

Marriage and Family Life Help and Assistance Booklet

Archdiocese of Liverpool



July 2010/11

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Archdiocesan – Contact numbers	3
Links	4
Adult help and assistance	5
Aids/HIV	5
Age UK	5
Alcohol Abuse.	5
Alzheimer's Society.	5
Bereavement or suffered a loss	6
Care for the Family	7
Caritas Care	7
Catholic association for Racial Justice:	8
Catholic men's group.	8
Carers Support	8
Counselling	8
Debt	9
Disability	9
Divorced and Separated	11
Domestic Violence & Abuse	13
CEDAR	13
Drug Addiction / Awareness	14
Eating disorders	15
Fertility Awareness	15
Gambling	16
Homelessness	16
Life	17
Marriage	17
Mental health	18
Missing people	18
Natural Family Planning	19
Life Fertility Care.	19
Parenting & Family Support	19
Rape Crisis & Sexual Abuse England & Wales	20
Refugee support agencies	20
Samaritans	21
Separated & Divorced	21
Society for Protection of Unborn Children	21
The Cardinal Winning Pro- Lifer Initiative	21
Amber	22
Support Line	22
St Vincent de Paul Society	22
Women's Desk	22
Children and Young Person help and assistance	22
Archdiocesan Safeguarding Children and Vulnerable Adults	22
Bullying and Cyber Safety	22
Care for the Family	23
Caritas Care	23
Catholic Children's Society	23
Childline	23

Counselling for children	23
Disability	24
Drug Awareness	26
National Society Protection Cruelty Children (NSPCC)	26
Rainbows.	26
Society for Protection of Unborn Children	27
The Cardinal Winning Pro- Lifer Initiative	27
Amber	27
Support for young people	27

Archdiocesan – Contact numbers

Archbishop and Metropolitan

THE MOST REVEREND PATRICK ALTHAM KELLY KC*HS STL PHL
Residence: Archbishop's House, Lowood, Carnatic Road, Liverpool L18 8BY
Tel: 0151 724 6398 Fax 0151 724 6405 Email:

archbishop.liverpool@rcaolp.co.uk

Secretary: Mrs Jean Jones

Auxiliary Bishop

THE RIGHT REVEREND THOMAS ANTHONY WILLIAMS KC*HS VG
Residence: 14 Hope Place, Liverpool L1 9BG

Tel: 0151 703 0109 Fax 0151 703 0267 Email: bpwilliams@rcaolp.co.uk

Former Auxiliary Bishop

THE RIGHT REVEREND VINCENT MALONE BSc DipEd FColIP VG
Residence: 17 west Oakhill Park, Liverpool L13 4BN

Tel/Fax 0151 228 7637 Email: vmalone@rcaolp.co.uk

LIVERPOOL ARCHDIOCESAN CENTRE FOR EVANGELISATION

Croxteth Drive, Sefton park, Liverpool L17 1AA

Tel: 0151 522 1000 Email to staff: (initial). (surname)@rcaol.co.uk

Website: www.liverpoolcatholic.org.uk

Departments:

Chancery/Curia.....Tel: 0151 522 1012 Fax 0151 522 1014

Christian Education Department.....Tel: 0151 522 1050 Fax 0151 522 1060

Evangelisation Office..... Tel: 0151 522 1042 Fax 0151 522 1060

Finance & Development Department.. Tel 0151 522 1020 Fax 0151 522 1021

Pastoral Formation Department..... Tel: 0151 522 1040 Fax 0151 522 1060

Human Resources Office..... Tel: 0151 522 1090 Fax 0151 522 1008

Justice & Peace Office..... Tel: 0151 522 1080 Fax 0151 522 1060

Metropolitan Tribunal Tel: 0151 522 1061 Fax 0151 522 1062

Press Office..... Tel: 0151 522 1007 Fax 0151 522 1008
Safeguarding Department..... Tel: 0151 522 1043 Fax 0151 522 1089
Schools Department Tel: 0151 522 1071 Fax 0151 522 1082
Metropolitan Cathedral..... Tel: 0151 709 9222 Fax 0151 708 7274
of Christ the King

Links

Metropolitan Cathedral
of Christ the King <http://www.liverpoolmetrocathedral.org.uk>

The Archdiocese of Liverpool <http://liverpoolcatholic.org.uk>

Animate Youth Ministries <http://www.animateyouth.org>

Come and See (2005-2010) – <http://www.comeandsee.org.uk>

Catholic Bishops’ Conference <http://www.catholicchurch.org.uk>

Celebration Family: Blessed, Broken, Living Love <http://www.celebratingfamily.org.uk>

