

## 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](http://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](http://www.nfm.org.uk)**

**Tel: 0300 4000 636**



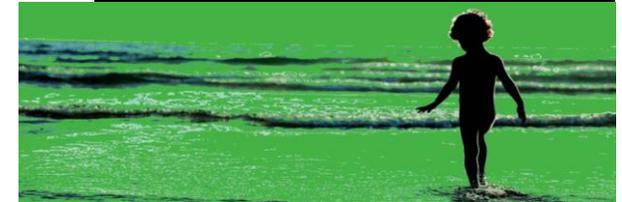
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NationalFamilyMediation

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Advice & guidance on the challenges



of post-separation parenting

## Separated Parents Information Programme (SPIP)



National  
Family  
Mediation

## What is SPIP (Separated Parents' Information Programme)?

It's designed to help you learn more about the challenges of post-separation parenting. The SPIP provides advice and guidance about how best to help yourself and help your children in your situation.

This programme is offered to parents who are currently applying to the courts for contact.

Most parents who go on the programme say they find it very helpful.

If you wish to apply privately without going through the court, please contact the SPIP co-ordinator.

## Who else will be there?

Although it is important for both parents to attend the programme, **separated couples do not attend at the same time.**

The programme is usually delivered to a group of 12 parents, all of whom are also going through separation, divorce and court.



## How much does the SPIP cost?

It is free of charge if you are referred by a family court. If not, please contact us to be advised of the fee.

## How long does it last?

The course programme lasts four hours, with a short break in the middle.

## Who will deliver the programme?

The programme is delivered by qualified trainers.

They understand both the potential legal consequences of family breakdown and the complex and diverse emotional needs of families at this time.

## What does the SPIP cover?

The programme broadly focuses on three key areas:

- The legal, financial and emotional process you will be experiencing
- Understanding more about how your children may be responding to your separation or divorce
- Improving communication with your ex-partner to help you with your future parenting

## What happens now?

After the Judge's 'direction' has been made, we will get in touch with you to arrange for you to attend one of our programmes.

## And after the programme ends...?

We will inform the court that you have attended the SPIP. But no other information will be passed on.

The SPIP can be a good foundation for family mediation as you look to make agreements about things like parenting, property and money, and we will be happy to discuss this with you.