a day together

Organising 'A Day Together' Event

The most important information you need to host A Day Together (ADT) seminar for couples is in this guide. The two key ingredients missing are: you and us!

You may be reading this guide because you are thinking about organising an event in your community. If that is the case please contact us as soon as possible to discuss possible dates, if possible at least six months before your intended event.

Email: info@familylifeuk.org

If you are reading this guide because you have already agreed an event date with us then we hope you will find everything you need to make your ADT event run smoothly.

Our Events Coordinator is Ceri Keates. You can contact Ceri here: <u>cerikeates@familylifeuk.org</u>

There is one more resource to help you and that is our dedicated event website

On the website you will find information about the event, including: what to expect, stories and video testimonials from couples who have been on a day. This is a great resource to point people to for INFO & BOOKING.

The FamilyLife team looks forward to working with you. As we work together we can play a part in building and strengthening marriages and relationships in your community.

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General Information

Thank you for your interest in holding 'A Day Together' seminar in your community. A Day Together is an exciting tool that helps couples of all faiths and none invest in their relationship. It builds on your current discipleship in your church and is a helpful outreach into your community. Couples put aside a day to draw closer to one another and look at key issues, including communication, conflict and intimacy.

Seasoned with relevant and inspiring Christian testimony, A Day Together helps couples to grow closer together and closer to God.

There are stories, testimonials and videos from events on our ADT Website.

• Aims of the day

The aim of the day is to help couples to grow closer in their relationship – to have a stronger, happier and healthier relationship. We have put together five great sessions to equip couples for some of the most important aspects of all relationships.

1 **Communicating together**: developing a deeper understanding of each other.

2 **Growing together**: identifying what tends to pull us apart and what helps us to grow closer.

- 3 **Resolving conflict together**: managing our disagreements in a healthy way.
- 4 Loving together: understanding each other's needs and love languages.
- 5 **Moving on together**: discovering fresh ways to continue growing as a couple.

FamilyLife has a team of couples trained in skilfully sharing their own, honest and vulnerable stories, to inspire attendees to tend their own relationships. It is a space for couples to talk privately and there is **no group work or group discussion**.

The content of the day is based on research and our experience of what works. We use the Bible as a key reference point because we believe that the timeless principles are practical and full of wisdom. We aim to promote marriage as a loving, faithful and committed union between a man and a woman and to make the day very helpful and fun too.

A survey rated the event as **five star,** amongst all age and faith groups. 100% of people recently rated the day as either 'excellent' or 'good'

"We had an excellent day. It meant a great deal that all presenters were not 'perfect' or super middle class role models."

• The target audience

A Day Together is suitable for all kinds of couples whether living together, engaged, married or not. It's great for those whose relationship is solid OR struggling. The day is designed for churchgoers, those of other faiths AND those who wouldn't normally come to church as long as they are open to relationship values based on Biblical principles. The emphasis of the day is on practical application which benefits all couples attending, whatever faith position or circumstance.

"It's great - all relationships can be improved, even the best ones!" -Married couple

"As a non-Christian, not what I was expecting. A very relaxed, yet informative approach to relationships that will benefit both me and my partner." -Couple in a long term relationship

Planning

This organiser's guide sets out to help you plan and organise A Day Together. **It's a very good idea to read the whole guide before you start planning anything** to get a full picture of what it entails. We've tried to make this guide simple but comprehensive.

Phases

You may also find it helpful to see A Day Together as something that has three phases:

Phase 1 - Planning and Promotion

Thinking ahead and good planning will help make the day run smoothly. Good promotion will help people see how worthwhile it is so they will come themselves AND help them to be confident to invite /bring along their friends, family and neighbours. This guide also contains a countdown checklist leading up to the day itself with key activities to complete for each time period. See pages 10-14

• Phase 2 - The Day

Your role is to provide an appropriate welcoming venue for couples, which should include some refreshments but may or may not include lunch. You will provide a hosting team who will work with the FamilyLife team who are delivering the seminar. See page 6

Phase 3 -Follow-up

The event is a great launch pad for couples to continue growing in their relationship with each other AND with God. It's important to think about what you will do to follow up **after** the day so that couples can be given ideas **on** the day of what they can do next. It's easy to ignore this phase until after the day but we recommend you plan your follow-up as well as the event itself. See pages 16-17

All three phases are equally important!

