



Family Breakdown

This factsheet is designed to give you an overview of the support available when you are thinking about separating, already separated or need help to work out co-parenting issues.

The Family Information Service cannot accept any responsibility for errors or omissions in this factsheet. All information provided is for guidance only and correct to the best of our knowledge at June 2017.

Telephone numbers given in this factsheet

Please note for 0845 or 0300 numbers, if you are calling from a mobile or a non-BT landline, you will be charged at the rate set by your service provider. 0800 and 0808 are designed to be a free call but again you may wish to check with your service provider.

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How to contact us

If you are looking for services for families or childcare, visit our website where you can search online www.brighton-hove.gov.uk/fis or follow us on Twitter @bhccfamilyinfo

Need extra help?

Email familyinfo@brighton-hove.gov.uk

Telephone **01273 293545**

The Family Information Service is part of Brighton and Hove City Council's Front Door for Families providing support, advice and access to specialist targeted services for parents, carers, young people and professionals. Find out more at www.brighton-hove.gov.uk/frontdoorforfamilies

Other information and publications available on our website

- Family Finance – factsheet about financial help available for families
- Benefit Changes - Welfare Reform Factsheet
- New to Brighton – introduction to the key resources in the city
- Free childcare for 2 year olds – find out more and apply online
- Free Early Learning – factsheet about free sessions for three and four year olds
- All about 30 hours free childcare
- All about Tax Free Childcare

Before you separate

If you are having relationship problems, make sure you think carefully and seek the right support especially if you have children. Decisions made quickly or without any help or support can have long lasting effects on everyone involved. Before making any final decisions you should consider talking to a relationship counsellor. They are not just there to help you stay together – they can also help if you decide to separate.

For more information visit Relate at www.relate.org.uk or call **01273 697997**.

Separating

When you decide to separate it is important that you fully understand your legal position. The government has a useful website which can be found at: www.gov.uk/looking-after-children-divorce/overview. This website explains the legal options that may be available to you. A solicitor will also be able to explain all your options and help you to find a way of separating that suits your situation. Solicitors should look at ways to minimise conflict and find the best long term solutions for you and your family.

Parental responsibility

Parental Responsibility (PR) is defined in the Children Act 1989 (CA 89) as all the rights, duties, powers, responsibilities and authorities which by law a parent of a child has in relation to the child and the child's property.

In UK law, all mothers and most fathers have legal rights and responsibilities as a parent – this is known as 'parental responsibility'. A mother automatically has parental responsibility for her child from birth. A father usually has parental responsibility if he is:

- married to the child's mother
- listed on the birth certificate (after a certain date, depending on which part of the UK the child was born in)

Unmarried partners, civil partners and non-civil partners can also acquire 'parental responsibility'. For guidance about this, please see the following website: www.gov.uk/parental-rights-responsibilities/who-has-parental-responsibility or consult a solicitor.

It is important to know whether you have 'parental responsibility' for your child. It means that you have a right to be involved in making certain decisions around issues relating to education, religion and health and means these would need to be dealt with collaboratively.

For more information

- To check if you are eligible for legal aid: www.gov.uk/check-legal-aid

Family Law Practices

- Bosley & Co - 5 Marlborough Place, Brighton BN1 1UB Tel **01273 608181**
- Crosby & Woods - Sussex House, 75 Church Road, Hove BN3 2BB Tel **01273 734669**
- Dean Wilson LLP 96 Church Street, Brighton BN1 1UJ Tel **01273 770913**
- Fitzhugh Gates, 3 Pavilion Parade, Brighton BN2 1RY Tel **01273 686811**