Everybody’s Welcome (2006) <http://www.everybodyswelcome.org.uk>

Home is a Holy Place (2007) <http://www.homeisaholyplace.org.uk>

Passing on the Faith (2008) <http://passingonthefaith.org.uk>

Listening 2004: My Family My Church <http://www.listening2004.org.uk>

The Irenaeus Project <http://www.irenaeus.co.uk/>

Consultancy on Adult Formation <http://www.christianfs.info>

Family Caring Trust <http://www.familycaring.co.uk>

Family Friendly Churches <http://www.familyfriendlychurches.org.uk>

Fathers Direct <http://www.fathersdirect.com>

Info and Research on Health Marriage (US) <http://www.healthymarriageinfo.org>

Inter Faith Marriages <http://www.interfaithmarriage.org.uk>

INTernational Academy for Marital Spirituality (INTAMS) <http://www.intams.org>

Seasonal Meditations <http://www.sacredspace.ie>

Smart Marriages <http://www.smartmarriages.com/directory/178>

Teams of Our Lady <http://www.teamsofourlady.org.uk/>

Adult help and assistance

Aids/HIV

Support & advice GUM Clinic Royal Liverpool Hospital

- Local No: 0151 706 2620

Age UK

Age UK formerly Help the Aged is an international charity, they provide support and advice on a wide range of services.

- Age UK advice: 0800 169 6565
- Web: <http://www.ageuk.org.uk/>

Alcohol Abuse.

Alcoholics-anonymous (A.A.)

A.A. is concerned solely with the personal recovery and continued sobriety of individual alcoholics

- Nat No 0845 769 7555
- Local No: 0151 709 2900
- Web: <http://www.alcoholics-anonymous.org.uk/>

Alcohol C I C (Liverpool)

- Nat No: N/A
- Local No: 0151-707 1221
- Web: <http://www.counselling-directory.org.uk/counsellor>

Al-anon & Alateen. For relatives of problem drinkers

- Nat No: 020 7403 0888
- Local No: N/A
- Web: <http://www.al-anon.alateen.org>

Alzheimer's Society.

For people with dementia; their families and carers.

- Helpline No: 0845 3000336 - Mon to Fri 8.30-6.30
- Local No: 0151 298 2444
- Web: <http://www.alzheimers.org.uk/>

Bereavement or suffered a loss

Alder Centre.

For all those affected by the death of a child.

- Child death helpline Freephone: 0800 282986
- Local No: 0151 252 5391 (Daytime)
- Web: N/A

Care for the Family

A national charity which aims to promote strong family life and to help those hurting because of family breakdown or bereavement. They offer support and help in your relationships and family life and have a number of networks and initiatives that enable them to do this.

- Nat No: 029 2081 0800
- Local No: N/A
- Web: <http://www.careforthefamily.org.uk>

Cruse

To enable anyone bereaved by death to understand their grief and cope with their loss.

- Nat No: 0844 477 9400
- Local No: N/A
- Web: <http://www.crusebereavementcare.org.uk/>

SANDS.

For those who experience Still birth.

- Nat No: 020 7436 5881
- Local No: 07594580092
- Web: www.uk-sands.org
- Email: helpline@uksands.org

SAMM

Support and information for families who have experienced a loss through a Murder or Manslaughter.

- Nat No: N/A
- Local No: 0151 207 6767 (24hrs)
- Web: <http://www.samm-merseyside.org.uk>

Survivors of bereavement by suicide.

Bereaved by suicide.

- Nat No: 0844 561 6855
- Local No: N/A
- Web: <http://www.uk-sobs.org.uk/>

Seasons for growth:

A loss and grief peer-group education programme for young people aged 6-18 years and adults.

- Nat No: Tel: 020 7823 3311
- Local No: N/A
- Web: <http://seasonsforgrowth.co.uk/>

Liverpool Bereavement Service

- Nat No: N/A
- Local No: 0151 236 3932
- Email: liverpoolbereavement@tiscali.co.uk

The Compassionate Friends:

Befriending service for those affected by the death of a child

- Nat No: 0845 123 2304 (open every day 10am to 16.00pm / 19.00pm – 22.00pm)
- Local No: N/A
- Web: <http://www.tcf.org.uk/>

Beginning experience:

The purpose of Beginning Experience is to 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.

- Nat No:
- Local No: 01942 246542
- Email: kathharding@blueyonder.co.uk
- Web: <http://www.beginningexperience.org>

Care for the Family

Care for the family - A national charity which aims to promote strong family life and to help those hurting because of family breakdown or bereavement. They offer support and help in your relationships and family life and have a number of networks and initiatives that enable them to do this.

- Nat No: 029 2081 0800
- Local No: N/A
- Web: <http://www.careforthefamily.org.uk>

The Couple Connection – offers online relationship and family support

- Web: <http://thecoupleconnection.net/>

Caritas Care

Our mission statement is: inspired by Christ's message of hope we strive to make a positive difference to the lives of children and young people, families and adults experiencing disadvantage.

- Nat No: 01772 732313
- Local No: N/A
- Web: <http://www.caritascare.org.uk/>

Catholic association for Racial Justice:

CARJ is a charitable organisation that works with Black and minority ethnic Catholics.

