

Pastoral Care Resources & Information

MAYBRIDGE.ORG.UK/PASTORAL-CARE

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ABOUT THIS RESOURCE

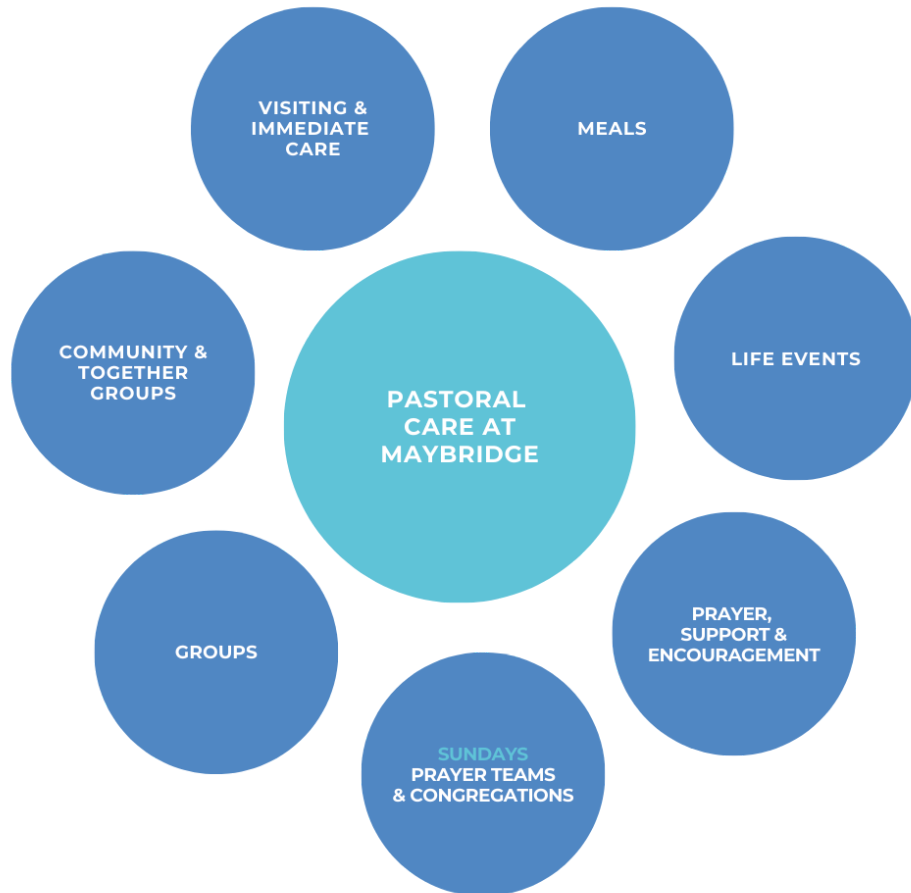
This resource is for everyone and anyone to use to find help, signposting and information about a whole range of care issues.

It has been collated to support the wide delivery of pastoral care, help and encouragement as currently offered at Maybridge Community Church and to assist those involved in caring for others both formally and informally.

This resources list is not intended to be exhaustive, but to give a few ideas when seeking help for a range of pastoral type issues formally and informally. There is no guarantee of quality of care provided by the organisations, services, tools and ministries suggested in this resource, but we've tried to compile known, trusted or previously used resources.

If you have experience of a resource that could be added please let the Church Office know the details so they can be explored and added.

Pastoral Care at Maybridge



CARE FOR THOSE AT MAYBRIDGE

We want to be a church family who love, encourage and care for one another well. Sometimes circumstances in life mean we need extra support, so there are teams and trusted people at Maybridge available to give support to those who need it.

If you would like to get in touch and explore help on offer, visit maybridge.org.uk/pastoralcare

Contact **pastoral@maybridge.org.uk** to find out more or refer someone in our church family to additional care support.

You can also get in touch with our church elders about pastoral concerns at **elders@maybridge.org.uk**.

GROUPS

Partnership Groups

Groups at Maybridge help us do life and faith together. Each of our groups look and feel different, but they're all spaces to get connected, build friendships, find encouragement and grow spiritually. Part of group discipleship is about sustaining its members through immediate, short-term or prolonged care needs. They provide prayerful and practical support as they encourage each other to walk with Jesus throughout the joys and trials of faith and life.

Find out more about groups at maybridge.org.uk/groups.

Community & Together Groups

Together groups are relational and social. They are a great way to get connected with others across the church family and community. They host creative events that help build up the church family and connect with the wider community. Courses and community projects offer next steps and support for those exploring faith.

Find out more about groups at maybridge.org.uk/groups.