- Griffith Smith Farrington Webb Solicitors, 47 Old Steyne, Brighton BN1 1NW Tel **01273 324041**
- Harney & Wells, 30 Grand Parade, Brighton BN2 9QA Tel **01273 684666**
- Edward Harte Solicitors, 6 Pavilion Parade, Brighton BN2 1RA Tel **01273 662750**
- Healys LLP Solicitors, 8-9 Old Steine, Brighton BN1 1EJ Tel **01273 685888**
- Howlett Clarke, 8-9 Ship Street, Brighton BN1 1AZ Tel **01273 327272**
- Railton Solicitors, Queensbury House, 106 Queen's Road, 3rd Floor, Brighton BN1 3FX Tel **01273 738285**
- Rix & Kay Solicitors (incorporating Bunkers), 7, The Drive, Hove BN3 3JS Tel **01273 329797**
- Spearpoint Franks Solicitors, 97 Church Street, Brighton BN1 1UJ Tel **01273 748749**
- Walkers Solicitors, 143E Ditchling Road, Brighton BN1 6JA Tel **01273 564939**
- Woolley, Bevis, Diplock, Lanes End House, 15 Prince Albert Street, Brighton BN1 1HY Tel **01273 323231** also at 79, Church Road, Hove BN3 2BB. Tel **01273 72253**

Mediation

If you do decide to separate, mediation could help you reach important decisions. You might be able to sort things out yourselves, but this sometimes doesn't work and involving a professional mediator can help. You are usually required to consider mediation before you can apply to a court to hear your case. They can refuse to hear your case until you have done this.

Mediation Services

- **Brighton & Hove Independent Mediation Service** (if a family are at risk of homelessness)
Tel **01273 700812 / 01273 700812**
Email mediation@bhims.org.uk
Website www.bhims.org.uk
- **Iris Brighton**
Tel **01273 315430 / 01273 315431**
Email admin@irisbrighton.co.uk
Website www.irisbrighton.co.uk
- **National Family Mediation**
Tel **0300 4000 636**
Website www.nfm.org.uk
- **Mediation East Sussex**
Tel **01424 446808 or 07981 437548**
Email familyhrmed@aol.com
- **Relate**
Tel **01273 697997**
Email reception@brightonrelate.org.uk
Website www.relate4u.org

Putting children and young people first

When parents separate it is important to discuss the day to day care of their children, this can sometimes be difficult if the separation has not been agreed by both parents or where domestic violence has been a factor in the separation. A mediation service may be useful in these circumstances to help the parents make decisions that are in the best interest for their children.

In most cases children will be happier as they grow up if they have a positive relationship with both parents. Your relationship has ended but you still have a joint caring role for your children.

The following websites have lots of information about how to talk to your children and how to develop agreements about their on-going care.

Useful websites

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

<https://www.cafcass.gov.uk/>

<http://www.sortingoutseparation.org.uk/en/browse/children-parenting>

Shared parenting

Equal parenting, co-operative parenting, or parallel parenting.

If the parents decide they are going to share the care of their children they will need to think about how they can ensure the children have full and free involvement with both their parents and are brought up with the guidance and love of both parents. This can be set out in a parenting plan

<https://www.cafcass.gov.uk/grown-ups/parenting-plan.aspx>

This is a document that both parents have input to and can be changed, with both parents consent, as the circumstances of the families change and/or as the children grow up for example when they start school or become teenagers.

When shared parenting is not an option

Shared parenting is not always an option but it is still important that children have contact with their non-resident parent if it is safe for them to do so. It is important that handover times are carefully managed and the children are handed over in a calm and non-confrontational manner. If this cannot happen then a variety of other options need to be considered:

- Is there a relative or family friend that one parent can drop off to, and then the other collect from, with a small interval of time so that parents do not meet?
- Can the handover happen in a public place where emotions are more likely to be kept in control?
- Depending on the age of the children they could be collected from school/nursery – it is important that the school / nursery know of this arrangement
- A contact centre could be used

When you have set up the contact agreement it is important that both parents keep these arrangements as the children will feel secure knowing what is arranged. Parents should think carefully about:

- not using the child to pass information to each parent
- not questioning children about the activities of the other parent, the time is supposed to be spent as parent and child time
- agreeing a method of communication to convey messages about your child's needs, for example practical things such as medicine, homework and playdates or emotional things such as an issue they are worried about.
- If contact does not happen, make sure they are able to contact the other parent to speak to them so they are not worried about them
- do not use contact or withdrawal of contact as a threat or weapon

