



Are you separating or divorcing?

Can't agree with your ex partner about what is best for your child?

Want some help but not sure where to start?

There are services available in Northumberland and Tyne and Wear which can help you – contact a professional adviser, free of charge, to find out more.

Call the Supporting Separating Parents in Dispute helpline on:

0800 380 0040

www.cafcass.gov.uk/sspid



After separating many parents feel that they are on an emotional rollercoaster and find it difficult to talk to their ex-partner to make arrangements about their children.

Conflict between parents hurts children. Often parents do not know where to access help and think that they have to consult a solicitor or go to court. Since April 2014 parents need to attend a meeting to talk about mediation before approaching the family court (except in cases where there is an exemption, for example if it's not safe for parents to meet) and the expectation is that families will resolve their disputes outside of the family court wherever possible.

The 'Supporting Separating Parents in Dispute' helpline is staffed by social work professionals who are experienced in working with children and parents after separation, who can:

- provide advice and support on a range of alternatives to court, such as parenting programmes, parenting plans, and mediation
- signpost to locally delivered services with the right expertise to help families sort out issues and avoid expensive and stressful court proceedings
- help parents by booking appointments for them and following up to check whether the out of court route has helped the family
- encourage parents to work together to achieve the best out comes for their children.

Supporting Separating
Parents in Dispute

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The helpline is available
Monday - Friday, 9am - 5pm

This is a pilot service delivered by Cafcass, supported by the Ministry of Justice and the National Family Justice Board.