- Nat No: 020 8802 8080
- Local No: N/A
- Web: <http://www.carj.org.uk>

Catholic men's group.

Harvesters' - Catholic Men's Network with a positive desire to include men from other Christian church traditions and backgrounds

- Nat No: 07778 124270 (contact Mike)
- Local No: N/A
- Email: mike@harvesters.org.uk
- Web: www.harvesters.org.uk – (includes a ladies page)

Carers Support

Crossroads Care - Britain's leading provider of support for carers and the people they care for.

- Nat No: 0845 450 0350
- Web: www.crossroads.org.uk

Crossroads Care Knowsley

- Local No: 0151 289 2761
- Web: www.crossroads.org.uk/knowsley

Crossroads Care Liverpool, Sefton & Warrington

- Local No: 0845 051 1970
- Web: www.liverpoolcrossroads.co.uk

Crossroads Care St Helens & Halton; Wigan & Leigh

- Local No: 01744 612499
- Web: www.crossroads.org.uk/sthelens

Counselling

Marriage Care: Marriage Care and Family Lives have come together in partnership to offer an enhanced family support response by the provision of a helpline for those in crisis and for direct, face-to-face relationship counselling for those who want this.

- Na No: **0845 660 6000** or **0808 800 2222** for immediate support
- Local No: 01743 245491 / 01270 879911 / 01925 635 448
- Web: www.marriagecare.org.uk

Relate:

Counsellors provide a caring and supportive environment to help you find a way through any difficulties you may be facing.

- Nat No: 0300 100 1234
- Local No: 01606 350995
- Web: <http://www.relate-cheshire-merseyside.org.uk>

Compass:

Provides a vital service to the people of Merseyside, helping those suffering from depression and anxiety, bereavement, the effects of childhood abuse, relationship problems and stress caused by the deprivation of inner city living.

- Nat No: N/A
- Local No: 0151 708 6688
- Web: http://www.compass-counselling.org.uk/contact_us.htm

Reach:

Confidential counselling service; counselling in South Liverpool, Manchester, Wirral, Southport and Chester.

- Nat No: N/A
- Local No: 0151 737 2121
- Web: <http://www.reachuk.co.uk/counselling.htm>

Debt

Debtline offer a national service offering debt advice

- Nat No: 0808 808 4000 (Freephone)
- Local No: N/A
- Web: <http://www.nationaldebtline.co.uk/>

Citizens Advice Bureau – offers advice on a range of matters including financial

- Local No: 0844 848 7700
- Web: www.liverpoolcab.org

Disability

ADHD Foundation Group

The ADHD Foundation offers support for children who have ADHD and their families

- Local No: 0151 709 4239
- Web: www.adhdfoundation.org.uk

British Dyslexia Association

- Nat No: 0845 251 9002
- Web: <http://www.bdadyslexia.org.uk/>

Deafness in the UK. (Hear Here Hard of hearing Project) – offers information on the services available to support those with any degree of deafness,

- Local No: Graham Maher 0151 261 2000. Mobile 07717 788458
- Email gmaher@nugentcare.org

The British Deaf Association offer support and advice including advice on signing and forthcoming events

- Web: <http://www.bda.org.uk/>

Disability rights

- Web: www.direct.gov.uk

Henshaws (Society for the visually impaired) offering local support and advice

- Local No: 0151 227 1226
- Web: www.henshaws.org.uk
- Email: Liverpool@hsbp.co.uk

L'ARCHE

The L'Arche communities for people with learning difficulties and their friends and families.

- Local No: 0151 260 0422
- Web: www.larche.org.uk

Liverpool Association of Disabled People – offers advice for disabled people within Merseyside

- Local No: 0151 263 8366
- Email: ladisabled@freeserve.co.uk

MENCAP – offers support and advice for people with learning disabilities including families and carers

- Local No: 0151 280 9636
- Web: www.mencap.org.uk

Merseyside Region Epilepsy Association – offers support and advice for people with epilepsy

- Local No: 0151 298 2666
- Web: www.epilepsymersey.org.uk
- Email: epilepsy@mrea.demon.co.uk

National Autistic Society

- Nat No: 0845 070 4004
- Web: www.nas.org.uk

Nugent Care

Adult Residential Services comprise seven residential care homes which provide a range of nursing and care options.

- Nat No: N/A
- Local No: 0151 261 2000
- Web: <http://www.nugentcare.org>

Positive About Dyslexia

- Local No: 0151 734 4213
- Email: padinfo@blueyonder.co.uk

RNIB (Royal National Institute of Blind People) offers advice to those affected by sight loss including carers and family members

- National Helpline: 0303 123 9999
- Web: <http://www.rnib.org.uk>

Scope (Cerebral Palsy) – National organisation offering support and advice

- National Helpline: 0808 800 3333
- Local No: 0151 728 8561
- Web: www.scope.org.uk

The Back Up Trust

Transforming lives after spinal cord injury.