What We Do: FamilyLife Support

Our Events Coordinator, Ceri Keates or a member of the FamilyLife Team will help you every step of the way.

We will provide:

- This guide, which will help you successfully plan and organise your event.
- Marketing we will provide a PDF flyer for you to print and we will market your event via the FamilyLife websites, social media and national network.
- Social Media Promotion Pack: Images which can be used on a powerpoint, Instagram, Facebook and Twitter.

- A quality 'A Day Together' Seminar Notebook for each delegate.
- Confirmation letter for you to tailor
- A team of our highly trained seminar facilitators.
- Evaluation Form for completion at the end of the day.
- FamilyLife will send you an Event Report which will summarise feedback and outcomes from the day.

What You Do

1. Venue

- The setting up of a relaxed, welcoming environment. If possible it's a good idea to set out chairs facing the front in pairs with a small space between each pair. A semi-circle alignment for each row is also more welcoming and informal than straight lines of chairs (if space allows).
- **Decorating** the venue is also a good idea and can be done imaginatively on any kind of budget (Simple greenery, flowers, balloons, candles etc.).
- **Technical support** To provide a person who will assist with the smooth running of the tech and sound for the day seminar. More details can be found in COUNTDOWN 4, page 13.
- **Hospitality** refreshments/lunch. We recommend two serving points for refreshments.
- Seating Chairs need to be set out in pairs with space between each couple. Small tables can be used if you have them. During the seminar couples will have regular couple times, so it is important that couples have private space to talk. Couples can stay in the main room, but you may also like to consider possible break out spaces where couples can go and sit or go for a walk.
- **Background Music** It's helpful to play soft background music in rooms. We suggest gentle classical, jazz or other music without vocals. Guitar or piano music is ideal. Your hosting team will need to organise this. Speak to the FamilyLife Team before the day if you are unsure.
- to the FamilyLife Team before the day if you are unsure. **Bookstall**. FamilyLife will display 'Together' and other resources which can be purchased on the day from the team, so an additional table near registration is needed for this.
- **2 Chairs** off stage for facilitators (for discussion times) and a row of chairs (6-10) at the back for the FamilyLife Team.





2. Registration

- We encourage you to set up your own online registration system our events co-ordinator can help talk through this process.
- It would be helpful to consider an Early Bird Rate, a Final Date for registration and whether you will take bookings on the day and how you will do this.
- FamilyLife will provide a sample confirmation letter, which you can tailor to send out to the delegates 48 hours before the event.
- We recommend that couples book a 'date' for the night of the event (which is suggested in the confirmation letter) so you may wish to recommend a few local places to eat.

3. Your Team

One person can do several jobs but **it will be helpful to spread the load!** We suggest you appoint:

- A seminar organiser to head up the event. Someone who is good at organising and delegating with attention to detail. They will work through this guide and keep everyone on track. This person will probably also work in close contact with the FamilyLife team.
- **Money Manager** someone who can draw up a budget and keep track of spending (page 7).
- **Marketing/Promotion organiser** someone enthusiastic to promote the event (see Promotion Plan on page 8)
- Hospitality organiser refreshments, lunch (if being provided) and organises teams to serve and clear up on the day.
- Technical Support liaise with FamilyLife, meet team at the start of the event to help with set up and be present during the day to help with multimedia.
- **Prayer Support** nominate a prayer champion for the event who will raise up a number of people to pray.



- **Venue organiser** sets up registration area, chairs for delegates, break-out areas for couples, hospitality areas and decorations (if appropriate).
- **Follow-up organiser** someone who will be responsible for phase 3 (see pages 18-20). We recommend you appoint someone BEFORE the event so that follow-up options can be presented on the day of the event.

4. Financial plan

- You may find it helpful to draw up a budget and keep track of spending. Your budget may be helpful in deciding the price charged to delegates and will be affected by your fixed and variable costs. Consider what you want/need to include:
 - Venue Hire
 - Promotional costs
 - Decoration
 - Childcare
 - Hospitality
 - Refreshments with delegates bringing packed lunches/ provision of lunch.
 - Deciding on the cost per couple, you may want to consider what people in your community can afford. You could have a bursary fund to support those in need.
- FamilyLife do not charge for putting on the event but we ask that you would consider giving a financial gift to cover expenses and for us to be able to continue the work and help support future events.

