



Further Support



The breakdown of a committed personal relationship is a distressing and difficult time, whether the decision to separate was yours, your partner's or even a mutual one. It can also be particularly difficult for children of the family and supporting them, as well as yourself.

This guide provides information of support available before, during and after separation or divorce. It also includes information for support for children.

For most people who go through it, divorce or family separation is a hugely significant life event. The mix of feelings is different from person to person, but you can expect the impact to be big, whatever your circumstances.



Before the separation, you probably felt like you had a sense of your place in the world, in your family and as a parent. You probably had an idea of where your life was going and what you hoped to achieve. Regardless of whether you wanted to end the relationship or not, your world will have turned upside down. There will be so many things that need to be sorted out and your future may look uncertain.

In the early days after separation, you may well find yourself ricocheting from one sensation to the next. You're likely to feel that events are controlling you rather than the other way around and your mood may swing from high to low without warning. Your thoughts and feelings might shift around and may appear to be inconsistent. You may feel angry at one moment and sad the next, optimistic in the morning, uncertain by the time night falls. This is normal.

At Mediation Matters Midland's we have reached out to local Therapists, Counsellors, Coaches, Charities and Support Groups, to provide support for families who have or are going through separation and divorce.



Mediation Matters

Paula Crowhurst

Divorce & Separation Coach



Getting unmarried is harder than getting married and drains you both emotionally and financially. Going through a divorce leaves one bereft, breaking your wedding vows legally, whether you have instigated it or not, has a ripple effect on your family and friends.

You are splitting up your marital home, bank accounts, personal belongings and the way of life you have known for many years. How can one be expected to handle this effectively all whilst highly emotionally charged?

Paula Crowhurst is a mum to two daughters and went through a divorce herself several years ago which left her shocked, bereft and in fear of her future. She became a divorce and separation coach (accredited by Sara Davison, a renowned and respected coach in the profession) to support others going through this traumatic time.

Prior to this, Paula was a Learning Mentor and supported children and their families at times when they were dealing with various issues, including family break-up, which affected their mental health and well-being. As a result of the work she provided, children were able to make progress with their learning in school, despite the issues they were dealing with in their personal lives.

Paula offers flexible, goal orientated coaching, designed to support, motivate and guide clients going through divorce to help them make the best possible decisions for their future based on their particular interests, needs and concerns. Coaching is conducted in a safe and supportive environment, exploring your options in a non-judgemental manner. Paula believes that it is not what happens to you that defines you, but how you react to it that matters



Mediation Matters

About the children

The impact of family separation on children can easily be overlooked, but they will often become anxious, fearful, confused and sad. Separation interrupts their normal development. However, children who are helped to cope with the changes that are happening around them will, over time, adjust and settle.



Research has shown that the factors that can be most detrimental to children are losing a relationship with one of their parents, being exposed to ongoing parental hostility, ineffective parental boundaries, feeling pressured to take sides and choose between their parents and being drawn in to an adult role and expected to meet their parents' emotional needs. You can learn more about how to support your children through the changes that come with separation in this section.

Co-operative parenting

Most of the available evidence strongly suggests that the children who adjust best to life after family separation are those that are able to maintain strong, positive relationships with both parents.

Choosing to be co-operative parents after divorce or separation does not require you to remain friends. However, establishing a business-like relationship with your child's other parent will help your child to feel secure and loved through the transitions that separation brings. It will also mean that your child is less likely to suffer emotionally and psychologically in the years to come.

Mediation Matters Midlands offers regular FREE online parenting courses, for separated parents. Further details are on the following page.

Separated Parenting Course

'Remaining Child Focused'



- A safe, supportive space to gain knowledge and information on how to support children and adolescents through and beyond separation.
- Considering the psychological impact of parental conflict & alienation.
- Exploring skills and tips for Effective Co-Parenting and Parallel-Parenting

Stacie Lovitt



Qualified Mental Health Therapist

Specialising in Child, Adolescent and Young Adult therapy sessions

Stacie Lovitt is the founder and director of 'Instacoach'. She specialises in working with child and teens through a difficult period in their life.

Throughout her sessions, she helps children to learn the necessary skills and tools to help build their confidence and adolescent development.

Therapy/coaching sessions at Instacoach will help empower your child to become the person they want to be. Every child is unique and so is Stacie's approach to therapy. She doesn't follow a template or a one size fits all approach. Through consistent therapy sessions, she assesses where the work needs to begin to help your child and work together with them towards achieving their goals.

Stacie will always have your child's best interests at heart and can pave a way forwards together to start their journey towards happiness and fulfilment today.

Penny Ruth Willis



Psychologist, Counsellor & Systemic Practitioner

Specialises in empowering adults who are dealing with extreme behaviours from their children

Penny Ruth Willis specialises in empowering adults who are dealing with extreme behaviours from their young charges, by promoting knowledge of Nonviolent Resistance (NVR) and by providing affordable support to those who are using NVR thinking and techniques at home or at work.

Penny offers psychotherapy and counselling to individuals, couples, families and young people.

She is trained in Person-centred, Psychodynamic, Cognitive Behavioural, Systemic and Brief Solution Focused Approaches; she adapts her approach to the specific needs of clients and their circumstances.