- Local No: N/A
- Nat No: 020 8875 1805
www.backuptrust.org.uk/

The Sensory Trust

- Web: www.sensorytrust.org.uk

Through the roof.

Their vision is to see all disabled people be free to reach their God-Given potential. Links - Including disabled People. Holidays in 2010. Wheels for the World. Integr8 Youth Zone!.

- Nat No: 01372 749955
- Local No: N/A
- Web: <http://www.throughtheroof.org/contact-us/>

Divorced and Separated

To support Catholics who are divorced, separated or experiencing the breakdown of a long- term relationship.

- Nat No: N/A
- Local No: 0151 727 2195 (Frances)
- Local No: 0151 722 1029 (Maureen)

Association of Separated and Divorced Catholics offers spiritual and practical support through local groups, events and newsletters.

- Nat No: 0208 767 5293
- Local No: N/A
- Web: <http://asdcengland.org.uk>

Beginning experience:

The purpose of Beginning Experience is to 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.

- Nat No:
- Local No: 01942 246542
- Email: kathharding@blueyonder.co.uk
- Web: <http://www.beginningexperience.org>

Family Caring Trust & Care for the Family

Both offer practical resources for stepfamilies.

- Nat No: N/A
- Local No: 0151 932 1595
- Web: <http://www.familycaring.co.uk>
- Web: <http://www.careforthefamily.org.uk>

Marriage Care.

Offers counselling and Marriage preparation facilitator training.

- Nat No: 020 7371 1341
- Local No: N/A
- Web: <http://www.marriagecare.org.uk>

Money made clear

There are often significant financial implications for people to deal with when divorcing, separating or going through civil partnership dissolution. MoneyMadedclear website offers impartial help with complex and stressful financial issues.

- Web: <http://www.moneymadedclear.org.uk/divorce>

National Family Mediation Service

NFM is a network of Family Mediation Services which offers help to those affected by separation and divorce.

- Nat No: 0300 4000 636
- Web: <http://www.nfm.org.uk>

Children First Family Mediation

- National No: 0300 4000 636
- Local No: 0161 341 0257 (Manchester)
- Web: <http://www.childrenfirstfamilymediation.org.uk>

Lancashire Family Mediation Service

- Nat No: 03004000636
- Local No: 01772204248 (Preston)
- Web: <http://www.lfms.co.uk>

Rainbows.

For all God's children assists in establishing peer support groups for children adolescents and adults who are grieving a death, divorce or painful loss in their family.

- :
- Local No: 0151 522 1055 (Margaret Caulfield)
0151 522 1046 (Maureen Knight)
- Web: <http://www.rainbowsgb.org>

Guidelines for the Pastoral Care for the Separated, Divorced, and the Divorced and Remarried. Catholic Bishops of England and Wales.

- Web: <http://www.catholic-ew.org.uk>

Domestic Violence & Abuse

National Domestic Violence Helpline

- Nat No: 0808 2000 247 (24hrs)
- Web: <http://www.nationaldomesticviolencehelpline.org.uk>

Women's Aid

- Local No: 0151 548 3333 (Knowsley)
- Local No: 0800 028 3398 (Warrington)
- Local No: 0800 083 7114 (Liverpool)
- Local No: 01257 260 200 (Chorley)
- Local No: 0151 495 2778 (Halton)
- Local No: 01942 262 270 (Wigan)
- Web: <http://www.womensaid.org.uk>

CEDAR

Free 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge.

For confidential advice and support call:

- Nat No: 0808 2000 247
- Local No: N/A
- Web: www.cedar.uk.net

- Action on Elder Abuse Helpline: 0808 808 8141
- Age UK : 0800 169 65 65
- Broken Rainbow Helpline: 0300 999 5428
(service to gay, lesbian, bisexual and transgendered people experiencing domestic violence)
- Childline: 0800 1111
(24/7) confidential helpline for children and young people
- Crime Stoppers: 0800 555 111
- Domestic Violence Intervention Project: 020 7928 4813
- Jewish Women's Aid: 0800 59 12 03 (Mon-Thurs 9.30 am to 9.30 pm)
- Men's Advice Line: 0808 801 0327
- Men's Aid: 0871 223 998 (daily from 8am- 8pm)
- Northern Ireland Women's Aid: 0800 917 1414
- NSPCC Child protection helpline (24/7): 0808 800 5000
 - Bengali/Sylheti: 0800 096 7714
 - Gujurati: 0800 096 7715
 - Hindi: 0800 096 7716
 - Punjabi: 0800 096 7717
 - Urdu: 0800 096 7718
- Refuge: 0808 2000 247

- Respond: 0808 808 0700
(Helpline for people with learning disabilities who became victims of sexual abuse/ and or other trauma)
- Samaritans (24/7): 08457 90 90 90
- Supportline: 01708 756 200 (hours vary, usually Mon-Wed evenings)
- Scottish Domestic Abuse: 0800 027 1234
- Survive Helpline: 0117 961 2999 (Mon-Fri, 9.00am-12.30 and 1.00pm-4.00pm)
- Victim Support: 0845 30 30 900
- Wales Domestic Abuse: 0800 80 10 800
- Women and Girls Network (London): 0207 610 43 45

MAPP

Offering support and advice to men and women

- Local No: 01744 454438
- Web: : <http://www.shdwa.co.uk/>

Respect

Offering support to men

- National free phone No:0808 801 0327

Drug Addiction / Awareness

CENACOLO COMMUNITY

Helps young people suffering from the effects of DRUG, ALCOHOL OR SUBSTANCE ABUSE to find the road to recovery and the joy and peace of a new life.

