

*Because PATCH wants to make things better!*

*A stitch in time.....*

*Maybe you can help keep PATCH together*

*By meeting with others each of us will feel less alone!*

*I'm so glad I found PATCH!*

## USEFUL INFORMATION

Email  
[parentalquest@hotmail.co.uk](mailto:parentalquest@hotmail.co.uk)

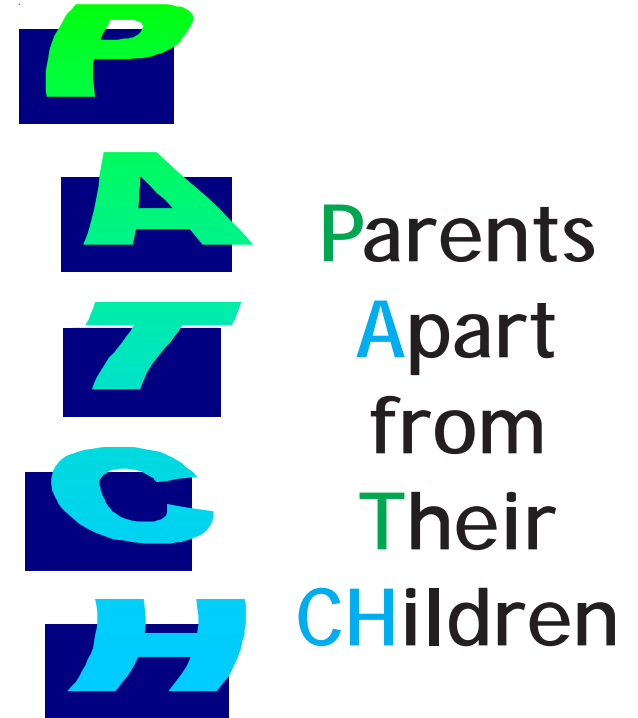
An online FORUM to share experiences & information  
[www.painpatch.890m.com](http://www.painpatch.890m.com)

MATCH  
BM Box No. 6334  
London WC1N 3XX  
<http://www.matchmothers.org/>

Family rights group  
[www.frg.org.uk](http://www.frg.org.uk)

Useful link to further links  
[www.elainehanzak.co.uk/useful.shtml](http://www.elainehanzak.co.uk/useful.shtml)

For information on this and other self help groups contact:  
**Self Help Nottingham**  
**0115 911 1661**  
9am-1pm, monday-friday



Come and enjoy a cup of tea or coffee and share your experiences with empathetic listeners.

PATCH meets regularly in Nottingham city centre.

This is a new group for mothers and fathers aiming to bring disempowered parents together for mutual support.

A warm welcome awaits you at our group.

- Are you a parent (single or a couple) struggling to maintain or renew contact with a birth child not in your care?
- Do you find it difficult to talk about this and feel socially isolated or in need of more support?
- Do you have experiences you would like to share that might benefit others in similar circumstances?
- Do you need help yourself right now?