Local organisations that can help parents:

- Brighton & Hove City Council's Parenting Team offer parents support through the Triple P Positive Parenting Programme. Visit www.brighton-hove.gov.uk, Email triplep.parenting@brighton-hove.gov.uk or call on **01273 294471**. For regular updates and tips you can follow them on Facebook: www.facebook.com/BHpositiveparenting
- Safety Net offers a range of support to parents including one to one and group work. They run separated parenting workshops. Visit www.safety-net.org.uk, or Call Safety Net to find out more Tel **01273 419725**

Organisations that support children and young people

- Childline www.childline.org.uk
Information, message boards and online chat available Tel **0800 1111**
- Divorce Aid www.divorceaid.co.uk
There is also a teen section on the website
- The Site www.thesite.org
This is a site for teenagers, not younger children, there are pages about divorce
- Right Here www.right-here-brightonandhove.org.uk
Mental and emotional wellbeing support for young people in Brighton and Hove

Youth Advice Centre (YAC) - Advice and support for young people in Brighton and Hove.

Tel **01273 624432** Email yacservices@ymcadlg.org Drop In: Monday – Friday, 9am – 12pm at 11 St Georges Place, Brighton, BN14GB.

Further Help

For Children

Info and videos, 'My family's changing', spaces for children to write and illustrate

<https://www.cafcass.gov.uk/>

List of useful books and resources for children of all ages.

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

When co-parenting or contact arrangements go wrong

The following questions and advice are designed to support you with the most frequent issues raised relating to parenting after separation. It is important to recognise that sharing parenting does not always feel like a fair process. You will need to put your own feelings to one side and focus clearly on what is best for your children long term.

1. My ex partner does not collect or return the children on time what should I do?

- Try speaking to them calmly at a time when you can both concentrate
- Write to them by letter or e-mail keep your communication factual. Outline clearly the time you expect them to collect or return your children and how long you will wait if they are late. Keep a copy of your letter.
- You could ask your solicitor to write a letter explaining how important it is to keep your contact arrangements
- Ultimately if they continue to be late you could stop contact but you would need a good reason to do this and should seek legal advice as your ex-partner may start legal proceedings

2. My ex partner wont let me see my children even though we agreed that I would see them every week. How can I see my children?

- Try to speak to your ex-partner calmly explaining how important it is to see your children
- Speak to other members of your wider family to see if they can negotiate on your behalf
- Write to your ex partner explain why you would like to see your children and how you would like contact arrangements to work. You could offer to pick your children up from school or nursery, see your children at a friend or relatives house or other arrangements that reassure your ex partner.
- If you have a court order stating that you have contact go back to your solicitor

3. My children do not want to see their father/mother and I do not want to force them what should I do?

- You should make every attempt to encourage your child to see their parent. However you cannot force a child to go.
- Talk to your child/ren try to find out why they do not want to go are there issues with your ex partner having a new relationship or step children?
- Try and propose new contact options that reassure your child/ren. Could they see their parent at a friend or relatives house or at a different time? Would they prefer not to stay overnight for a while? Try and work out an arrangement that they can look forward to.

4. Question: My ex-partner does not care for our children the way I would like. I am very worried about them I do not think they are safe what should I do?

- Try speaking to your ex partner and calmly explain your concerns and find out if they need some support. Remember there are lots of different parenting styles
- Write to you ex-partner outlining your concerns and how you would like to solve them.
- If you really don't think they are safe you can stop contact but you would need to seek legal advice especially if there is a court order for contact
- If you have serious concerns about the safety of your child contact the Front Door for Families.
Tel 01273 290400 or email FrontDoorforFamilies@brighton-hove.gcsx.gov.uk

5. My ex partner is leaving the children on their own in the house what should I do?

- From the age of about 12 children could be left for a short time if they are emotionally mature and have a safe local community with neighbours and friends they could call on if they are worried
Children cannot be left alone overnight
- For more information read the NSPCC home alone leaflet: www.nspcc.org.uk/preventing-abuse/keeping-children-safe/leaving-child-home-alone
- If you think your ex-partner is struggling to afford and organise childcare could you or another family member offer to help? If you need to find childcare contact FIS www.brighton-hove.gov.uk/fis or call **01273 293545**
- If you have serious concerns about the safety of your child contact the Front Door for Families on **01273 290400** or email FrontDoorforFamilies@brighton-hove.qcsx.gov.uk