Meetings at the Shrine of the Blessed Sacrament:

4 Dawson St, .Liverpool L1 1LE

Times: 7-9pm every Tuesday evening.

Contact numbers:

- Margaret 0151 342 1043
- Mary G. 0151 342 4990
- Mary C. 0788 333 9980
- Email: info@cenacolofriends.fsnet.co.uk
- Web: www.cenacolofriends.org.uk

The National families helpline.

- Nat No: 0800 776 600 Information and Advice – 24 hours
- Local No: Wirral: 0151 649 1580
- Web: <http://www.pada.org.uk>

Talk to Frank offers advice regarding drug and substance misuse.

- National Helpline 0800 77 66 00
- Web: <http://www.talktofrank.com>

Action on Addiction.

- Nat No: 0845 126 4130
- Local No; N/A
- Web: http://www.actiononaddiction.org.uk/family_support/

Addiction Advisor.

Offering advice and treatment options in North West England.

- Nat No: 0845 370 0102
- Local No: N/A
- Web: <http://www.addictionadvisor.co.uk/>

NHS Smoking Helpline

- National Helpline: 0800 022 4332

Stop Smoking Fag Ends

- National Helpline: 0800 195 2131
- Web: www.roycastle.org

Adfam – support for families affected by drugs

- National No: 020 75337640
- Web: www.adfam.org.uk

Eating disorders

Beat: The leading UK charity for people with eating disorders and their families.

- Nat No: 0845 634 7650 Youth Help:
- Helpline: 0845 634 1414
- Web: <http://www.b-eat.co.uk/>

Fertility Awareness

We are a team of medical, nursing and Fertility Care trained professionals providing Infertility treatment –

medical support to natural conception (married couples only)

Recurrent miscarriage support (married couples only)

Woman's Healthcare

Natural Family Planning (natural fertility management)

- Nat No: 01926 834654
- Local No: N/A
- Web: www.lifecharity.org.uk

Gambling

Gamblers Anonymous is a fellowship of men and woman who have joined together to do something about their gambling problem.

- Nat No: N/A
- Local No: 0161 976 5000
- Web: <http://www.gamblersanonymous.org.uk/>

Homelessness

The Whitechapel Centre (Liverpool) – offers wide range of services for homeless and those threatened by homelessness including outreach support, welfare rights and education programmes

- Local No: 0151 207 7617
- Web: <http://www.whitechapelcentre.co.uk/>

Shelter offer practical advice on homelessness, facing eviction and other housing issues. Nat No: Freephone 0808 800 444

- Web: <http://england.shelter.org.uk/>

Night Shelter for men in Liverpool City centre

Offering overnight shelter for homeless men:

- Address: 55 Seal Street, Liverpool L1 4AZ
- Tel: 0151 709 0628

The Basement – offering support and advice for homeless based in Liverpool City centre

- Local No: 0151 707 1515
- Web: www.basementdropin.org.uk

Care for children - Liverpool City Council – offering advice for families with children

- Local No: 0151 233 3027
- Web: <http://www.liverpool.gov.uk/>

Supporting People – advice and support for homelessness from Liverpool City council

- Local No: 0151 233 5446
- Email: supportingpeople@liverpool.gov.uk

Homeless UK – offering advice for homeless aged 16 and over including drop in centres

- Web links to all local drop in centres: <http://www.homelessuk.org/>

Life

Core services are Caring, Education, Housing and the Fertilitycare Programme. Life offer free, confidential information, counseling and support for women contemplating abortion, suffering after pregnancy loss or struggling to cope after abortion.

- Nat No: 0800 915 4600
- Local No: N/A
- Web: <http://www.lifecharity.org.uk/about>

Marriage

Engaged Encounter

Engaged Encounter Weekends, give the engaged couples the opportunity to talk openly about their attitudes and values and to take an honest look at the way they want to live their future lives together.

- Nat No: N/A
- Local No: N/A
- Web: <http://www.wwme.org.uk>

Marriage preparation:

- Contact your Parish Priest
- Co-ordinator for Marriage & Family Life Maureen O'Brien
Tel 0151 522 1044 Email: m.obrien@rcaol.co.uk
- Marriage Care: 0151 428 4410 (Mike Snelham)

Marriage Encounter

A Marriage Encounter Weekend offers couples the opportunity to grow closer. It helps people to refocus on the values that are really important to them and to live more joyful and purposeful lives.

