

March 2017



Spring has Sprung!

Get out and enjoy the great outdoors. Walking is a great way to improve your mental and physical health.

Better still take someone with you

www.walkinginyourcommunity.com/

Lots of information on how to set up a group, join a group, find walks etc



Mothers' Union at UNCSW 2017
Women's Economic Empowerment

Mothers' Union, All-Ireland is delighted that June Butler, DP of Down & Dromore Diocese is one of 5 worldwide MU delegates travelling to the UN's global forum on gender equality in New York to lobby on women's economic empowerment.

Please pray for June and the group as they undertake this task.

www.mothersunion.org/supporting-family-life/campaigning/worldwide/mu-uncsw



Make a Mothers Day 2017

A range of truly inspiring & empowering *Make a Mother's Day* gifts are available, each one helping mothers move from life on the margins right to the heart of their families and communities.

Whether that be through enabling a mother to learn to read, become a better parent or find the strength in God to change things for the better.

Gifts range from just £6 - £100.

www.makeamothersday.org

Download our latest article here



Mothering Sunday Resources 2017

A fabulous array of resources is available to support Mothering Sunday in 2017. Please share with your parish.

Mothering Sunday Prayers

Bible Reading, Hymns/Songs

Mothering Sunday Talks

Mothering Sunday Children's Songs,

Prayers & Memory Verses

Mothering Sunday Children's Activities

Mothers' Union Stories

Sample Service Outlines

www.mothersunion.org/resources#overlay-context=our-focus/mothering-sunday



Lifeline
0808 808 8000

HSC Public Health Agency



A recent report in the Belfast Telegraph stated that up to 70 children a week in Northern Ireland are being referred to specialists for treatment for anxiety disorders.

A breakdown in relationships with parents and access to technology are recognised as 2 key factors.

Children are increasingly anxious - terrified of leaving their parents, of going to school, eating at school, doing their homework, getting things wrong, making friends!



Family Support Northern Ireland provides details of and links to a wide range of services provided by statutory, community and voluntary organisations to support families.

www.familysupportni.gov.uk

**citizens
advice**

Do you or someone you know need advice on the 'bedroom tax' which was introduced in Northern Ireland on the 21st February?

Citizens Advice provides free, confidential and independent advice.

Freephone - 0808 802 0020

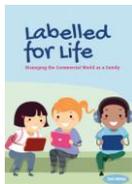
www.citizensadvice.org.uk/nireland



#fairtradeday #agentforchange

Buy Fair Trade products from your local stores and supermarkets, and encourage your family, friends and colleagues to do the same. If your favourite store or supermarket is not selling Fair Trade products, ask the store manager/owner to include Fair Trade merchandise.

Organise your own Fair Trade activity to raise awareness of the importance of trade justice, fair prices, fair wages, working conditions, and supporting the livelihoods of small producers.



The updated version of *Labelled for Life: Managing the Commercial World as a Family* is now available from your Diocesan Enterprise Rep or www.mothersunion.org
Copies cost £2 each or £1.50 when ordering more than 10.



Launched in September 2016 the campaign focuses on raising awareness, and available information and support.

It gives people living with dementia a platform to influence how society views dementia. Do you have a diagnosis of dementia or do you know someone who has dementia and may be interested in joining one of our groups in your area?

Tel: 028 90 686768

Email: info@dementiani.org



Keeping children in touch with parents following separation

Our #lostparents campaign aims to raise awareness of the work centres do in keeping children in touch with parents. Have a look at our short video to find out more.

<https://youtu.be/2ztISzCbZvo>



For the poor, violence is as much a part of life as hunger, illness or unemployment. It is just more difficult to see. According to the United Nations, **4 billion people** live outside the protection of the law.

The work of justice begins with prayer
Join a prayer community and pray for the work of the *International Justice Mission*

For more information go to

<http://www.ijmuk.org/prayer-communities>

Speak up and tell your family your wishes.

Everyone is being encouraged to sit down with their loved ones and talk about their organ donation wishes. The organ donation system in Northern Ireland is based on opting in to being a donor, and donors' families giving consent for their organs to be used. Around 200 people in Northern Ireland are waiting for an organ transplant and sadly around 15 people die each year while on the waiting list.

To find out more about organ donation:
www.nidirect.gov.uk/articles/organ-donation

Useful Contact Details:

Faith & Policy Unit Co-ordinator: Jacqui Armstrong Tel: 028 71516436 :
Mobile: 07928747354 email:jacquelin.armstrong.donegal@outlook.com
Southern Dioceses Social Policy contact: Vacant - Contact Jacqui Armstrong
Northern Dioceses Social Policy contact: Jean Thompson Tel: 028 77765141
Mobile: 07731635627 email:jeanius65@aol.com



Faith Resources for Lent

Mothers' Union Lent resources can be adapted for use in personal, family and group reflection.

Creative Ideas for Lent and Easter is a lovely book of ideas for use with children and families - available from MUE Reps and the MUE website

www.mothersunion.org/content/faith-resources-lent
www.mueshop.org



The Church of Ireland Children's Ministry inspires, encourages and supports invaluable work with children.

The website has resources and resource recommendations, and the Network team host workshops to train, equip and resource our Christian Leaders as they work with our children throughout Parish Life.

www.cm.ireland.anglican.org
www.facebook.com/churchofirelandchildrensministry



Crossroads Young Carers Project

recognises the vital role children play in caring for an ill/disabled family member on a daily basis. The Project's aim is to provide support for children who 'care' for another member of their family who may be ill, disabled, have mental health problems or an addiction to alcohol or drugs.

Do you know a young carer who would benefit from some support?

Tel: 028 9181 4363

Email: yccarer@crossroadscare.co.uk
www.crossroadsyongcarers.com

Useful Dates for your Diary



Week of Solidarity with Peoples struggling against Racism & Racial Discrimination, March 21st- 27th

World Water Day, March 22nd

International Day of Remembrance of Victims of the Slavery, March 25th

Mothering Sunday, March 26th

World Autism Awareness Day, April 2nd

World Health Day, April 7th

Good Friday, April 14th

Easter Sunday, April 16th

World Fairtrade Day, May 13th

International Day of Families, May 15th