5. Question: My ex partner wants to move away from Brighton with our children what should I do?

- Legally your ex-partner is able to move anywhere within the United Kingdom with your children without gaining your consent or discussing it with you. Speak to your solicitor if you are worried.
- If there is a legal order in place which outlines the time you spend with your child (like a 'Child Arrangements Order' or a 'Contact order'), your ex-partner would still be legally bound to grant you this contact with your children when they move, or your ex-partner should apply to court to have the order varied. If your ex-partner does not do this then you would be able to make an application to court for enforcement of the order.
- If your children move some distance away, the arrangements for seeing your children may need to be changed for practical reasons, and you may need to negotiate with your ex-partner how the travel arrangements are managed (and who pays for it).

6. Question: My ex partner wants to take our children abroad to visit relatives. I do not want the children to go and I am worried they would not be brought back what should I do?

- If your ex-partner is considering moving abroad with your children, they would require your consent only if you have 'Parental Responsibility' for your children.
- Make sure that you have the children's passports
- You could stop contact but would need to seek legal advice about doing this
- See a solicitor to start proceedings to get a court order stating that the child/ren cannot leave the UK
- Contact the police if you think your ex-partner is intending not to return

When it is not possible for children to see both parents

In certain circumstances it is not safe for children to have contact with one of their parents. If you have serious concerns about the safety of your child you should contact the Front Door for Families
Tel 01273 290400 or email FrontDoorforFamilies@brighton-hove.qcsx.gov.uk

You should also contact a solicitor.

Domestic abuse

Those who have experienced abuse from a partner or ex-partner will often try to keep it from families, friends, or authorities.

- They may feel ashamed or blame themselves.
- They may love their partner and not want them to be criticised or punished.
- They may be frightened that if they tell anyone and their partner finds out they will be in danger of even worse abuse.

Domestic abuse is under-reported. It has the highest rate of repeat victimisation of any crime. On average, a woman will be attacked 35 times before reporting it to the police.

Local organisations that can help you:

- **Domestic Violence Unit - Sussex Police:** The Domestic Violence Unit is part of the Anti Victimisation Unit of Sussex Police. They work in partnership with voluntary and statutory agencies to provide support and advice to both male and female victims of domestic abuse. If you need help or feel afraid in your relationship and want to access non judgemental support and advice you can contact the police by calling **101**. A new joint drop in service with local domestic abuse charity, RISE, also runs from Hove Town Hall every Wednesday between 9am and 12 noon.
- **RISE (Refuge, Information, Support and Education):** Rise is a charity which supports women, children, young people and families affected by domestic abuse in Brighton & Hove and across West Sussex. Rise services include: refuge accommodation, resettlement, crisis appointments, helpline, counselling, housing, legal and financial advice, solicitors appointments, support groups, play therapy, 1-to-1 support and training and preventative education
Tel 01273 622822 www.rise.org.uk
- **Brighton Women's Centre:** The only holistic women centred organisation in Brighton and Hove providing services to women in the city for over 35 years. BWC can offer women choice and the safety of anonymity. Women are supported to build their self-confidence and independence leading to empowerment and self-development.
Tel 01273 698036 www.womenscentre.org.uk

National organisations

- **Men's Advice Line** The Men's Advice Line is a confidential helpline for male victims of domestic violence and abuse. They welcome calls from all men who are in heterosexual or same-sex relationships. They offer emotional support, practical advice and information on a wide range of services for further help and support. Their focus is to increase the safety of men experiencing domestic violence, the safety of their children and to reduce the risk.
Tel 0808 801 0327 www.mensadviceline.org.uk
- **National Domestic Violence Helpline** The Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.
Tel 0808 2000 247 www.nationaldomesticviolencehelpline.org.uk

Meeting a new partner

It is natural for people to look for and form new relationships after divorce or separation. Whenever this happens it is worth bearing in mind that new relationships after separation have an impact not just on you and your new partner, but also on your children and your ex-partner.