- Nat No: N/A
- Local No: N/A
- Web: <http://www.wwme.org.uk>

The Marriage Course

The Marriage Course is for any couple who wants to invest in their relationship, whether you have been together 1 or 61 years and whether you have a strong relationship or are struggling.

- Web: <http://relationshipcentral.org/>

Retrouvaille

Retrouvaille is the name of a programme designed to help heal and renew marriages. The word 'Retrouvaille' simply means 'rediscovery'. The programme offers the chance to rediscover yourself, your partner, and a loving relationship in your marriage.

- Nat No or text: 07973 380443
- Web: <http://www.retrouvaille.org.uk/contact.html>

Mental health

Mental Health Project

The Mental Health Project aims to increase spiritual and pastoral support in our Catholic communities, at a local level, i.e. in parishes, schools, hospitals, universities, prisons or organisations for those with mental health needs, their families and carers.

- <http://www.catholicchurch.org.uk/mentalhealth>

Mind: Helps people take control of their mental health by providing high-quality information and advice.

- Nat No: 0845 766 0163
- Local No: Liverpool, Ormskirk, Sefton & St Helens 01744 677058
- Local No: Widnes & Warrington 0151 495 3991
- Local No: Chorley, Upholland, Wigan & Leyland 01257 231660
- Web: <http://www.mind.org.uk/>

Samaritans

- Nat No: 08457 909090

Saneline

- Nat No: 08457 678000

Rethink advice service

- Nat No: 02089 746814
- Web: www.rethink.org

Young minds parent's information service.

- Nat No: 0808 802 5544
- Web: <http://www.youngminds.org.uk/>

Websites:

- Association of Pastoral Care in Mental health: www.pastoral.org.uk
- Carers: www.carersinthecommunity.org.uk
- Rethink: www.rethink.org
- MIND www.mind.org.uk

Missing people

Missing People is a charity offering advice and support

- Nat No: 0500 700 700 Helpline.
- Web: <http://www.missingpeople.org.uk>

Message Home offers a Freephone service allowing missing people to get a message home

- Freephone 0800 700 740

Natural Family Planning

Mrs Margaret Parsons.

- Nat No: N/A
- Local No: 0151 722 5316
- Email: margpar@hotmail.com
- Web: <http://www.nfpta.org.uk/>

Billings Ovulation Method.

Natural Family Planning.

- Nat No: N/A
- Local No: 0151 291 8660
- Web: <http://www.billings-centre.ab.ca/>

Life Fertility Care.

Natural Fertility Awareness for the 21st Century.
Infertility and recurrent miscarriage.

- Nat No: 0800 915 4600
- Local No: 01926 834 654 (Ira Winter)
- Web: www.lifecharity.org.uk

Parenting & Family Support

Parentline Plus: A national charity providing help and support to anyone caring for children, parents, grandparents, step-parents, relatives – for families living together or apart.

- Nat No: 0808 800 2222 (24/7)
- Local No: N/A
- <http://www.parentlineplus.org.uk>

Gingerbread: Support for single parent families.

- Nat No: 0808 802 0925 Freephone
- Local No: N/A
- Web: <http://www.gingerbread.org.uk>

Cry-Sis 24 hour support for families with excessive crying or demanding children

- National Helpline: 0845 1228 669
- Web: www.cry-sis.org.uk

Dad Talk – website offering advice and support for fathers on a variety of parenting subjects

- Web: www.dadtalk.co.uk

Mums on the net – website offering advice and support for mothers

- www.netmums.com

Family Rights Group – offers advice to parents whose children are involved or require social care services

- National Helpline: 0800 731 1696
- Web: www.frg.org.uk

Rape Crisis & Sexual Abuse England & Wales

For female and male survivors, partners, friends and family.

- Nat No: 0808 802 9999 (12 - 14.30pm / 7pm – 9.30pm)
- Local No: N/A
- Web: <http://www.rapecrisis.org.uk/>

Refugee support agencies

ALM (Asylum Link Merseyside)

Monday to Thursday 9.00am - 4.00pm
St Anne's, 7 Overbury Street, L7 3HJ

- Nat No: N/A
- Local No: 0151 709 1713
- Web: <http://www.asylumlink.org.uk/>
- Email: info@asylumlink.org.uk

MRANG (Merseyside Refugee and Asylum Seekers Pre & Post Natal Support Group)

Tuesday 10.20am - 2.30pm

Friday 1.30pm - 4.30pm

St Patrick's Church Hall, South Chester Street, L8 5RA

- Nat No: N/A
- Local NO: 0151 709 6326/6316
- Web: http://www.migranthealthse.co.uk/sites/default/files/0212162MRANG_Merseyside_0.pdf
- Email: mranginfo@yahoo.co.uk

MRSN (Merseyside Refugee Support Network)