Start	Duration	End	Activity
08:30	01:00	09:30	FL Team arrives, prayer and co-ordinate teams &
09:30	00:30	10:00	Arrival of delegates and registration.
10:00	00:15	10:15	Welcome and Intro
10:15	00:35	10:50	Session 1: Communicating Together
10:50	00:30	11:20	Couple time 1 in seats with Coffee
11:20	00:35	11.45	Session 2: Growing Together
11:45	00:30	12:15	Couple time 2
12:15	00:60	13:15	Lunch
13:20	00:40	14:00	Session 3: Resolving Conflict Together
14:00	00:30	14:30	Couple time 3
14:30	00:35	15:05	Session 4: Loving Together
15:05	00:35	15:40	Couple Time 4 with Tea
15:40	00:10	15:50	Love Languages Survey
15:50	00:35	16:20	Session 5: Moving on Together
16:20	00:10	16:30	Evaluation Forms. Closing remarks
16:30	0.15	16.45	Delegates depart

Schedule



Promotion

The confidence of your team in the event is key to promoting it. Be assured that those who come **will** benefit. You will need a key person with passion, enthusiasm, and time to promote the event widely. Experience shows that people do not register without being invited several times and often that needs to be done face to face.

"It is just life-changing. Especially for a man to hear 'real men' saying things like.... Our marriage is more important than houses or cars and yet we spend money servicing such items. "

We have learned that people are more likely to attend these events when a person they know invites them. There are tips to help you invite people on page 11. We strongly recommend that you appoint a few event <u>champions</u> to help you! Event champions are men and women that will:

- Commit to attending the event themselves (or have done so already and are very enthusiastic about helping people to attend the day).
- Promote it in the church and community by actively telling people about it.
- Invite and encourage others to come along.
- There are some people who cannot come to the event themselves but who are willing to look after someone else's children to enable them to come. It's really worth having a few names of people who are able to informally support the event in this way.

NB You could consider offering formal childcare for the event but we leave this for you to decide, as it requires trained personnel, safeguarding measures and appropriate facilities.

• Materials

- PDF flyer for you to print
- FamilyLife will promote your event via the FamilyLife websites, social media and national network.
- We provide you with images you can use on your own social media.
- Your imagination!

Please provide us with the following CONFIRMED information for your invite:

- Date and venue address.
- Cost per couple.
- Start/finish times.
- If lunch is provided
- Contact info for registration (name, telephone number. Email, full postal address and website details.)
- Details of childcare (if providing) and additional costs

• Messages

Making regular announcements at meetings and church services is vital. Make sure they are very positive and upbeat in tone. You could briefly interview a couple up front who have done a seminar before and ask them about their experience. Questions like:

- What did you think before going to the seminar?
- What was the day together seminar like?
- What would you say to anyone thinking of coming?

Overall, make sure your marketing and promotion sends out positive messages such as...

- *Relationships are precious and need to be nurtured.* People service their cars and look after their gardens, so why not invest in your marriage/relationship?
- *Very Accessible*. This seminar is accessible for all couples whether married, living together or engaged. There is no assumption that people are Christians although some openness to Christian values based on principles in the Bible would be helpful. We regularly have people of all faiths and none attend the day and come away very enthusiastic.
- *Good to great!* Through this seminar, a good relationship can be transformed (with God's help) into a great one. Naturally the seminar also helps those who have only been together a short while to lay strong foundations and there will be help for those who are struggling too.

"We've never done anything formal as a couple and don't consider ourselves as having any problems, however today has given us amazing new depth and insight into each other and our relationship. I feel more equipped to communicate successfully, tackle problems in the future, and love my husband selflessly. Bring on the future!"

- *Growth as a disciple!* Putting God's word into practice is part of every Christian's growth. This seminar will give delegates the opportunity to do that.
- *Dispel any negative ideas!* Many couples will be concerned that they may be put in an embarrassing position or feel judged. This will not be the case. Make sure that people know that there is no sharing in public or in groups.

"I've been to these sorts of seminars before and I haven't enjoyed them. I came today because my wife wanted me to come. Today was a different experience because I didn't feel judged. At the other event the people were 'perfect' and I ended up feeling guilty."