SUNDAYS

Congregational Care

Our prayer teams offer support on Sunday gatherings and at church events.

As part of the body of Christ, congregations offer informal Pastoral Care and can signpost to other support as needed.

CARE TEAMS

Visiting & Immediate Care

This may include things like help, pastoral support and/or community visits for those with unexpected urgent care or health needs or for those who have lost a loved one.

Prayer, Support & Encouragement

Walking with people through a particular problem or decision, area of struggle, or pain of suffering by talking, praying and reading scripture together.

Life Events

Practical help, support and prayer for those preparing for marriage, marital advice, baptism, child dedication or other life events at Maybridge.

Meals

A team of people who organise and rally the church family to provide meals to anyone who could do with the pressure to cook being removed, for a short time or longer period.

Church Community Projects, Resources & Groups

HERE FOR YOU

Our community projects and initiatives help us extend the love of Jesus to our church family and well beyond the walls of our building on The Strand. Whether it's a project we run ourselves or one we support through one of our partners, there are a variety of groups and meetings. Whatever life throws your way, we hope Maybridge is a safe place where you can find help and support.

This list changes and is growing so please ask our staff team for current details, contact the church office or look on the website at maybridge.org.uk/events for more information.

Sing-Well Community Choir

Tuesdays in term-time | 10-11:30am

singwellchoir.co.uk

Join the Sing-Well Community Wellbeing Choir where everyone is welcome and every voice is valued. A fun, friendly and inclusive choir who sing a wide range of pop, rock, Gospel and show music in two or three parts.

Fun for Seniors

Tuesdays | 2:30-4pm

Our seniors come together for a mixture of games, quizzes, trips out, communion, hymns, talks, prayer and, of course, a chance to have a good chat. A Soup lunch (£3) is held on the first Tuesday of the month from 12:30pm.

Midweek Mash-up

Wednesdays in term-time | 4-5:30pm

Midweek Mash Up is our after-school club for 5-11s with crafts, games, snacks and a whole lot of fun.

Bags of Hope

Thursdays in school holidays | 10am-2pm

maybridge.org.uk/bagsofhope

Bags of Hope Cafe opens over the school holidays for families facing holiday hunger. Families can receive a bag of ingredients for a healthy family meal, top up of household and food staples, plus stay for a cuppa, cake and a chat – all completely free.

Youth Drop-in

Thursdays in term-time | 3:30-5pm

maybridge.org.uk/youth-dropin

Our Youth Drop In is an after school group, where all young people aged 11-16 can come and hang out, play some games and have plenty of tuck!

Tots and Tinies

Thursdays in term-time | 10am

A baby and toddler group for parents/carers and their children aged 0-5 years. Meet other parents over a cuppa. The children can play, make new friends, enjoy a snack and join in as we end each session with singing and bubbles. There's space in the foyer for the tinies to play too. Occasionally, we host workshop sessions with guests that give advice and information for parents and carers.

Warm Space

Saturdays over Winter

maybridge.org.uk/warmspace

A space to find warmth, community & help. Over winter months, we open up the building on Saturdays to provide a warm and welcoming space with free soup lunch, cakes, games, and refreshments.

English Classes from W4R

Wednesdays | 1-2.30pm

info@worthing4refugees.org.uk | 07833 617997

Free English classes delivered by *Worthing 4 Refugees* for refugees and asylum seekers (£1.50 for others). These classes are running as a pilot in 2025: for access to English Classes and other support for refugees, please contact W4R on info@worthing4refugees.org.uk

CAP Life Skills

maybridge.org.uk/cap

At Maybridge, we offer a free course called CAP Life Skills run a few times in the year. The course, run over 8 consecutive weeks, is designed to help you learn how to manage living life well, even on a budget.

Pastoral Care Resources

ABUSE

Restored

restored-uk.org

Support for those affected by domestic abuse. Restored provides support for women, families and church leaders or groups that know someone who has experienced domestic abuse.

Safe In Sussex

safeinsussex.co.uk | 03303337416

Registered charity offering support to individuals and their families who are affected by domestic abuse. It runs a helpline, 4 refuges, including a child support service and facilitates group work in the community for adults, children and young people. For urgent advice, please phone or report to Sussex police by calling 101. In an emergency always call 999. Programmes of care include Freedom Project, CRUSH and Refuges

Survivors Network

survivorsnetwork.org.uk

Uniting to confront sexual violence, abuse and harassment so that no one has to face the impacts alone. SN works within a feminist analysis of sexual violence, meaning that we see structural inequalities within society as both a cause and a consequence of sexual violence.

