

Help with Separation and Family Court Proceedings

For Worcestershire & Herefordshire

MEDIATION AND OTHER DISPUTE RESOLUTION

Family Mediation Council – www.familymediationcouncil.org.uk

What is Mediation – an explanation for parents and details of the voucher scheme to assist towards the cost of mediation.

CAFCASS

CAFCASS – www.cafcass.gov.uk

Tel: 0300 456 4000 – The Cafcass website provides lots of information for separated parented including an on-line parenting plan and information for parents and carers and details of the planning together for children programme.

[Parents and carers - Cafcass - Children and Family Court Advisory and Support Service](#)

[Parenting Plan - Cafcass - Children and Family Court Advisory and Support Service](#)

[Planning Together for Children - Cafcass - Children and Family Court Advisory and Support Service](#)

INFORMATION ABOUT THE COURT PROCESS

<https://youtu.be/F8UxcHMc3d8> - DJ Paula Bailey explains the court process.

FAMILY COURT INFORMATION – <https://www.familycourtinformation.org.uk/useful-videos/>

This site has useful videos about all aspects of Family Law – how to complete forms, what happens at court, videos about Cafcass, how to represent yourself in court etc.,

GOV.UK – <https://www.gov.uk/represent-yourself-in-court>

Information about representing yourself in court and

ADVICE NOW – <https://www.advicenow.org.uk/family-court>

Advice and downloadable resources on a number of topics including child arrangements, divorce and finance.

CHILD CONTACT CENTRES – WWW.naccc.org.uk

This website contains information about child contact centres local to your area and will details what facilities are available. There is also other information useful to separated parents.

DOMESTIC ABUSE SUPPORT

West Mercia Women' Aid - www.westmerciawomensaid.org

Herefordshire & Shropshire: 0800 783 1359

Worcestershire: 0800 980 3331

Mankind – www.mankind.org.uk

Tel: 01823 334244. For male victims of domestic abuse, including those in same sex relationships.

DAWN – Domestic Abuse Support Worcestershire -

<https://www.worcestercommunitytrust.org.uk/dawn/>

Call: 01905 453453

Email: enquiries@worcestercommunitytrust.org.uk

Worcestershire County Council – Domestic Abuse Support

www.worcestershire.gov.uk/council-services/adult-social-care/safeguarding-and-concerns-about-adult/domestic-abuse-support

Abuse helpline on 0800 980 3331

Male Domestic Abuse Helpline on 0800 014 9082

National Centre for Domestic Violence

Tel: 0844 8044999 or text NCDV to 60777 and they will call you back.

Muslim Women's Network – www.mwnhelpline.co.uk

Tel: 0800 999 5786

Karma Nirvana – <https://karmanirvana.org.uk> – National Honour Based Abuse Helpline

Tel: 0800 5999 247 – Mon-Fri – 9am to 5pm

Forced Marriage Unit – www.gov.uk/forced-marriage

Tel: 0207 7008 0151

Refuge for Women – <https://refuge.org.uk>

Tel: 0808 2000 247 – 24/7 helpline

Respect – <https://mensadviceline.org.uk/male-victims>

Tel: 0808 8010327 – help and support for male victims of domestic abuse.

Galop – www.galop.org.uk

Tel: 0800 999 5425/ LGBT+ anti-abuse charity provide advice, assistance and support for LGBT+ people experiencing abuse or violence, such as hate crime, domestic abuse, sexual violence, conversion therapy and any other kind of abuse.

Flows – Finding Legal Options for Women Survivors – www.flows.org.uk

This is a legal support service designed to protect women against domestic abuse.

LEGAL ADVICE & ASSISTANCE

Citizen's Advice – Family – <https://citizensadvice.org.uk/family/>

Tel: 0800 144 8848

Worcestershire CAB - <https://citizensadviceworcester.org.uk>

Tel: 0808 278 7891

Email: advice@citaworcester.org.uk

Herefordshire CAB - <https://www.herefordshirecab.org.uk/>

Tel: 0344 826 9685

Email: advice@citaherefordshire.org.uk

Legal Aid – <https://www.gov.uk/check-legal-aid>

Contains an eligibility checker to see if you would qualify for legal aid.

Disability Law Service - <https://dls.org.uk>

Tel: 0207 791 9800 - provide free legal advice on issues such as housing and welfare benefits to disabled people and those who care for them. They aim to improve access to the law for people with disabilities and provide information resources.

Resolution – www.resolution.org.uk

The website has many fact sheets and information that can be accessed free of charge. Included are videos to help people acting without legal representation to navigate the court and free booklets that can be downloaded such as "Separation and Divorce - Helping Parents to help children".

Wikivorce - <https://divorce.wikivorce.com>

Tel: 01202 805020. A volunteer run service which provides free advice and support for those going through divorce proceedings. The free phone service operates Monday – Friday, 9am – 5pm.

Advice Now - <https://www.advicenow.org.uk>

A free online service that offers advice and information about separation and divorce. The site has many guides including: how to apply for child arrangement orders without a lawyer, how to navigate through a separation and how to get a divorce.