Audience: Who to Reach

• Promote within your organisation

This is vital! You really want members of your church/organisation to catch a vision for the event, be enthusiastic about coming themselves and feel confident to invite their friends and neighbours.

- Encourage 'leaders' and 'influencers' to attend and tell others they are doing so (lead from the top/by example!)
- Ask your pastor/leader to make regular announcements in church services.
- Send a personalised invitations to everyone in your church/organisation.
- Place a written notice in your church bulletin/organisation's newsletter.
- Set up a manned information table and keep a note of those showing interest to follow-up.
- Enlist support of local event champions (see page 7).
- Use church/organisation website.

• Promote as an outreach in your community

- Put up posters on notice boards in shopping centres, local libraries, doctors/ dental surgeries, gyms, clubs, nurseries and schools.
- Advertise in local papers this can be extremely effective with a short editorial.
- Many local communities have regular email bulletins which may be a free and effective way of promoting your event to a wide

audience. Consider putting the event information and links to the website and booking in frequently. If you don't know how to do this then find someone who is tech savy.

- Local radio.
- Social Media. This is increasingly important! If you have your own Instagram/Twitter and Facebook, this is a great way to reach people.
- Encourage your champions to use Facebook
 and social media to promote the day. 'LIKE' the
 FamilyLife Facebook page and regular posts to help spread the word. You can also share these posts in your own networks.

• Promote to other organisations

- Advertise the Seminar to other churches and organisations in your area, especially if you have links with schools. Join forces to promote widely.
- Widely distribute the seminar brochures with your details.

Inviting Others: Our top tips

You can be confident that people who come will benefit. Feedback tells us that even those who come reluctantly leave the seminar feeling they have had a very valuable and enjoyable day. Below are a few tips to help you invite people:

- Who? Think and pray about people to invite and write down their names. Don't prejudge or dismiss any names too quickly. Consider your sphere of influence: friends, neighbours, church fringe, work/study, sports/leisure, mums & toddlers/ school gate, shops/deliveries or workmen...
- **Pray.** Ask God to help you invite them, to give you the courage to take the initiative and to open their hearts and minds.
- Personally invite people. Here are some ideas:
- Take the initiative and tell people about the seminar face to face. Saying you're going really helps. Ask something like... *"I think it looks really good and worth giving up one Saturday for. Would you like to come...here's a brochure?"*
- A recommendation from a man is very powerful...tell the men how much their wives will love them for it!
- Point people at www.adaytogether to see the video of testimonials or FamilyLife Facebook page (www.facebook.com/familylife.uk).
- Reassure people that the seminar isn't about therapy or anything embarrassing – there is NO discussion in groups. The couple discussions are carefully constructed to encourage positive



communication that is safe, private and constructive. The day is about making good marriages and relationships better. Be familiar with the promotion messages (above).

- If childcare is an issue see if there is someone to help relatives, friends?
- Give an information brochure. Put a personal card or post-it note in with it.
- Follow-up face to face or over the phone and ask them if they have had a chance to look at the brochure and whether they would like to come. They will be expecting you to call if you've said you would.
- Be confident because people will be interested.
- Remember that 'success' in inviting is taking the initiative to give someone an invitation, getting back in touch to see if they can come - and leaving the results to God.

Countdown Checklists

Fill in the key countdown dates below and put them in your diary.

16 weeks (or more) prior to the event: ______ (*date*). **Decide who, when and where...?**

Select a date for the seminar – agree this with FamilyLife Event Coordinator.

Decide on a suitable venue and provisionally book it

Draw up a provisional budget

Decide on catering, costs and practicalities (venue facilities, how to provide food, NB lunch slot is only 55 minutes).

Decide how much you will charge the delegates

Decide on your approach to those who want to attend the seminar but need financial help. Setting up a 'bursary fund' could be useful.

Recruit your Team

Begin to develop a promotional plan

Provide Event Details for your PDF invite flyer & set up your confirmation letter

Decide if you are printing flyers; Where you are printing and how many you will need?

Our FamilyLife Team will be in touch and introduce themselves. They will talk through any needs the team has, e.g. accommodation etc and decide how often it would be helpful to connect.

TIP: good planning at this stage will pay off later! Make sure you involve others to spread the load – get your team feeling enthusiastic and mobilized.