10.45am - 3.45pm

4th Floor, Bold Street, L1 4DN

- Nat No: N/A
- Local No: 0151 707 0566
- Web: <http://www.merseysidenetworkforchange.org/projects/mrsn.html>
- Email: info@merseysidenetworkforchange.org

Kensington Library (DISC)

Free ESOL classes Thursday and Friday 10.00am

Kensington, Liverpool L7 2RJ

- Nat No: N/A
- Local No: 0151 233 4043
- <http://intranet.liv-stu.co.uk/pages/information/centres/drop-in-study-centres-d-i-s-cs>
- Email: debbie.hyland@liv-coll.ac.uk

Kensington Children's Centre

Free lunch for children Thursday 12.00pm

Free ESOL class Monday 1.00pm

23 Quorn Street, L7 2QR

- Nat No: N/A
- Local No: 0151 300 8420
- Web: http://www.parksoptions.co.uk/kensington_childrens_centre/who_we_are/
- Email: kensington@parksoptions.co.uk

Samaritans

Samaritans provides confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

- Nat No: 08457 90 90 90
- Local No: N/A
- Web: <http://www.samaritans.org>

Separated & Divorced

Listed under Divorced & Separated.

Society for Protection of Unborn Children

SPUC affirms, defends and promotes the existence and value of human life from the moment of conception.

- Nat No: 020 7091 7091
- Local No: N/A
- Web: <http://www.spuc.org.uk/>

The Cardinal Winning Pro- Lifer Initiative

When faced with a crisis pregnancy, it is easy to feel overwhelmed. A feeling of panic can often be a first reaction. *How will I cope? I have no one to turn to support.* In this situation, many women quickly decide to opt for abortion. We have assisted countless women and their families, practically, financially, emotionally and spiritually.

- Nat No: 0141 433 2680
- Local No: N/A
- Web: <http://cardinalwinningprolifeinitiative.wordpress.com/about-us/>

Amber

A Liverpool based charity that offers help and support for women faced with a crisis pregnancy. Practical support includes all baby equipment and clothes.

Contact Moira Billinge

- Nat No: N/A
- Local No: 0151 291 7728
- Web: N/A

Support Line

Support line offer confidential emotional support to children, young adults and adults as well as providing links to support groups and advice websites

- Web: <http://www.supportline.org.uk>
- Web Links: <http://www.supportline.org.uk/problems/index.php>

St Vincent de Paul Society

An international Christian voluntary organisation dedicated to tackling poverty and disadvantage by providing direct practical assistance to anyone in need.

- Nat No: 020 7407 4644
- Local No: N/A
- Web: <http://www.svp.org.uk/>

Women's Desk

- Tel: 0151 228 8228 Margaret McDonald

Children and Young Person help and assistance

Archdiocesan Safeguarding Children and Vulnerable Adults

- Archdiocesan No: 0151 522 1103 & 0151 522 1043

Bullying and Cyber Safety

Bullying UK – offer support and advice for children and young people

Web: <http://www.bullying.co.uk/index.php/young-people/>

Kidscape – offer advice for children, parents and carers on bullying
Parents Helpline: 08451 205 204
Web: <http://www.kidscape.org.uk/>

Cyberbullying UK offers advice and support on bullying online including safety online.

- Web: <http://www.cyberbullying.co.uk/>

Care for the Family

A national charity which aims to promote strong family life and to help those hurting because of family breakdown or bereavement. They offer support and help in your relationships and family life and have a number of networks and initiatives that enable them to do this.

- Nat No: 029 2081 0800
- Local No: N/A
- Web: <http://www.careforthefamily.org.uk>

Caritas Care

Our mission statement is: inspired by Christ's message of hope we strive to make a positive difference to the lives of children and young people, families and adults experiencing disadvantage.

- Nat No: 01772 732313
- Local No: N/A
- Web: <http://www.caritascare.org.uk/>

Catholic Children's Society

Help for families and children in need:

- Local No: 0151 652 1281 / 01928 581459
01952 292 888 / 0161 998 8802
- Web: <http://www.cathchildsoc.org.uk>

Childline

A confidential support service for children offering support and advice

- Nat No: 0800 1111 (24hrs)
- Local No: N/A
- Web: <http://www.childline.org.uk>

Counselling for children

The Butterflies Project at Listening Ear, Halewood provides one to one support for children with loss and grief needs and is free.

- Nat No: N/A
- Local No 0151-488-6648
- Web: <http://www.listeningearmerseyside.org.uk/>

Child Bereavement Support

Loss and grief helpline; resource lists and printed advice; private one to one grief or loss support for children and young people; family support for families struggling with loss or grief; training in bereavement and loss support strategies and policy for professionals.