British Association for Counselling and Psychotherapy



bacp | counselling
changes lives

<https://www.bacp.co.uk/about-therapy/we-can-help/>

Therapists practise in all walks of life and all parts of society, from NHS clinics to workplaces and education. They are trained to deal with a range of situations, helping people to cope with such issues as anxiety and bereavement, relationship difficulties, sexual and racial issues, child abuse and trauma, or personal problem solving.

We use the word 'therapy' to cover talking therapies, such as counselling, psychotherapy and coaching. Therapy offers a safe, confidential place to talk to a trained professional about your feelings and concerns. You might talk about difficult events in your life or your relationships and emotions. Or you might have negative thoughts and behaviours that you want to change.

Therapists will not give you advice or solve your problems for you. They will listen to your story, helping you to understand yourself better and make positive changes in your life.

Find out how counselling works, what therapists do and what happens in a therapy session. We also explain some of the key terms and concepts you may hear.

Samaritans



<https://www.samaritans.org/>

Provides confidential emotional support 24/7 to those experiencing despair, distress or suicidal feelings.

Whatever you're facing, a Samaritan will face it with you

Every 10 seconds, Samaritans responds to a call for help. They're here, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.

Samaritans is not only for the moment of crisis, they're taking action to prevent the crisis. They give people ways to cope and the skills to be there for others and encourage, promote and celebrate those moments of connection between people that can save lives.

They offer listening and support to people and communities in times of need. Every life lost to suicide is a tragedy, and Samaritans' vision is that fewer people die by suicide.

That's why the Samaritans work tirelessly to reach more people and make suicide prevention a priority.



Families Need Fathers®

because both parents matter

Families Need Fathers – because both parents matter is UK's biggest shared parenting charity. Parental divorce or separation should not mean that children lose the love and care of one of their parents.

Families Need Fathers seeks to obtain, for the children, the best possible blend of both parents in the lives of children; enough for the children to realise that both parents are fully involved in their lives. Legally, parents should be of equal status. Responsibilities and obligations, caring and financial, should be fairly shared between the parents.



Families Need Fathers is firstly a social care organisation, helping parents whose children's relationship with them is under threat. We offer information, advice and support services for parents on how to do the best for their children. We are the only organisation that provides these services on a national basis.

Our support services win widespread praise, from, for instance, Dame Elisabeth Butler-Sloss, former President of the Family Division of the High Court and Deidre Sanders, trustee of the National Family and Parenting Institute and Britain's most respected Agony Aunt. We also pleased and proud to have The Rt Hon David Blunkett, Dr Hamish Cameron and Nigel Planer as our patrons.

Families Need Fathers also lobbies in a professional and highly effective way for changed legal and social attitudes. We have regular contact with politicians, the judiciary and the media. Our immediate priorities are getting courts orders for shared residence, improvements in the time children are allowed to spend with their 'second parent', more effective action taken when one parent defies a court order requiring them to allow their children a relationship with the other parent and replacing adversarial court hearings over children-matters with child-centred discussion.



We are here for YOU

MATCHmothers is a charity that offers non-judgemental support and information to mothers apart from their children in a wide variety of circumstances. We believe that children have a basic human right to continue to be part of a loving, nurturing family network for life, no matter how many times that family re-makes itself, no matter where their mothers live.

Our members

Our members include those who are sharing parenting and those who have little or no contact with their children. Are you a mother apart because of;

Divorce and family breakdown

Parental alienation

False allegations of harm

Child abductions

SGO's

Public law proceedings

Private Law Proceedings

You are not alone

Matchmothers exists to help you if you are a mother apart from your child for whatever reason.

Please call our MATCHLINE for Help Support and Advice .

0800 689 4104

FREE CONFIDENTIAL SUPPORT FOR MOTHERS APART 9.30am -1pm and 7pm -9.30pm

Mothers apart from their children

Our members are mothers who are apart from their children for many different reasons and who are in various circumstances.

In the UK alone, there are many more mothers apart from their children than one would imagine. It can sometimes be challenging for those outside of this experience to understand which can lead to an isolating experience for mothers.



Listed, below, are a number of organisations that can help parents as they deal with the transitions that family separation brings. It's a good idea to spend a little time looking at each of the sites so that you know what each of the services can offer.

Family Separation Hub

A comprehensive range of support and information for families experiencing divorce or separation, whatever their circumstances.

CAB Advice Guide

The online CAB service that provides independent advice on your rights and practical, up-to-date information on a wide range of topics.

The Money Advice Service

Financial advice from the FSA with tips to help you get through this difficult time and stay on top of your money situation.

College of Mediators

The College of Mediators is a professional membership body for mediators. Find a family mediator in your area.

The Separated Dad's Guide

A website dedicated to helping separated dads to deal with the practical and emotional impact of separation and to parent effectively alone.

MATCH - mothers apart from their children

A much needed organisation dedicated to offering non-judgemental emotional support to mothers who are apart from their child for one or many complex reasons.

Family Separation Clinic

The Family Separation Clinic offers specialist services to families experiencing divorce or separation and to professionals who may be working with them.

Action for Prisoners' Families

The national voice of organisations supporting families of prisoners.

Shelter

Shelter is a charity that works to alleviate the distress caused by homelessness and bad housing. They offer advice and information.

National Debtline

Free confidential, independent advice on dealing with debt.

Contact a Family

Contact a Family provides support, advice and information for families with disabled children, no matter what their condition or disability.



Winston's Wish

Winston's Wish is a childhood bereavement charity and the largest provider of services to bereaved children, young people and their families in the UK.