12 weeks prior to the event: ______ (date). **Promotional details & announcements.**

- Confirm venue booking.
- Get prayer team up and running.
- Team to meet regularly and prepare a promotion plan
- Distribute posters and brochures.

Draw up a list of and **recruit event champions**. Give them some simple 'training' – make sure they know all about the event, promotion messages and tips on inviting people.

• Set up Online registration.

• Finalise catering plans. Who will provide what (lunch, drinks, cakes) and when (on arrival, lunchtime, mid-morning and afternoon)?

Promote within your church congregation/Organisation

• Put the first notice in your church bulletin/on notice board

Promote to other organisations

Write/e-mail all the churches, schools and organisations in your area informing them of the seminar. Send a sample brochure. If possible follow-up a week later with a phone call to encourage attendance and answer any questions. The personal touch is ALWAYS best.

TIP: don't underestimate the importance of good promotion! Event champions can make all the difference.

8 weeks prior to the event: _ Reality check!

- Get your champions and interested couples to book
- D Continue making verbal announcements in church/ to your organization.
- Technical check. Check if you have the following available for the event:
 - Projector
 - Screen
 - Audio system
 - Microphones x 2
 - Lecterns x 1/2
 - To be able to access the multimedia presentations via our laptop or to transfer them onto your system.
 - During the seminar background music is required in the main meeting room check have suitable options.

TIP: *it's time to encourage people to commit to coming and book online.*



• We suggest that the Seminar Organiser contacts their team to encourage them.

(date)

Ring other churches and organisations in your area. Encourage them to continue promoting the event. Do they need more flyers?

Ask your pastor/leader to make another public announcement. Consider interviewing a couple up front who have done it before.

Get in touch with your champions to see how they are doing.

Technical check up with Events Coordinator to review arrangements (see note on COUNTDOWN 4). Let Events Coordinator know who they need to talk to regarding AV equipment in the venue.

Plan venue layout/ decoration/ breakout spaces/ space for lunch

Plan approach to Follow up. We recommend you plan follow-up NOW rather than leaving it to after the event.

Nominate group leaders for post-event Together Groups.

2 weeks prior to event: _	((date)
Finalisation.		

Phone all the couples that have shown interest and encourage them to register. Ask event champions or others to help you ring around. Confirm their bookings.

• Check that post-event Together Group leader(s) are in place.

- Confirm personnel to help set up/clear up venue, decorate, etc.
- Confirm catering preparations and people to serve, clear-up etc.
- Check in with FamilyLife Team, ensure all needs confirmed for their team (accommodation etc.) and confirm numbers

Final Week:

(Date)

Finishing touches.

- Send out Confirmation Email to all delegates
- Final planning for catering.
- Set up Venue Seating, decoration and break out spaces (if using see note

below).

Check in with FamilyLife Team to ensure they have everything they need and confirm final numbers

Printing – Please print;

- A copy of programme for the day for each couple and 10 spare for anyone who signs up on the day – this is doubled sided and will be sent to you by email.
- A copy of the registration list of attending couples for the registration desk

NOTE: break out spaces.

Each couple needs a private space (2 chairs + optional small table) where they can have 'couple times' to discuss what they have heard. Some couples like to stay in the main meeting room appropriately spread out. Some may prefer to go for a walk or sit elsewhere in the venue (if space allows) for privacy.

It's important to let the FamilyLife Team know if there are any additional spaces to do this, so they can communicate to the couples on the day. This will avoid confusion and embarrassment if space in the main meeting room is limited.

On the day

you need to provide:

Decorated hall as a main meeting room set out with chairs for every couple and the FL team.

- Lectern at the front for FL team facilitators
- AV equipment: Projector. Screen. Audio system. Ability to connect laptop Microphones
- Soft background music for break out spaces
- Spare pens for those who do not bring them.
- Tables: Two at Front of hall for lap top+ projector, water and glasses Book stall at back of hall or where refreshments served Registration table(s) at entrance
- 2 chairs for facilitators off stage.

Refreshments on arrival, mid-morning and afternoon and enough people to serve and clear away. Please consider serving from **two serving points**.

Lunch (unless delegates are bringing their own). This can be a packed lunch or catered. Helpers to prepare, serve & clear up.

