

Join now and receive the following benefits

- Two National Meetings a year.
 - Northern - Leeds- November
 - Southern - Reading-June
- A chance to meet other Mum's and Committee and gain support and keep upto date with legal and Mum's news.
Local Support groups exist around the country too
- Private Facebook group for members only
- Monthly email magazine (eZine) with help and advice on living apart from your children
- Forum to exchange ideas, tips, ask questions, and share your story
- One of the primary benefits is just knowing that you are able to be part of a community of other mothers in the same situation

HELPING YOU

When you join MATCH mothers you will have access to a group of women who share similar feelings and experiences. We understand the isolation that you may feel as a mother apart and look forward to hearing your story and offering the help you need.

We know that there are many different stages on your emotional journey. You may be feeling the initial shock and trauma of separation, which some consider as almost a sense of 'a living bereavement'. You may be at a stage of feeling anger and hostility towards others who you consider have caused the situation. Alternatively, you may be trying to 're-start' your life and just need some support. You can be assured that at all stages, we are here to help you.

We hope you will benefit from all we have to offer. You are not alone and do not have to take the journey of being a mother apart on your own.

Through our support network, we can offer you a confidential, safe and secure environment for you to discuss your situation with other mothers in the same situation.



SUPPORT

MATCH Mothers charity is funded solely by subscriptions and donations.

The day to day running of our charity is 100% achieved through our Volunteers, Committee and Trustees, all of which are unpaid.

We want to grow MATCH mothers in order to provide more of the services that our members need and deserve. To do this we need to expand our membership and our fundraising.

MEMBERSHIP

Please consider becoming a member by visiting our website, by helping yourself, you will also be indirectly helping many others.

Please join us today, by visiting our website

www.matchmothers.org

ABOUT US

MATCH mothers is a charity offering non-judgmental support. Our members include those who have shared parenting and those who have little or no contact. We believe that children have a basic human right to continue to be part of a loving nurturing family network for life, no matter how many times that family re-makes itself, no matter where their mothers live.

We operate entirely run by volunteers, nearly all of who have had first hand experience of living apart from their children. A central committee runs the charity and a network of local UK support groups ensures there is always someone close-by to help.

CONTACT US

If you need our help, please email on one of the addresses below. We can also accept postal correspondence, but this takes much more time for us to respond to you. As a charity run entirely by volunteers, please be patient, we will do whatever we can to respond to you within 24 hours.

General Enquiries:
enquiries@matchmothers.org

Membership enquiries:
membership@matchmothers.org

Postal Address: MATCH, BM Box No 6334,
London, WC1N 3XX

**MATCH Mothers exists to help you if
you are a mother apart from your child for
whatever reason.**

Including causes such as:

- **Divorce or family breakdown**
- **Parental Alienation**
- **False allegations causing harm**
- **Child abductions**



www.matchmothers.org

UK Charity No: 1116218

www.matchmothers.org



**“I wish I had known MATCH mothers existed
when I first lost my children as I felt very
alone. I didn’t know where to turn for help,
but MATCH mothers has provided me with
hope, support and a positive way forward.”**

(A mother apart of 3 year old twin boys)

MATCH mothers is here to help you
cope with being a mother apart.