

Your local National Family Mediation service

National Family Mediation provides services in over 500 locations across England and Wales, so there's one close to you.

To find your local service you can call **0300 4000 636**

Or simply type in your postcode at **www.nfm.org.uk/local**

About National Family Mediation

National Family Mediation (NFM) offers high-quality family mediation and support services to all families affected by relationship breakdown, divorce or separation in England and Wales.

NFM mediators are carefully selected and trained to the highest standards. They will help you to reach joint decisions about all the issues associated with your separation. We also provide specialist services for children.

For more information please visit our website, or give us a call.

www.nfm.org.uk

Tel: 0300 4000 636



@NatFamMediation



NationalFamilyMediation

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Charity number 1074796
Registered company number 3721723

Do you feel able to negotiate?



Is mediation right for you?

Domestic violence and mediation



Mediation can help couples when relationships are breaking down

When a relationship is ending, mediation will help you make decisions about the future, and to agree fair and sensible arrangements for your home, finances and **especially children**.

Mediation and domestic violence

Mediation can be an effective way of finding solutions where there has been violence at home, but it's essential that you and the mediator are assured it is right for you. The mediator will help you consider

- if mediation is right for you
 - if mediation is safe for you at this time
- Together with the mediator you can consider any risks and come to the right decision for you.

When can mediation help?

Mediation can help at any stage in a separation. It can help with

- future contact arrangements for children
- sorting finances that relate to your separation
- sharing your assets and possessions.

Turn over to find a service near you.

What mediators *can* do

- create a safe environment, with your help, for you to talk about these things together, and find a way forward that is in everyone's best interests
- help you and your partner think through your situation and make joint decisions about the best arrangements for children
- talk about housing arrangements, as well as money, possessions and debt
- help you record any agreements in writing to be taken to court
- give you information about other available services that may be more useful to you at the moment.

What mediators *can't* do

- let mediation go ahead if there is any domestic violence happening between you now
- give you counselling about your past relationship . but we can help you find others that will help with this
- offer courses or counselling that will help you or your partner change behaviour . but we can help you find the right service for your situation
- force you or your partner to come to mediation.

Feeling safe and talking openly

In mediation you both need to feel free to negotiate; to be able to talk openly about what's best. Then you can consider whether mediation is a safe and sensible option. The mediator will make sure you also know the alternatives to mediation.

Coming to mediation can be difficult. But all our mediators will take simple, practical steps to reduce any possible friction between you and your partner. If necessary, the mediation can take place with you both in separate rooms.

What will happen in mediation?

- You'll each be offered an individual appointment
- You'll be asked about your present situation and the areas you want to discuss. You can then make an informed choice to try mediation
- If you both want to mediate, a joint appointment will be made. The mediator will ensure the right safeguards are in place so you are both able to take part in mediation *safely* and on an *equal* basis. The mediator will stop mediation if it is unsafe for anyone involved
- Should you wish, any agreement reached in mediation can be taken to a court and formalised.