

Divorce and Separation



The information contained within this pack was correct at the time of sharing. We update this on a regular basis. If you notice any links are broken or information has changed please contact ShropshireFIS@shropshire.gov.uk and we will update the information. Further Family Information Services and Resource Packs are available through the Early Help website www.shropshire.gov.uk/early-help

Services to support.

Net Mums

Founded in 2000 Netmums is the UK's fastest-growing online parenting organisation with over 756,000 members, mostly mums. Netmums is a family of local sites that cover the UK, each site offering information to mothers on everything from where to find playgroups and how to eat healthily to where to meet other mothers. The local sites are backed by a wealth of parenting articles that start with pregnancy and follow through each stage of childhood helping mums to enjoy a happy and healthy family life.

<http://www.netmums.com/parenting-support/divorce-and-separation>

<http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=nOxTvCQamYM&familychannel=0>

Family Lives

Family Lives is a charity that has over three decades of experience in helping parents deal with the changes that are a constant part of family life. We know that many people play active roles in the raising of children within any family, from Dads, Grandparents, stepparents and non-resident parents. Our role is to support all of you to achieve the best relationship possible with the children that you care about.

<http://www.familylives.org.uk/advice/divorce-and-separation/>

<http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=plvDS-s1q3w&familychannel=0>

ChildLine

ChildLine is a private and confidential service for children and young people up to the age of 19. You can contact a ChildLine counsellor about anything - no problem is too big or too small. You can talk to us about anything including, stress, anxiety or loneliness.

<https://www.childline.org.uk/Explore/HomeFamilies/Pages/DivorceSeparation.aspx>

<http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=V9-heTHqRN0&familychannel=0>

Young Minds

Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Driven by their experiences we research, campaign and influence policy and practice. We also provide expert knowledge to professionals, parents and young people through our Parents' Helpline, online resources, training and development, outreach work, and publications.

http://www.youngminds.org.uk/for_parents/worried_about_your_child/divorce_separation

<http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=b9Ab8p6wyq8&familychannel=0>

Gingerbread

We provide advice and practical support for single parents. Expert advisers answer our helpline, our website is packed full of useful information and we offer training too. We also campaign to improve the lives of all single parent families. And because we're a national charity, it's all free.

http://gingerbread.org.uk/content/2029/Separation?utm_source=google-grants&utm_medium=cpc&utm_campaign=plat&utm_content=separation&gclid=CO7ygv_Fr8UCFWsCwwodxLYA3Q

<http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=p56NQF7gru0&familychannel=0>

Separated Families

Practical information for parents who are sharing care, those who are caring for their children alone and those who are not able to spend time with their children. Parents, carers, grandparents or anyone else with concerns about family separation are welcome.

<http://www.separatedfamilies.info/>

http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=m_K9leRd62M&familychannel=0

Money Advice Service

We give free, unbiased money advice to help you make informed choices - throughout your life and whatever your circumstances. Our advice and information is available online, over the phone and face to face.

<https://www.moneyadvice.service.org.uk/en>

<http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=U-V-amM2uzI&familychannel=0>

Shropshire Child Contact centres

Shropshire Child Contact Centres – SCCC – run four Supported Child Contact Centres in Shropshire, and are Accredited Members of the National Association of Child Contact Centres. SCCC members running the centres are trained volunteers. They are selected by interview, must give references and are CRB checked. Members operate within the SCCC code of practice at every centre. What is a Child Contact Centre? It is a friendly, safe and neutral environment where children can meet a parent or other family members they might not otherwise see. Child Contact Centres is a registered charity.

<http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=srNj4iWsmIs&familychannel=0>

Citizens Advice

Citizens Advice give free confidential advice on every subject from debt, benefits, housing, consumer, relationships and employment to law, immigration and discrimination. It is independent and gives advice in an unbiased way. It is free and confidential and works for change. It recommends improvements to local and national policy based on experience of client's problems. Citizens Advice is committed to equal opportunities and aims to provide a service that meets the needs of all people, regardless of race, gender, sexuality or disability.

<https://www.citizensadvice.org.uk/>

<http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=P9wD6Zlqe5E&familychannel=0>

TAMHS – Season for growth

The Seasons for Growth programme is designed for primary and secondary school children and young people to assist them managing and understanding the effects of significant change, loss and grief in their lives. These groups provide a safe and creative space to explore feelings, memories, loss and grief. It is based on the belief that loss and grief is normal and can be a valuable part of life, and is based on the reality that children and young people need to be provided with the opportunity to examine how grief - as a result of death, separation, divorce or any other significant change or loss - has impacted on their lives. Seasons for Growth is one of the tools available to schools through Think Good Feel Good which supports children and young people with their emotional health and wellbeing. Children who are mentally healthy are able to develop psychological, emotionally, intellectually and spiritually. Mental health is accompanied by a sense of personal wellbeing. An ability to get along with others, to be able to cope with the normal range of problems/setbacks and learn from them. Good mental health enables children to play and learn, develop a sense of right and wrong and make and maintain positive relationships. It is not uncommon for children and young people to experience mental health difficulties. Some schools may not have the capacity or resources to deliver Seasons for Growth so please check with the school.

