

Supporting marriage and relationships - Resources

Useful websites and organisations:

Offering courses:

- <https://www.marriagecare.org.uk/> - FOCCUS (Facilitating Open Couple Communication, Understanding and Study) marriage preparation, counselling and support
- <http://themarriagecourses.org/> - marriage strengthening and preparation courses; 7 sessions to help couples invest in their relationship – **could your church host this?**
- <https://www.relate.org.uk/> relationship support through counselling, online support and campaigning
- <http://www.themothersunion.org/practical-support/couples> - support and campaigns for marriage and family life; marriage preparation and parenting courses available for members to train as facilitators and run locally
- <https://timeformarriage.org.uk/> - marriage enrichment weekends
- <http://www.prepare-enrich.co.uk/> - marriage preparation, relationship enrichment, and reviewing and improving co-parenting; includes an online couples' questionnaire

Other organisations:

- <https://thecoupleconnection.net/> - an online relationship forum
- <https://www.careforthefamily.org.uk/> - supporting families, marriage and the bereaved
- <http://www.oneplusone.space/> - relationship charity responsible for thecoupleconnection and theparentconnection .
- <http://www.5lovelanguages.com/> - to assess your own love language

Regarding separation and divorce:

- www.naccc.org.uk – Child contact centres for separated parents
- www.sortingoutseparation.org.uk – help and advice in situations of relationship breakdown
- www.theparentconnection.org.uk – information, programmes and an online forum for separated parents
- www.cafcass.gov.uk – information and resources for children, parents and carers, and professionals re families in the court system

Where there is domestic abuse:

- National Domestic Violence Helpline 0800 2000 247; Men's Advice Line 0808 801 0327
- www.womensaid.org.uk
- www.refuge.org.uk – advice for those experiencing domestic abuse
- www.rapecrisis.org.uk 0808 802 9999
- www.victimsupport.org.uk 08081689111
- www.crimestoppers-uk.org 0800 555 111
- Childline 0800 1111 www.childline.org.uk
- NSPCC 0808 8800 5000

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Books:

An Introduction to Marriage Preparation: The Opportunity of a Lifetime by Andrew Body

Growing Together: A Guide for Couples Getting Married by Andrew Body

Mentoring Marriages by Harry Benson

The 5 Love Languages by Gary Chapman

The 60 Minute Marriage by Rob Parsons

NB1: Pastoral Care UK, who provide the 'Resourcing Pastoral Care' course offered to pastoral visitors, offer a variation of the course for those who support married couples and people in relationships; please ask Mandy Stanton if you would be interested in participating in or training to run either of these courses.

NB2: In supporting marriages and relationships, please don't exclude those who are single, widowed or divorced! Kate Wharton's book *Single-Minded: Being Single, Whole And Living Life To The Full* is a helpful resource here.