If you are the parent with the new partner

You may want to delay introducing your children to a new partner until you are sure that the relationship is serious. Your child may resent or feel threatened by a new partner, especially if they feel they have to share you. Alternatively your child may form a very positive relationship with their parent's new partner and can become attached to them. If the relationship then doesn't last, they may feel hurt, and dealing with multiple relationship breakdowns can be very difficult for a child to deal with.

If your ex-partner has a new partner

Understandably you will wonder how the new relationship will impact on your children. For many separated parents the introduction of a new partner is a common source of conflict. A parenting arrangement that has been working well may become difficult if one parent insists that a new partner should spend time with the children and the other parent insists that they should not.

Safeguarding children

If you have concerns about the safety of your children around either your new partner or the new partner of your ex-partner, you may be able to gain information about their previous offending history by contacting the following organisations:

Domestic Abuse Surgery To find out information about your partner's offending history you can drop in for free specialist information and advice provided by staff from Sussex Police and RISE. Every Wednesday 9 am until 12 pm at Hove Town Hall.

The Child Sex Offender Disclosure Scheme or 'Sarah's Law' in England and Wales allows anyone to formally ask the police if someone with access to a child has a record for child sexual offences. Police will reveal details confidentially to the person most able to protect the child (usually parents, carers or guardians) if they think it is in the child's interests. To find out more information about how the scheme operates in Brighton and Hove and how to make applications for disclosure contact Sussex Police at www.sussex.police.uk or by calling **101**.

Who needs to know you are separating

If you are going through a separation or have recently split up with your partner, it can be difficult to think straight and let everyone know who needs to. However, by letting the following people know as soon as you can, you can keep your finances in order and make sure that the people around you and your children can offer you the support you need.

Your child's school, college or childcare setting

It's important that the key people in your children's lives know what's going on. This way, they can keep an eye out for them and offer support when its needed. If they feel that your child is struggling to cope, they will be able to suggest further sources of help and support for you and your family.

Royal Mail

The person who moves out of the family home should get their mail re-directed to their new address. This is very important, as if their post is still going to your address it could be taken as evidence that your ex is still living there. You can do this online at www.royalmail.com, or pop into your local post office and pick up a form. A cost applies for this service.

If they are not willing to do this, you should return any of their post with the message “not at this address” written on the envelope.

Electoral roll

You should let Electoral Services know who is now currently living at your address. This is important as it will demonstrate that your ex partner does not currently reside at your address.

Email electors@brighton-hove.gov.uk, or call **01273 291999** to request a form.

Tax credits

If you're already receiving tax credits, you should report any changes in your circumstances to HM Revenue and Customs as quickly as possible. You should let them know if you have permanently separated from your partner and if you have changed your name and address. If you are not claiming any tax credits you might now be eligible or entitled to a higher amount, so it is worth finding out.

Call 0345 3003900

Child Benefit

If your ex-partner was claiming Child Benefit and you are now going to be responsible for your children, and want to claim it, you can switch who claims the benefit. Your ex-partner should contact the Child Benefit Office and explain that they no longer want to claim Child Benefit. You will then have to make a new claim for it.

Visit www.hmrc.gov.uk, or call **0300 200 3100**.

Reducing your Council Tax or Rates Bill

If you're the only adult in your home following your separation, you can apply for a single person discount of 25% off the full amount of your Council Tax bill. If you have children over 18 living with you who are still in full-time education, they may not be classed as an adult for Council Tax purposes. Other people, such as full-time carers, are exempt as well.

Visit www.brighton-hove.gov.uk/counciltax, or call **01273 291291**

Where will you live?

If you and your partner have decided to split up you'll need to think about what to do with the family home, for example,

- will one of you stay in the home, at least in the short-term ?
- could both of you live together in your home but not as a couple?
- would it be best if you both move out and each find a new home?