- Nat No: N/A
- Local No: 07866 096826
- Email: gm.goddard@btinternet.com

Disability

ADHD Foundation Group

The ADHD Foundation offers support for children who have ADHD and their families

- Local No: 0151 709 4239
- Web: www.adhdfoundation.org.uk

British Dyslexia Association

- Nat No: 0845 251 9002
- Web: <http://www.bdadyslexia.org.uk/>

Deafness in the UK. (Hear Here Hard of hearing Project) – offers information on the services available to support those with any degree of deafness,

- Local No: Graham Maher 0151 261 2000. Mobile 07717 788458
- Email gmaher@nugentcare.org

The British Deaf Association offer support and advice including advice on signing and forthcoming events

- Web: <http://www.bda.org.uk/>

The National Deaf Children's Society offer support and advice for parents children and carers

- National Helpline: 0808 800 8880
- Web: <http://www.ndcs.org.uk/>

Disability rights

- Web: www.direct.gov.uk

HCPT

Merseyside Region was established in 1977 and they take disabled and disadvantaged children between seven and eighteen years old on a pilgrimage holiday to Lourdes at Easter.

- Nat No: 01788 564646
- Local No: N/A
- Web: <http://www.hcpt.org.uk> click on (Local HCPT)

Henshaws (Society for the visually impaired) offering local support and advice

- Local No: 0151 227 1226
- Web: www.henshaws.org.uk
- Email: Liverpool@hsbp.co.uk

L'ARCHE

The L'Arche communities for people with learning difficulties and their friends and families.

- Local No: 0151 260 0422
- Web: www.larche.org.uk

Liverpool Association of Disabled People – offers advice for disabled people within Merseyside

- Local No: 0151 263 8366
- Email: ladisabled@freeserve.co.uk

MENCAP – offers support and advice for people with learning disabilities including families and carers

- Local No: 0151 280 9636
- Web: www.mencap.org.uk

Merseyside Region Epilepsy Association – offers support and advice for people with epilepsy

- Local No: 0151 298 2666
- Web: www.epilepsymersey.org.uk
- Email: epilepsy@mrea.demon.co.uk

National Autistic Society

- Nat No: 0845 070 4004
- Web: www.nas.org.uk

Nugent Care

Adult Residential Services comprise seven residential care homes which provide a range of nursing and care options.

- Nat No: N/A
- Local No: 0151 261 2000
- Web: <http://www.nugentcare.org>

Positive About Dyslexia

- Local No: 0151 734 4213
- Email: padlinfo@blueyonder.co.uk

RNIB (Royal National Institute of Blind People) offers advice to those affected by sight loss including carers and family members

- National Helpline: 0303 123 9999
- Web: <http://www.rnib.org.uk>

Scope (Cerebral Palsy) – National organisation offering support and advice

- National Helpline: 0808 800 3333
- Local No: 0151 728 8561
- Web: www.scope.org.uk

The Back Up Trust

Transforming lives after spinal cord injury.

- Local No: N/A
- Nat No: 020 8875 1805
www.backuptrust.org.uk/

The Sensory Trust

- Web: www.sensorytrust.org.uk

Through the roof.

Their vision is to see all disabled people be free to reach their God-Given potential. Links - Including disabled People. Holidays in 2010. Wheels for the World. Integr8 Youth Zone!.

- Nat No: 01372 749955
- Local No: N/A
- Web: <http://www.throughtheroof.org/contact-us/>
- Local No: 0151 709 4239
- Web: <http://www.adhdfoundation.org.uk/>

International Development -A government initiative

- Web: www.valuingpeople.gov.uk

Drug Awareness

Talk to Frank offers advice to young people regarding drug and substance misuse.

- National Helpline 0800 77 66 00
- Web: <http://www.talktofrank.com>

National Society Protection Cruelty Children (NSPCC)

If you're ever worried about a child's safety or welfare, the NSPCC Helpline is here for you

- Nat No: 0800 800 5000 (For parents)
- Local No: N/A
- Web: <http://www.nspcc.org.uk/>

Rainbows.

For all God's children assists in establishing peer support groups for children adolescents and adults who are grieving a death, divorce or painful loss in their family.

- Local No: 0151 522 1055 (Margaret Caulfield)
- 0151 522 1046 (Maureen Knight)
- Web: <http://www.rainbowsqb.org>

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- Local No: N/A
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Amber

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Contact Moira Billinge

- Nat No: N/A
- Local No: 0151 291 7728
- Web: N/A

Support for young people

Nugent Care

Nugent Care's Children's and Young People's Services include residential care homes, a secure centre, day nurseries and child protection services.

- Nat No: N/A
- Local No: 0151 261 2000
- Web: <http://www.nugentcare.org>

Get Connected offers a free, confidential helpline that gives young people under 25 support and information on a wide range of topics. Support can be given via email, over the phone or live web chat.

- National Freephone helpline: 0808 808 4994
- Web: <http://www.getconnected.org.uk>

The Support Line offers confidential emotional support to children and young adults. It also has online links to many support groups within the UK aimed at children and young people

- Web links

[http://www.supportline.org.uk/problems/support_children_young_people.p
hp](http://www.supportline.org.uk/problems/support_children_young_people.php)

- Web: <http://www.supportline.org.uk/index.php>