Mankind

mkcharity.org

We support men who have been sexually abused or assaulted at any time in their lives. Currently only taking referrals from people who live in Sussex.

Yada

yadauk.org

Working to prevent sexual exploitation throughout coastal West Sussex, Yada delivers frontline projects aimed at raising awareness and preventing the sexual exploitation of self-identifying women across Adur, Worthing, Arun and Chichester local authority districts.

ADDICTION

Alcoholics Anonymous

alcoholics-anonymous.org.uk

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Drug and Alcohol Wellbeing Network – West Sussex

changegrowlive.org/drug-alcohol-wellbeing-network-west-sussex/hubs

Free and confidential friendly and non-judgmental services for anyone experiencing difficulties with alcohol and drugs.

The Keys Project

thekeysproject.org

Working with churches and Christian charities to provide a holistic, community-based programme to help people escape the nightmare of addiction.

BEREAVEMENT & LOSS

Acorn

acornworthing.org.uk

Acorn Pregnancy Counselling Centre is a local charity that provides practical and emotional support to women and their partners who find themselves unexpectedly pregnant or who have experienced a pregnancy loss.

Andy's Angels

andysangels.org.uk/

Provide a grief play cafe and groups for children and adults experiencing bereavements. It is free and no referrals required.

At a Loss

ataloss.org

Bereavement information and support to anyone who has been affected by a death, provide friendship groups giving an opportunity for bereaved people to meet and join social activities (Worthing & Mid Sussex Branches).

Compassionate Friends

tcf.org.uk

An organisation of bereaved parents, siblings and grandparents dedicated to the support and care of others who have suffered the death of a child/children. We offer support both directly to bereaved families and indirectly by influencing good practice amongst professionals.

St Barnabas Hospice

stbarnabas-hospice.org.uk/our-care/patients/referral-process

Specialist palliative care for the whole person and their family, aiming to meet all needs – physical, emotional, social and spiritual. Referral by health professional.

COUNSELLING & TALK THERAPY

Association of Christian Counsellors

www.acc-uk.org/find-a-professional/counsellor/

Counsellors who have a Christian belief and adhere to ACC codes of ethics. Some may not be accredited and have limited training and experience.

Charis Counselling

chariscounsellingbh.co.uk

Independent counselling service born out of a desire to serve Brighton, Hove and surrounding areas by offering quality professional therapeutic care to the local community. We are here for those who wish to seek support within a caring and supportive environment.

Clementine Counselling – Lisa Sutton

clementinecounselling.co.uk | lisasuttonclementine@gmail.com | 07743260160

A qualified Counsellor and a member of the BACP, offering short and long term counselling within Worthing and the surrounding areas. Experienced working with people of all ages and working with a variety of issues. Lisa Sutton has experience counselling Children.

Time to Talk

sussexcommunity.nhs.uk/services/time-to-talk-nhs-talking-therapies-in-west-sussex/109066

This NHS service offers counselling, Cognitive Behavioural therapy and group work in areas such as mild to moderate depression, anxiety and mindfulness. Access via self-referral or GP. Free of Charge.

FINANCIAL & FOOD BANKS

Christians Against Poverty [CAP]

capuk.org | 0800 328 006

Local CAP courses, money courses, release courses, job courses, debt advice.

Community Food Hubs

westsussex.gov.uk/ukharvest

Open to everyone and designed to reduce food waste. People can bring a shopping bag and fill it from a selection of mixed groceries for a suggested donation of £5. Recipes, healthy options and tips to reduce your household food waste are on offer too.

Held monthly in 2025 at the Sidney Walter Centre, Sussex Road, Worthing, West Sussex, BN11 1DS, third Thursday of every month (unless otherwise stated online).

Trussell Trust

trusselltrust.org | trusselltrust.org/get-help/find-a-foodbank/worthing-foodbank

The Trussell Trust's 400-strong network of foodbanks provides a minimum of three days' emergency food and support to people experiencing crisis. We recognise that stopping hunger is about more than food we're working with foodbanks to provide a range of new services like money advice and Fuel Banks, helping people to break the cycle of poverty.

Carewise

carewiseadvice.com

Providing expert information, advice and support for individuals and family to make informed decisions on paying for care.

INFORMATION SERVICES

Citizens Advice

advicewestsussex.org.uk

Advice is available on most topics, including debt, welfare benefits, consumer issues, housing, family issues and much more. Central and South Sussex Citizens Advice is a registered charity providing free, independent, impartial, confidential advice, to help people resolve their legal, money and other problems.