At least two people for registration – to welcome delegates, give out notebooks, schedules, pens (if required) and allocate breakout spaces. One of the FL team may help with this. The FL team will greet attendees on arrival.

- print out of Registration List for Registration Table
- Clearing up team for the end of the day.

• Any promotional information for follow-up events or resources (as agreed with the FL team).

On the day

FamilyLife will provide:

- Trained, quality Facilitator Team generally two or three couples.
- A Day Together Seminar Notebooks for each delegate.
- Evaluation forms
- Laptop for presentations (although presentations may be loaded on to your system on arrival by prior arrangement with FL team).
- Promotional material for future FL events and resources.

NOTE: If the main meeting room is very bright then lighting may need to be adjusted so that presentations/film clips can be seen on the screen (blinds required, someone to monitor light switches?)

Post-Event Follow-Up

Our experience shows that the follow-up after the event is just as important as the day itself. The ADT seminar usually has a great impact on couples. It is a launch pad for continued growth and strengthening of relationships AND often people have a desire to grow and sometimes even explore the Christian faith, both of which are encouraged at the end of the seminar. Many leave full of good intentions. However, the reality is that many plans won't turn to action unless there are some champions – enthusiastic people to take responsibility for follow-up and make things happen. It's vital that you've identified such champions before the day itself and decided how you will follow up.

The FamilyLife team are there to help you obtain information of those who want to be followed up using our evaluation form.

Together

Together is a marriage resource to help couples continue to grow in their relationships and bring God into the heart of their marriages. It combines practical relationship tools and biblical teaching on relationships so is ideal as discipleship material. Together will enable people to grow closer to God and help those exploring the Christian faith.

It is possible to use Together as a couple or for mentoring of a couple but it is designed to be used in an informal small group setting. We have found this works best done in someone's home. We also encourage those who have benefited from being part of a Together small group to pass on those benefits by starting another group, thereby multiplying the ministry and modelling an aspect of discipleship. You can find out about Together and how to run a group on our website: www.togetherinmarriage.org

We recommend that you start at least one Together small group. You will need one champion couple per group (usually 4-5 couples in a group) to get it off the ground. We also recommend that you have a date set 4-6 weeks after the event to invite interested couples to an informal, introductory supper for a Together group.

Couples needing counselling support

At the event we encourage couples needing more support to work through issues with professional help afterwards. It is helpful to know of counsellors in your area you can direct couples to.

Alternatively, there is help on <u>our website</u> about how to find a good counsellor: We also suggest:

Relate Association of Christian counsellors

People wanting to explore the Christian faith

There is the opportunity for those interested in finding out more about the Christian faith to tick a box on the evaluation form, so it is good to consider at the start of the planning, what opportunities exist in your own church already for someone to find out more about Jesus.

- Is there a course happening soon to invite people too? For example
 - Christianity Explored
 - o <u>Alpha</u>
- Who is equipped in the church to follow people up?

Maybe you would like to consider some **training** to help equip your church in personal evangelism. We recommend using Living and Telling. It's a 10-part video-led training series which is downloadable for FREE. Sessions 7-9 help build confidence in starting conversations, sharing your story and asking good questions.

- Personal follow up appointments, like meeting over coffee, are a good way of getting to know them better as a person, asking them questions about their spiritual journey and listening to their story. Suggestions of good questions are:
 - How would you describe your spiritual journey so far?
 - Who or what is God to you?
 - Who do you think Jesus was?
 - What question would you ask God if you could?

Seek to listen well and understand the person, asking clarifying questions, where needed. Depending on their background and story, you might want to consider giving them a book to read and meet up and talk about.

• What FamilyLife does after the day

- FamilyLife will be in touch to find out how the day went
- FamilyLife will send you an Event Report which includes a summary of the day and feedback by the delegates.
- We will inform you of those who would like to be followed up.
- We are available for help in starting up your own Together group.

Post Event Checklist:

• Consider giving a financial gift to FamilyLife to continue the work and help support future events

• Consider sending a note of thanks to those who helped promote or organise the seminar.

Review and act on the Event Report sent by FamilyLife.

 Meet with those who want to find out more about the Christian faith or have questions.

 Invite couples to an introductory meeting to find out more about joining Together groups.

Give feedback to FamilyLife on your experience of running the event – we want to hear any suggestions about how we can improve it and support your team better.

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