If it's possible for you and your partner to talk about your housing situation and come to an agreement when you split up, this can help avoid lengthy and costly legal proceedings.

In most cases your housing rights will depend on;

- Whether your home is rented or owner-occupied
- The legal status of your relationship
- Whether you have children
- Whether you are renting or buying a home, it is really important that you don't just assume that you and your partner have equal rights regarding the property, or that one partner has more rights than the other. It is very important that you seek advice before making any decisions about where you will live.

Shelter provide lots of useful information on their website, as well as a free housing advice helpline which is open , Mon-Fri 8am-8pm and weekends 8am-5pm. Calls are free from landlines and most mobile networks. **Helpline 0808 800444** www.shelter.org.uk/advice

Money Matters

Emergency help

If you find yourself in a situation with no money or food for your family you can apply for help from:

- Local Discretionary Social Fund Tel **01273 293117** or you can apply on online via the Brighton & Hove City Council website.
<https://www.brighton-hove.gov.uk/content/council-tax-and-benefits/housing-benefit-council-tax-reduction-and-discretionary-help/apply>
- Family Information Service (FIS) Tel **01273 293545**. FIS where advisors can refer you to a local Foodbank.

Benefits

You may be able to claim benefits, or receive a higher amount of the benefits you already receive, if you have permanently separated from your partner. If you already receive benefits you must notify the relevant benefit office of your change of circumstances. If your situation is complicated, or you get turned down for any benefits, the Welfare Rights Team in the Council may be able to help.

Depending on your circumstances you may be eligible for some of the following benefits:

- Income Support
- Job Seekers Allowance
- Tax Credits
- Housing Benefit
- Council Tax Reduction
- Child Benefit
- Widowed Parent Allowance

Benefits Advice is available from the Jobcentre, **0345 604 3715** or the Citizens Advice Bureau, **01273 223951**. There is also more information and online claim forms available on the www.gov.uk website.

Contact details:

Income support - **0800 055 6688**

Job seekers allowance - **0800 055 6688**

Tax Credits - **0345 300 3900**

Housing benefit and council tax reduction - **01273 292000**

Benefits Advice at the Jobcentre – **0345 604 3715**

Welfare Rights – **01273 291116**

Child Maintenance Options – **0800 988 0988**

Child Maintenance

To maximise your income you could get financial support from your ex partner. The Child Maintenance Options Service can advise and support you to make a Family Based Arrangement if both parents are happy to work together to work things through together, or if this is not possible they can arrange a Statutory Agreement. There is a fee of £20 to register with this service if you need to make a Statutory Agreement but this is waived if the applicant is a victim of domestic violence. For more information call their Freephone number **0800 988 0988**.

Debts and budgeting

Help and advice is available if you are struggling to pay your bills, or if you need help to work out a budget. Contact one of the advice agencies as soon as you can and do not be tempted to take out loans that may create a bigger problem. Money worries affect all of us at some point so it is important to get help as early as you can so that you can provide a secure future for you and your family. See 'Useful contacts' for contact numbers.

Mortgage and rent issues

Seek professional advice from a solicitor if you have a joint mortgage or rental agreement. One of you, or both of you will still be responsible to make the payments and you will have to reach an agreement. Tell your mortgage lender straightaway if you are struggling to meet the repayments. If you are on a low income, or on benefits, you may be entitled to help with your rent. Contact the Housing Benefit Team - **01273 292000**.

Council tax reduction

If you are on a low income, or on benefits, you may also be entitled to a discount on your Council Tax. Contact the Housing Benefit Team - **01273 292000**.

Useful contacts and websites

Broken Rainbow UK

BROKEN RAINBOW UK is the only National LGBT Domestic Violence Helpline providing confidential support to all members of the Lesbian, Gay, Bisexual and Trans (LGBT) communities, their family and friends, and agencies supporting them. Trained LGBT people run the confidential helpline service

Telephone **0300 999 5428**, or **0800 999 5428** (freephone number)

Email help@brokenrainbow.org.uk

Website <http://www.brokenrainbow.org.uk>

Child Maintenance Options (Child Support Agency)

Child Maintenance Options is a free service that provides impartial information and support to help separated parents make decisions about their child maintenance arrangements. The website contains a useful maintenance calculator.