MENTAL HEALTH, WELLBEING & SUICIDE PREVENTION

Going Local

adur-worthing.gov.uk/community-wellbeing/going-local

A Social Prescribing service for people who are over 18 and are registered at a GP surgery in Adur or Worthing. Social Prescribing aims to improve health and well-being beyond traditional medical care. The social prescriber will use their detailed local knowledge to connect individuals to local community services, activities or groups to support your social, emotional, and practical needs.

Mental Health UK

mentalhealth-uk.org

We challenge the causes of poor mental health and provide people with the tools they need to live their best possible life at home, school and work.

Mercy UK

mercyuk.org

Resources and tools that help believers navigate life's challenges from this place of wellbeing and wholeness.

Keys to Freedom is a helpful resource for people to work through with others.

The Freedom Journey – A 16 week, trauma-informed discipleship Programme designed to help Christians live free and stay free. Participants work with a facilitator through up to 10 hours of therapeutic engagement with access to registered counsellors, specialist practitioners (where needed) and life-time access to aftercare support.

Mercy Home provides a residential Christian discipleship programme for young women with life-controlling issues, such as eating disorders, self-harm, anxiety and depression.

West Sussex Mind

westsussexmind.org/help_and_support/getting-help

An independent local charity supporting people with their mental health, providing specialist training and campaigning to improve services and promote understanding. Support for people of all ages, carers and families who are affected by mental health problems.

Grassroots Suicide Prevention

prevent-suicide.org.uk

Resources and support for those at risk of suicide and people worried about someone. Grassroots empower people to help save lives from suicide through educating, connecting and campaigning nationally. **StayAlive resource booklets available from the church office.**

REFUGEES & ASYLUM SEEKERS

Worthing 4 Refugees

worthing4refugees.org.uk | info@worthing4refugees.org.uk | 07833 617997.

Local charity working to create a culture of safety, integration and justice for refugees and displaced people in Worthing. Find help and information about how to live successfully in Worthing for refugees and displaced people.

ESOL

westsussex.gov.uk/education-children-and-families/adult-learning-service/english-for-speakers-of-other-languages-esol

Accredited English classes on Mondays and Wednesdays from WSCC at Maybridge Community Church aiming to give adults for whom English is not their first language the opportunity to access courses which increase confidence and language skills.

English Classes from W4R

Wednesdays | 1-2.30pm

Free English classes delivered by *Worthing 4 Refugees* for refugees and asylum seekers (£1.50 for others).

SAFEGUARDING ISSUES

ThirtyOne:Eight

thirtyoneeight.org

Safeguarding advice, training, guidance and support.

SENIORS

Age UK

ageuk.org.uk/westsussexbrightonhove/our-services

Age UK West Sussex, Brighton & Hove offers lots of services for older people, their families & their carers.

Advice Service

ageuk.org.uk/westsussexbrightonhove/our-services/advice-service-cb9998ee-f505-ee11-a81c-6045bd94e88e | 0800 019 1310 – Impartial local information and advice on a range of topics relevant to

everyone over 50 – everything from finding great social activities near you, to help at home and care planning, to welfare benefits and getting a blue badge.

Going Local

adur-worthing.gov.uk/community-wellbeing/going-local

A Social Prescribing service for people who are over 18 and are registered at a GP surgery in Adur or Worthing. Social Prescribing aims to improve health and well-being beyond traditional medical care. The social prescriber will use their detailed local knowledge to connect individuals to local community services, activities or groups to support your social, emotional, and practical needs.

Good Life Sorted

goodlifesorted.com

Home helpers for seniors, providing a range of home help services and companionship, helping people maintain independence and quality of life at home. A paid service.

SEXUAL HEALTH & SEXUALITY

Covenant Eyes

covenanteyes.com

Software for accountability relationships and ways to manage online/mobile devices for those impacted by pornography.

True Freedom Trust

truefreedomtrust.co.uk

True Freedom Trust is a Christian ministry that offers pastoral support and biblical teaching on same-sex attractions.

Living Out

livingout.org

A group of Christians who experience same-sex attraction bringing out into the open the questions and dilemmas that gay Christians can often face.

West Sussex Sexual Health

sexualhealthwestsussex.nhs.uk/clinics/our-clinics/worthing/sexual-health

Clinics remain **closed** for the foreseeable future. For family planning, contraception and STI concerns please ring **01903 285199** to speak to a member of staff who will refer you to an appropriate service.

Children & Families

BABIES, PREGNANCY & LOSS

Acorn

acornworthing.org.uk

Acorn Pregnancy Counselling Centre is a local charity that provides practical and emotional support to women and their partners who find themselves unexpectedly pregnant or who have experienced a pregnancy loss.

