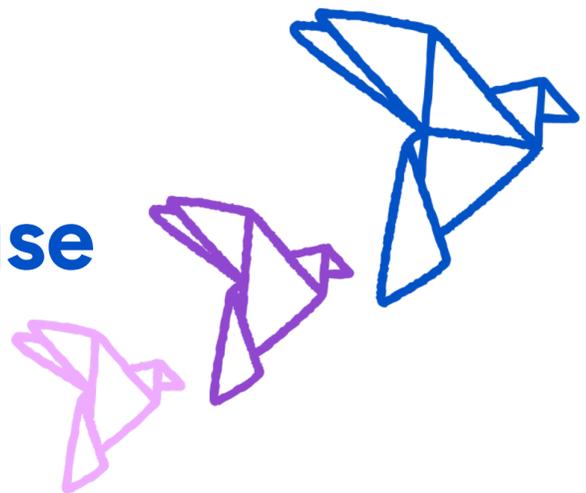


National Programmes in Britain & Ireland



**Away From It All
(AFIA)**

**Domestic Abuse
(RISE UP)**



**Prisons
Work**

**Modern
Slavery**



Mothers' UNION

Christian care for families

Mothers' Union's members in Britain and Ireland support their local communities through a series of National Programmes.

Creating connection through our Away From It All (AFIA) programme

For six decades, our Away From It All (AFIA) scheme has provided essential holidays and day trips for families and carers. These breaks, primarily funded by our members, reduce stress and prevent burnout while enhancing overall mental wellbeing. By offering fresh environments and social engagement, AFIA strengthens family relationships, fosters independence, and brings joy.

'The whole experience was perfect and a memory to treasure.' - AFIA recipient

Rising Up against domestic abuse

Our members are dedicated to ending domestic abuse through faith in action. By raising awareness, providing practical resources, and connecting survivors with specialist support through our RISE UP campaign, we work to shift attitudes and reform legislation - striving for a future where domestic abuse is a thing of the past

'Engaging with your RISE UP campaign (part of the National Domestic Abuse Programme) helped us to better support one of our congregation members when they felt strong enough to leave their abusive relationship.' - Church leader

Providing crucial support to prisoners and their families

Mothers' Union members offer transformative support in prisons, bridging the gap between inmates and their families while fostering rehabilitation. By providing practical resources and education, they help alleviate loneliness, improve mental health, and advance confidence and skills development.

Awareness and action around modern slavery

Modern Slavery - masked as forced labour, trafficking, and criminal exploitation - persists today. To combat this growing threat, working in partnership with The Clewer Initiative, we focus on education, raising awareness, and mobilising our members and local communities to act.

Find out more today - www.mothersunion.org/programmes

Join us by contacting your local diocese or email AFIA@mothersunion.org, domesticabuse@mothersunion.org, prisons@mothersunion.org or modernslavery@mothersunion.org for more details.