Telephone **0800 988 0988**

Text OPTIONS to 6664

Website <http://www.cmoptions.org/>

Families Need Fathers

If you are separating or divorced and are worried about not seeing your children - or worried about the effect the breakdown of your relationship might have on them, Families Need Fathers can provide you with the support and information you need.

Telephone **0300 0300 363** 24hr helpline

Email admin@fnf.org.uk

Website www.fnf.org.uk

Family Rights Group

Family Rights Group is a charity that works with parents whose children are in need, at risk or are in the care system and with members of the wider family who are raising children unable to remain at home. They offer advice to parents, grandparents, other relatives and friends about their rights and options when social workers or courts make decisions about their children's welfare. They campaign for families to have a voice, be treated fairly and get help early to prevent problems escalating.

Free helpline - 0808 801 0366

Website <http://www.frg.org.uk/>

Sorting Out Separation

Sorting out Separation is a FREE online service for people who are dealing with divorce or separation. www.sortingoutseparation.org.uk will: - show you where to find reliable information, easy-to-use tools and specialist services on a range of topics.

Website www.sortingoutseparation.org.uk/.../home

Coram Children's Legal Centre

Coram Children's Legal Centre provides free legal information, advice and representation to children, young people, their families, carers and professionals, as well as international consultancy on child law and children's rights.

Telephone **0808 802 0008**

Email clc@essex.ac.uk

Website www.childrenslegalcentre.com

Family Law Clinic

The Family Law Clinic offers 30 minute interviews at Sussex Law School every Wednesday between 2pm and 6pm (free parking), starting on the 5th October (phone lines for bookings will open on 26th September).

The Family Law Clinic aims to provide a public service to local people who seek legal advice on family-related issues. At the same time, the Clinic aims to provide opportunities for students at the University of Sussex develop and improve their practical legal skills.

Interviews take place at the Freeman Building, University of Sussex campus

Areas on which they offer advice:

- family disputes
- divorce
- separation
- children issues
- co-habitation
- financial issues (procedures)

Telephone **01273 876797** and leave a message with your name, contact number and brief account of your legal issue or question. A student will call you back and arrange an appointment

Email lawclinic@sussex.ac.uk

Website <http://www.sussex.ac.uk/law/clinical-legal-education/flc>

Dad Info

DAD Info is a website which offers a place where Dads can talk and be heard, and find answers to their questions.

Website www.dad.info

St Peter's Church

The Divorce and Separation Recovery course is both practical and supportive, giving any separated or divorced person the opportunity to discuss the challenges they are facing and the tools to deal with these effectively. Based on Christian principles, it is helpful for any person with or without a church background.

Email dsr@stpetersbrighton.org for information about the next course. www.stpetersbrighton.org

Contact Centres

Little Angels Contact Centre

Little Angels Contact Centres offer a safe, caring and neutral place where children of separated families can spend time together with one or both parents or other family members. They are affiliated to the National Association of Child Contact Centres (NACCC). They also offer mediation services.

Telephone **01444 254909 / 07854 618 154**

Email info@littleangelscontactcentre.co.uk

Website www.littleangelscontactcentre.co.uk

National Association of Child Contact Centres (NACCC)

The NACCC supports and promotes safe child contact at around 350 Child Contact Centres. A Child Contact Centre is a neutral place where children of separated families can spend time with one or both parents and sometimes other family members. They are child centred environment.

Telephone **0845 4500 280 / 0115 948 4557**

Email contact@naccc.org.uk

Website www.naccc.org.uk

Time Out

Time Out Contact Centre provides a safe, nurturing and child friendly environment which enables children to have a positive relationship with their parents, siblings and extended family members. The service adopts a neutral stance to parental disputes and works flexibly alongside the parents to place.

Telephone **01273 467530**

Email contact@timeoutfostering.co.uk

Website www.timeoutfostering.co.uk