



Away from it all

For over 50 years Mothers' Union members across Britain & Ireland have been providing *Away From It All* (AFIA) breaks for families who are going through stressful times. AFIA provides families with the space to create positive memories together, to build relationships and strengthen their family bonds. To apply for our holiday scheme, or to offer your support please contact our AFIA representative in your area.

Your local Southwark Mothers' Union AFlA representative:
Sally Steele - Telephone : 07873 398543
Email : afia.southwarkmu@gmail.com

Mothers' UNION
Christian care for families



Let's take a break

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About Mothers' Union

Mothers' Union is a Christian organisation which believes in the importance of families. Members encourage and support marriage and family life by being involved in initiatives that respond to needs of the local community. *Away From It All (AFIA)* is a holiday scheme funded by members of Mothers' Union, to help people who wouldn't otherwise be able to have a holiday.

How much do the holidays cost?

Mothers' Union normally helps with part of the cost of a holiday or with travel expenses, but sometimes we can pay for the whole trip. Our funds are limited, but we will always help as much as we can. Each year hundreds of families have a holiday through *Away From It All*.

Who is eligible for AFIA breaks?

The scheme is open to anyone who is experiencing stress in their family life. You don't have to be a member of a church or any organisation. You can apply for yourself or on someone else's behalf. If you apply for yourself or your family, a member of the clergy, doctor, head-teacher or social worker will be asked to support your application. We will need some basic information, such as when you last had a holiday, and the reason why you would like a break. There will be a simple application form to fill in.



What sort of holidays are available?

The holidays may take many different forms. Some are more suitable for families, others for individuals, such as:

- Specially organised family weeks with activities and outings arranged by
- Time at a Mothers' Union caravan, usually on a site with full facilities by the beach
- Staying at a guest house or a small family hotel
- Breaks at a holiday camp
- Days out
- Coach trips

These are just some of the options available. We try to find the most suitable holiday, because everyone is different.

"A big thank you for everyone for putting a smile on my wife's face. After a difficult time the holiday was just what she needed."

How do I apply?

To apply for a holiday please write, phone or email your local Mothers' Union. Or you can get in touch with us at:

Mothers' Union
Away From It All Holidays
24 Tufton Street
London
SW1P 3RB
T 020 7222 5533
E mu@mothersunion.org