<http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=W32T8FMttyU&familychannel=0>

Cafcass

Cafcass looks after the interests of children involved in family proceedings. They work with children and their families, and then advise the courts on what they consider to be in the best interests of individual children.

Cafcass champions the interests of children involved in family proceedings, advising the family courts in England on what it considers to be in the best interests of individual children.

Their role is to safeguard and promote the welfare of children, give advice to the family courts. Make provision for children to be represented and provide information, advice and support to children and their families.

<http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=ADFSfmSFEAs&familychannel=0>

Counselling services

Confide Counselling Service

Providing professional, affordable and confidential counselling in Shropshire and Telford and Wrekin.

<http://search3.openobjects.com/kb5/shropshire/fid/service.page?id=G7zhrs1fDdQ&familychannel=0>

Relate

We're the UK's largest provider of relationship support, and every year we help over a million people of all ages, backgrounds and sexual orientations to strengthen their relationships. Find out more about what we do and how we can help you here.

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

<https://www.relate.org.uk/about-us>

Solicitors who offer a free 30 minute consultation.

HATCHERS Solicitors LLP- If you would like to arrange an appointment please contact on 01743 237640.

<http://www.hatchers.co.uk/>

Terry Jones Solicitors

<http://www.terry-jones.co.uk/>

Wace Morgan- these only offer a 20 minute consultation.

<http://wace-morgan.co.uk/>

Resources

For Children

Royal College of Psychiatrists

This factsheet looks at the effect that divorce or separation of parents might have on children and young people, and offers practical advice on how to ease this.

7-13 years

<http://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo/parentscarers/divorceorseparation.aspx>

Understanding childhood.

This leaflet gives insight into children's feelings and view of the world and help parents, and those who work with children, to understand their behaviour.

0-18 years

<http://understandingchildhood.net/documents/11UCDivorceandsep01.pdf>

Helpguide.org

Resource for parents to help their child through divorce.

5-18 years

<http://www.helpguide.org/articles/family-divorce/children-and-divorce.htm>

This leaflet supports parents who have separated in co-parenting their children.

<http://www.helpguide.org/articles/family-divorce/co-parenting-tips-for-divorced-parents.htm>

Separated Families

This link will take you to a page with a number of resources on from how divorce effects children, how children are feeling, building your child's self-esteem.

0-18 years <http://www.separatedfamilies.info/home/about-your-children/>

Resolution

Advice and support for parents who are about to divorce and separate. These also have a fantastic booklet to help parents who are separating which looks at all age ranges of children along with other leaflets.

0-18 years

http://www.resolution.org.uk/site_content_files/files/separating_and_divorce_helping_parents_help_children.pdf

http://www.resolution.org.uk/editorial.asp?page_id=112

For Teenagers

Divorce Aid

This is information for teenagers who are looking for support due to their parents' divorce or separation.

<http://www.divorceaid.co.uk/child/teenagers.htm>

I am a child of divorce

Information for teenagers whose parents have separated and they are looking for support.

<http://iamachildofdivorce.com/teens/>

Resources for parents

Partnership for children

This website is for parents who are looking for help with children's behaviour due to separation.

<http://www.partnershipforchildren.org.uk/resources/my-child-is-worried-about/divorce-separation/children-s-reactions-to-divorce-and-separation.html>

This resource gives parents advice to look after themselves through divorce and separation.

<http://www.partnershipforchildren.org.uk/resources/my-child-is-worried-about/divorce-separation/taking-care-of-yourself.html>

Family Lives

This website has a wide range of resources to support parents through divorce and separation from thinking about separating, shared parenting, telling the children, staying in contact with the ex.

<http://www.familylives.org.uk/advice/divorce-and-separation/>

Net mums

Information on a range of things from telling the children and how to support children through the process.

<http://www.netmums.com/parenting-support/divorce-and-separation/helping-your-child-through-a-separation-or-divorce>

Step-parenting

Net Mums

This resource looks at introducing a new partner into the family.

<http://www.netmums.com/parenting-support/single-parents/introducing-a-new-partner-to-your-family>

Gingerbread

This website gives advice for families whose new partner is moving into the home. How to support children, looking at finances and child support.

http://www.gingerbread.org.uk/content/2070/Moving-in-with-a-new-partner?utm_source=google-grants&utm_medium=cpc&utm_content=New%20Partner&utm_campaign=plat&gclid=CPvZpruCpsYCFVTMtAodBtIDaA

Raising children – Australian website

This looks at step-parenting and helping to raise step-children.

http://raisingchildren.net.au/articles/raising_a_stepchild.html

Helpguide.org

This resource looks at step-parenting, such as bonding with step children, how to make a successful step-family, setting boundaries and disciplining children.

<http://www.helpguide.org/articles/family-divorce/step-parenting-blended-families.htm>

Being a Step Parent

This website has a number of resources from discipline in a step-family, dealing with children when you have none of your own, disrespectful step-children, helping children adjust, re-marrying.

<http://www.beingasteparent.co.uk/children-category.html>