



# Because family life matters

Couples Parenting Bereavement





Since Care for the Family began, our core purpose has remained the same – to strengthen families in the good times and to offer support when life is challenging.

We have been doing that for over three decades – helping more people than we could have ever imagined. As you read through this booklet we trust you will find something that will help you and your loved ones.

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



A handwritten signature in white ink, appearing to read 'Robin Vincent', set against a dark grey rectangular background.

**Robin Vincent**

Chief Executive, Care for the Family



# Couples

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.





## The Marriage Sessions

*The Marriage Sessions* is a flexible, four-part, video-based resource that explores how couples can enrich their relationship. Each stand-alone session provides the content for a two-hour couples' event, or as a session for you to watch together at home.



## The Pre-Marriage Sessions

A great marriage starts with great preparation. Whether you're getting married yourself or taking couples through marriage preparation, these sessions will help lay the foundations for relationships that last.



## The Marriage Challenge podcast

An audio podcast featuring guests such as Katharine Hill, Tim Hughes and Will Van Der Hart. They tackle challenges that couples face and include some honest sharing of things that worked (and things that didn't!). Each episode features a challenge to try out, and accompanying discussion questions.



## 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 her honest and practical look at marriage is both engaging and encouraging.

[cff.org.uk/couples](https://cff.org.uk/couples)

Check out our website for enriching 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 books

Covering a wide range of topics, our podcasts, courses and books 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.



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

In this updated edition with new content,

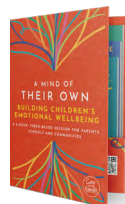
Katharine Hill explores the impact of devices and the digital age on our children.

Accompanying the book is a one-session, video resource for use in schools and community groups.



### A Mind of Their Own Building Your Child's Emotional Wellbeing

Backed by research and grounded in real-life experience, Katharine Hill tackles everything from body confidence to bullying, from dealing with disappointment to strong emotions, and gives practical steps to take when challenges come. Discover more at the popular event, or delve into the video-based resource with a group in your community.



## 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.

## Additional Needs Support

Parenting a child with additional needs can be a journey full of ups and downs. There can be days filled with laughter, but also tougher days filled with complexities. It can be so helpful to talk to someone on a similar journey. Our befriending service offers valuable support over the phone.

[cff.org.uk/parenting](http://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.

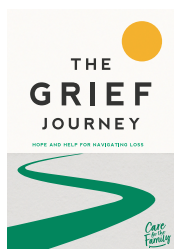


## Befriending support

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 come alongside you and bring support in a way that often others can't.

## Bereavement support events

We regularly host events for bereaved parents, or for those who have been widowed at a young age. People often find it helpful to relax in the company of others who understand first-hand the kind of pain they are experiencing. Sharing with others in a supportive environment creates moments to help discover hope for the future.



### Bereavement book

Whether for yourself or someone else, this is an easy-to-read, compassionate guide for those who have experienced loss.



[cff.org.uk/bereavement](https://cff.org.uk/bereavement)

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

# Resources for your community

You are best placed to reach people in your own community, so at Care for the Family we want to equip you 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, while our ready-to-run courses provide everything you need to run your own group.

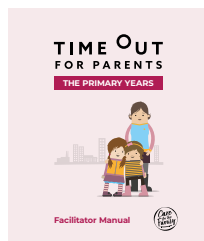
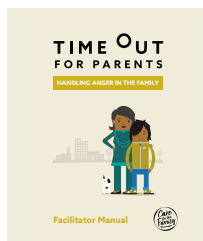
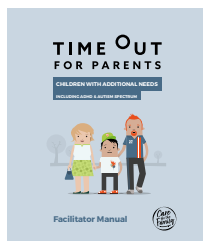
## Ready-to-run courses

We have a range of courses that you can run in your community. Each one is available to download and includes booklets for leaders and participants. Check out our website and online shop to see how we can help you strengthen relationships, equip parents and nurture faith.

**[cff.org.uk/courses](https://cff.org.uk/courses)**

Many of these resources are available to stream or purchase from our website. 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.



[cff.org.uk/training](http://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

Inspiring and equipping parents and churches to nurture children's faith, through resources, ideas, courses and much more.

**[kitchentable.org.uk](http://kitchentable.org.uk)**

## 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, annual event and Facebook page.

## Raising Faith

This is a flexible, six-part, video-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 other great resources.





## 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 session 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 training will help equip you to support those suffering the pain and heartache of loss. Get in touch to book this session, available online or face-to-face, for your church or community group.



## Born Free

**A Call to be Still, Know God and Flourish in a Hectic World**

In this empowering book, Katharine Hill brings a wealth of experience and practical, wise advice on how to live freely and lightly. She helps us to find that elusive balance of living wisely with God at the centre while managing demands of family, work and relationships.

[cff.org.uk/fitf](http://cff.org.uk/fitf)

Check out our website for faith-based resources, articles, books and events.



# 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](https://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 online events, 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](https://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 Resource Pack – 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](https://cff.org.uk/give)**

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

# 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](http://cff.org.uk)

[mail@cff.org.uk](mailto: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



Registered with  
**FUNDRAISING  
REGULATOR**

# 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.

Would you like to opt-in to inflation-linked giving\* Yes ☐

\*Ticking 'Yes' says you are happy for us to propose an increase to your giving each year in line with inflation (by no more than 3% annually). We will always contact you before an increase is applied, and you can opt-out at any time. For more information see [cff.org.uk/faq](http://cff.org.uk/faq)

## 2 My Details

Title:  Name:

First line of address:

Postcode:

Year of birth:

Tel no:

Email:

You will receive occasional communications to keep you up to date. You can change your preferences at any time.

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



Service user number:

Name of account holder:

Account number:

Sort code:   /   /

Bank name:

Bank address:

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:

Date:

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

## 4 Boost your giving

*giftaid it*

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.

☐ 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?

☐ Yes, please send me a free copy of *A Guide to Wills and Legacies*.



# Existing Partner increase

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

1

## I would like to increase my giving by (Please ✓):

£10 ☐ £15 ☐ £20 ☐ £40 ☐ £50 ☐ £  per month.

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Signature:

Date:

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

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.

5

## Boost your giving

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6

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For office use only

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**Strengthening** couples  
**Equipping** parents  
**Supporting** bereaved people



[cff.org.uk](https://cff.org.uk)

A Christian initiative to strengthen family life, offering support to everyone.

Care for the Family is a registered charity (England and Wales: 1066905; Scotland: SC038497).

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