Families in Mind

westsussexmind.org/help_and_support/specialist-services/families-with-young-children

For parents feeling low, isolated, depressed or anxious – support to help improve the mental health and well-being of parents of young children and coping with family life. Available in Worthing, Adur, Littlehampton and Bognor

Families in Mind aims to improve the mental health and well-being of parents of young children. Offering help for parents prior to having a child, once their child is born, and until their child or children reach school age. Plus, support partners of anyone with mental health problems.

Ten little Toes Baby Bank

tenlittletoesbabybank.org

Support for parents who are pregnant or looking after young children up to the age of 12. Free (mostly pre-loved) baby and child equipment, clothing and supplies to help families who are experiencing poverty or hardship, are displaced or in temporary housing, or are struggling due to physical or mental health difficulties. Baby bank bundles are given on a referral basis.

FAMILY & PARENTING SUPPORT

Care for the Family

careforthefamily.org.uk/support-for-you

Advice and support to help families in all kinds of circumstances, whether it's the excitement of getting married, the thrill and anxiety of having a new baby, or the joy, and sometimes difficulty, of raising teenagers. Support for couples with relationship difficulties, mums and dads with additional parenting challenges, and those who are living with loss.

CareLine

careforthefamily.org.uk/support-for-you/family-life/careline

CareLine is a confidential telephone and/or email service which can be accessed by all adults in the UK. It provides a listening ear and will offer support or signposting towards other help as appropriate.

West Sussex Family Hubs

westsussex.gov.uk/education-children-and-families/find-a-family-hub

Early help, information and advice for families.

Worthing West Family Hub (81 Salvington Road, BN13 2JD) are open for drop-ins and help with crisis support, drop-in play area and oral health and healthy starts.

Transforming Lives for Good [TLG]

tlg.org.uk

A national Christian children's charity that helps churches to bring hope and a future to struggling children. Links to early intervention 1-1 coaching, therapeutic services and training for churches. St Matthews Worthing is our Local TLG centre offering Early Intervention support for children (speak to Ruth Stanley).

SPECIAL EDUCATIONAL NEEDS

SEND Friends Worthing

Family Support Work hosts free drop-in sessions at MCC with activities for children aged 5-16 with their parents/carers and siblings. Enquiries contact Sharon: 07952812834

Umbrellas Parent Support Groups

reachingfamilies.org.uk/umbrellas.html

Help for parents and carers with children with Special Educational Needs and Disabilities by building a network of mutual support. Reaching Families run seven parent support groups in Burgess Hill, Chichester, Horsham, Littlehampton, Shoreham, Worthing, and online via Zoom. Known as Umbrellas, support groups provide an informative, supportive, relaxed and non-judgemental environment within which parents can swap life experiences, share hints and tips, seek advice and share information and resources.

Youth

Papyrus

papyrus-uk.org

Provides confidential help and advice to young people and anyone worried about a young person and help others to prevent young suicide by working with and training professionals.

Shout

giveusashout.org | Text 85258

SMS support service for 11-18 yr olds in mental health crisis

SidYouth

thesidyouth.co.uk

Offers mentoring (inc. 1-to-1) to support young people with emotionally-based school avoidance, anger, anxiety and a variety of needs.

Self-Harm

harmless.org.uk

Harmless provides a range of services about self-harm including support, information, training and consultancy to people who self-harm, their friends and families and professionals. It is a user led organisation.

Thought-full

westsussex.gov.uk/education-children-and-families/childrens-mental-health-and-emotional-wellbeing/information-for-school-and-college-staff/thought-full

A mental health support team with school-based cognitive behavioural therapy team that supports children and young people aged 5-18 with mild mental health difficulties. Such as, low mood, anxiety, fear, worries, phobias and early emotional- based school avoidance.

You can refer directly via westsussex-self.achieveservice.com/AchieveForms request for support form. Will only accept referrals from schools that are working with Thought-full (70% of schools in Worthing).

There is a list of schools on the website.

West Sussex Mind

westsussexmind.org/help_and_support/specialist-services/support-for-younger-people

Free mental health support for people aged 16 to 25 with dedicated youth workers who can help.

Young Minds

youngminds.org.uk

Expert knowledge to professionals, parents and young people through their Parents' Helpline, online resources, training and development, outreach work and publications. Young Minds provides reliable information about common mental health and behaviour concerns in children and young people: symptoms; possible causes; what you can do to help; other resources and organisations you can contact for support.

Your Space – West Sussex Support for Young People

westsussex.gov.uk/education-children-and-families/your-space/support/support-for-young-people

Free wellbeing support for 11 to 18 year olds. Youth Emotional Support (YES) service, support for those experiencing bullying and Young Person request service.