RCJ Advice - <https://www.rcjadvice.org.uk/>

Free legal advice to those with a court case or who are about to start court proceedings. You can apply for an appointment by completing their assessment form and emailing it to

familytriage@rcjadvice.org.uk

The Family Law Panel - <https://thefamilylawpanel.org>

This service offers a free consultation over the telephone. This ranges from answering one-off specific questions through to an initial “diagnostic” conversation. They can be accessed through its website:

Only Mums and Only Dads is a not-for-profit organisation which provides support for separating families and works within the Family Law Panel.

www.onlydads.org/ www.onlymums.org/

MENTAL HEALTH & OTHER SUPPORT SERVICES

NHS – Worcestershire & Herefordshire

www.talkingtherapies.hwhct.nhs.uk

Worcestershire County Council – Mental Health Support

www.worcestershire.gov.uk/council-services/health-and-wellbeing/mental-health-and-emotional-wellbeing/mental-health-and/mental-health-support-services

Call: 0808 196 9127

You can also text 'WOO' to **85258** for crisis support any time of the day or night.

Mind for Worcestershire – <https://swwmind.org.uk/>

Offers a range of support and services.

For general enquires, comments or complaints: enquiries@swwmind.org.uk

Mind for Herefordshire - <https://herefordshire-mind.org.uk/>

Call 01432 271643 - Monday to Friday 09:30 – 14:30

Email: info@herefordshire-mind.org.uk

Working Families – www.workingfamilies.org.uk -

Tel: 0300 012 0312 - UK National Charity for working parents and carers – offers advice on numerous subjects.

The Parent Connection - www.advice.co.uk/the-parent-guide-for-couples-and-parents-who-separate-or-divorce/

has a wide range of information, support and help for all separated parents. There is also a forum where parents can share experiences with other separated or separating parents.

Family Lives - www.familylives.org.uk/

Tel: 0808 800 2222. Offers a [confidential advice line](#) on 0808 800 2222, information and an online community and a live chat is also available.

Gingerbread - www.gingerbread.org.uk

Tel: 0808 802 0925. A free online service which offers a helpline for single parents who may be seeking advice or support. They offer information pages, an online forum, a webchat function and a phone-in helpline.

SAFA - www.ssafa.org.uk

Saafa is the armed forces charity who can assist with a number of issues, in particular they assist with adoptions and provide safe housing for victims of domestic abuse. General Enquiries – 0800 260 6780. Address – SSAFA, the Armed Forces Charity, 4 St Dunstan's Hill, London, EC3R 8AD.

NSPCC – <https://nspcc.org.uk>

Tel: 0808 800 5000. UK's leading children's charity

SAMARITANS – www.samaritans.org.uk

Tel:116 123

Citizens Advice Witness Support Service – <https://www.citizensadvice.org.uk/about-us/about-us1/citizens-advice-witness-service>

Tel: 0800 144 8848

Voice – www.voicenorthants.org

Tel: 0300 303 1965. Support service provided by the Police & Crime Commissioner to help victims of crime to cope, recover and thrive.

Victim Support – www.victimsupport.org.uk

Tel: 0808 1689 111

Parenting Apart Programme - <https://www.parentingapartprogramme.co.uk/home-parents/>

Call: 01562 700447

Email: enquiries@parentingapartprogramme.co.uk

DRUG & ALCOHOL SUPPORT SERVICES

Dear Albert - www.dearalbert.co.uk

Tel: 0800 880 3153 or text 07712 707999. Helps individuals to stop taking alcohol and drugs

Cranstoun, Worcestershire - <https://cranstoun.org/help-and-advice/alcohol-other-drugs/worcestershire/>

Turning Point, Herefordshire - <https://www.turning-point.co.uk/services/herefordshire>

Call: 0300 555 0747

Email: Herefordshire@turning-point.co.uk

PARENTING APPLICATIONS

Family Action - [Family-Action-Polaris-co-parenting-apps-2020.pdf](#)

An information sheet containing details of apps that parents can use to assist with childcare arrangements.

PUBLICATIONS

The Survivor's Handbook – www.womensaid.org.uk/information-support/the-survivors-handbook/

A publication that is available on-line. It is available as an audio-book and other formats. Also available in many other languages.

Family Court Without a Lawyer – 4th Edition – Lucy Reed

The Family Court without a Lawyer is a useful book if you have to go to court to sort out issues over separation, money or children and do not have a lawyer to represent you.

Costs approximately £20.00

ISBN-10 : 1838439064
ISBN 13 : 978-1838439064

Children Act Court Forms- [Children Act forms - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

OTHER USEFUL CONTACTS

NATIONAL DOMESTIC ABUSE HELPLINE	0808 200 0247
GALOP FOR LGBT+	0800 999 5428
NATIONAL LGBT AND DOMESTIC ABUSE HELPLINE	0800 333 5428
THE MIX	0808 808 4994

(Free information and advice for under 25's)

On Side Advocacy - [ONSIDE - Independent Advocacy in Worcestershire \(onside-advocacy.org.uk\)](http://onside-advocacy.org.uk)
Autism West Midlands - Herefordshire and Worcestershire Community Hub | Autism West Midlands