

Useful information and resources to support our publication (CST1):

‘So what does the Church teach about Sex? And Why?’

Find Help in a Crisis

Support through an unplanned pregnancy.

Suggested Practical Pro-life Support Networks in the U.K

The Good Counsel Network (GCN)

<http://www.goodcounselnet.co.uk/Get-the-Help-You-Need.html>

S.P.U.C.

<https://www.spuc.org.uk/our-work/help-in-a-crisis>

<https://www.spuc.org.uk/our-work/help-in-a-crisis/mothers-helped>

<https://www.spuc.org.uk/our-work/help-in-a-crisis/partners>

LIFE Charity:

<http://pregnancyhelp.org.uk/>

Cardinal Winning Pro-Life Initiative:

<https://cardinalwinningprolifeinitiative.com/about-us>

Support if regretting an abortion / hurt by abortion;

A.R.C.H.

<https://www.spuc.org.uk/our-work/help-in-a-crisis/arch>

Rachel's Vinyard:

<http://www.rachelsvinyard.org.uk>

What you need to know about Abortion.

Words of Mother Theresa;

<https://www.youtube.com/watch?v=4VBO7qmp3QE&feature=youtu.be>

A man who changed his mind;

Ex abortionist talks through the procedures. A clear, honest and thoughtful talk about abortion and also the reasons that he no longer performs them. Watch his story and what changed his mind;

<http://abortionprocedures.com/>

Protecting Elderly or mentally disabled in hospital

**Concerns regarding 'passive Euthanasia' of vulnerable persons,
end of life situations involving care and feeding;**

The Patients First Network Helpline: 0800 1691719

From our experience; if you are asked to leave a message on an answerphone, they will respond to your call as soon as person is available to do so. We have found this network invaluable and most helpful and supportive.

<https://www.spuc.org.uk/our-work/help-in-a-crisis/>

Spiritual care/ the Sacraments:

It is up to you, or a relative or friend, to let the Hospital Chaplain know you are in hospital, or alternatively to let the hospital know that you wish for a visit from the chaplain.

Chaplains are now not automatically alerted to you being in hospital. It is very important that the chaplain is contacted on a patient's arrival in hospital if sacraments or visit is requested. The chaplains usually now have no other way of being aware of a patient in hospital requiring the Sacraments, unless informed by the patient or by their family. At the very least, it is often a great comfort to be able to have a chaplain visit.

Discover Natural Family Planning:

The Billings Ovulation Method;

Highly acclaimed and scientifically researched natural method. Fully compatible with Church teaching.

The official site for the Billings Ovulation Method is;
www.thebillingsovulationmethod.org

Watch; the BillingsLIFE introductory film on U Tube; Audio-Visual Presentation of the Billings Ovulation Method

NAOMI (UK) 'National Association of Ovulation Method Instructors (Billings) for instructors for talks in the U.K.

W.O.M.B. World Organisation Ovulation Method Billings

What about contraceptives?

How Contraceptives Act;

SPUC PDF 'Contraceptives – What you need to know' downloadable on our website.

Or for more information we suggest you go to SPUC direct

www.spuc.org.uk —> Education —> Menu; Contraceptives
Contraceptives: what you need to know

Support and encouragement for Young People

Suggestions of Groups and Organisations;

Pure in Heart UK email: info@pureinheart.org.uk

Pure in Heart Ireland email: ask@pureinheartireland.com

The Chastity Project www.chastityproject.com

Youth 2000; www.youth2000.org Phone: 020 7221 2124

Arundel and Brighton Youth Ministry; DABCEC Crawley

Youth ministry in diocese of Lancaster; www.lancasterdiocese.org.uk

Discover the teachings of the Catholic Church:

Crown of Thorns publication: ‘So what does the Church teach about sex? And Why?’ card ref: CST1 www.crownofthorns.org.uk

The Catholic Catechism; www.vatican.va/archive/ENG0015/INDEX.HTM
[catechism](#)

YOUCAT: Ignatius Press www.youcat.org

