

NOWELL MELLER SOLICITORS LTD FAMILY LAW SERVICE

LEAFLET NO.14A – HELP FOR ADULTS

Support

The organisations listed below can provide practical help and ideas, a range of advice, and emotional support to help you come to terms with parenting after you have separated.

Parentline Plus is a national charity offering help and information for parents and families through a range of services including a free 24-hour confidential helpline, Parents Together workshops and groups, information leaflets, email helpline and website

- 24 hour helpline 0808 800 2222
- free textphone for people with a speech or hearing impediment 0800 783 6783
- www.parentlineplus.org.uk
- helpline parentsupport@parentlineplus.org.uk

Families Need Fathers is a registered charity providing information and support on shared parenting issues arising from family breakdown to divorced and separated parents, irrespective of gender or marital status. Support is provided through a national helpline, a website, a network of volunteers, and regular group meetings, held in a variety of locations.

- helpline 0870 760 7496 (Mon-Fri 6.00pm-10.00pm)
- www.fnf.org.uk

Gingerbread provides a professional freephone advice service for lone parent families, membership services, and a network of self-help groups.

- helpline 0800 018 4318 (Mon-Fri 9.00am-5.00pm)
- www.gingerbread.org.uk
- email advice@gingerbread.org.uk

One Parent Families provide a helpline with free information to lone parents on issues including benefits, tax, legal rights, family law and contact matters, CSA and returning to work. They are able to connect lone parents with other organisations and local groups.

- helpline 0800 018 5026 (Mon-Fri 9.00am-5.00pm)
- www.oneparentfamilies.org.uk

Relate. Local Relate centres offer relationship counselling and life-skill courses. The national office can put you in touch with local centres. Counselling is also available over the telephone for a small

fee – details on their website.

- Telephone 0845 456 1310 (central office) (Mon-Fri 9.30am-4.00pm)
- helpline 0845 130 4010
- www.relate.org.uk
- email enquiries@relate.org.uk

National Domestic Violence Helpline (run in partnership between Women’s Aid and Refuge) provides a free telephone helpline for people experiencing physical, emotional or sexual violence in the home. The free 24-hour helpline can refer to local refuges and emergency accommodation across the UK

- helpline 0808 200 0247
- www.womensaid.org.uk

National Association of Child Contact Centres promotes safe child contact within a national network of child contact centres. A child contact centre is a safe place where children of separated families can spend time with one or both parents and sometimes other family members. Details of local centres can be found on their website or by ringing them.

- phone 0845 4500 280 (Mon-Fri 9.00am-5.00pm)
- www.naccc.org.uk

The Child Support Agency is part of the Department for Work and Pensions and is responsible for assessing, collecting, paying and enforcing child maintenance

- National helpline 08457 133 133
- www.csa.gov.uk

National Debt Line is a national telephone helpline for people with debt problems. Offers expert advice over the telephone and by email. The service is free, confidential and independent.

- helpline 0808 808 4000 (Mon-Fri 9.00am-9.00pm, Sat 9.30am-1.00pm)
- www.nationaldebtline.co.uk
- email advice@nationaldebtline.co.uk

Samaritans exist to provide confidential emotional support to any person who is in emotional distress or at risk of suicide

- helpline 08457 909090
- www.samaritans.org
- email support service jo@samaritans.org

Shelter provides advice and information for people who are homeless or have a housing problem. Advice on hostel placements, finding accommodation, housing rights, housing benefits and rent arrears

- free 24-hour helpline 0808 800 4444
- www.shelter.org.uk

Mediation

If you find it difficult to discuss the arrangements for the children or financial matters on your own, a trained mediator can help you with this. To find a mediator, ask us or contact one of the organisations shown below.

Family Mediators Association

- national helpline 0808 200 0033

National Family Mediation

- Telephone 01392 271 610 (Mon-Fri 9.00am-5.00pm)
- www.nfm.u-net.com

Court-based dispute resolution

CAFCASS looks after the interests of children and young people involved in cases in the family courts. Although CAFCASS only works with families following a referral from the court, their website contains useful information, case studies, advice and contact links.

- www.cafcass.gov.uk

Access to legal advice

Children's Legal Centre offer information on all aspects of child law in England and Wales, particularly contact, parental responsibility and residence orders. A pre-recorded telephone service gives information on frequently-asked questions on a wide range of topics. A useful website and email response service are also available.

- pre-recorded telephone service 0845 120 3747
- www.childrenslegalcentre.com
- email clc@essex.ac.uk

Family Rights Group provides a specialist advice and information service for families in England and Wales who are in contact with social services about the care of their children and their advisors.

- helpline 0800 731 1696 (Mon-Fri 10am-12noon, 1.30-3.30pm)
- www.frg.org.uk

Citizens Advice Bureau is an independent organisation providing free, confidential and impartial advice on all subjects to anyone via a network of local offices. The address and telephone number of your local office can be found in your telephone directory.

- www.citizensadvice.org.uk
- advice online www.adviceguide.org.uk.

NOTE: The above is intended as a general guide for your information. It is NOT intended as a substitute for proper legal advice. Each case is different and advice cannot be given without a proper analysis of your own circumstances.

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