch

For the latest news, event and training information, helpful articles and resources follow us online or get in touch.

If there is a book or resource that you can't afford please let us know and we'd love to send that to you free of charge.



029 2081 0800

cff.org.uk

mail@cff.org.uk

Tovey House, Cleppa Park, Newport, NP10 8BA.

No stamp is required to return your donation form.

Please send it to: FREEPOST CFF

If Care for the Family can do anything to help and support you, please do get in touch: mail@cff.org.uk

I want to make a difference

1

I would like to give (Please ✓)

£10

£15

£20

£40

£50

£

each month to help families.

Preferred payment date (Please ✓) 1st or 15th of each month.

2

My Details

Title:

Name:

Address:

Postcode:

Year of birth:

Tel no:

Email:


We'd love to keep you up to date with news about other ways that we could support you and those you love. Are you happy for us to use these details to do that?

Yes

If you already receive information from us we will not duplicate mailings.

3

Instructions to my bank/building society to pay by Direct Debit



Service user number:

8

3

8

8

2

6

Name(s) of account holder(s):

Please provide both names for joint accounts.

Account number:

Sort code:

/

/

Please pay Care for the Family Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may stay with Care for the Family and, if so, details will be passed electronically to my Bank/Building Society.

Signature(s):

Date:

Banks and Building Societies may not be able to accept Direct Debit instructions for some types of account.

For office use only

For office use only

4

Boost your giving

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If you pay UK tax, we can reclaim 25p of Gift Aid for every £1 you donate at no extra cost to you.

Simply ✓ the box and print your name below to make your Gift Aid Declaration.

No, I am not a UK taxpayer.

Yes! I am a UK taxpayer and would like Care for the Family to reclaim Gift Aid on all my gifts.*

Name of tax payer:

*I confirm I am a UK taxpayer. I understand that:

Care for the Family will reclaim tax on all qualifying gifts made this year, in the future and previous four years.

If I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all charitable donations I make in that tax year it is my responsibility to pay any difference.

It is my responsibility to notify the charity if my personal details change, or if I no longer pay sufficient tax, or cease to be a taxpayer.

5

Are you interested in leaving a gift to Care for the Family in your will?

Just ✓ the box and we will send you a free copy of A Guide to Wills and Legacies.

For office use only

Existing Partner increase

If you want to change your existing direct debit please fill in this form

1

I currently give: £ per month.

The new, monthly amount will be: £ per month to help families.

Preferred payment date (Please ✓) 1st or 15th of each month.

2

My Details

Title:

Name:

Address:

Postcode:

Year of birth:

Tel no:

Email:


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4

Contact your Bank

If you are currently giving by Standing Order don't forget to get in touch with your bank, and **cancel your Standing Order**. If you already give by Direct Debit, you don't need to do anything, we'll update your details.

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Registered office: Tovey House, Cleppa Park, Newport, NP10 8BA.