

## 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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## Grandchildren need grandparents

Helping you stay in touch with grandchildren after separation or divorce.



**Grandparents play an important part in the lives of their grandchildren**, and it's usually a positive thing if they can stay in touch with them after there has been a separation or divorce.

**This leaflet aims to help grandparents whose families are affected by divorce or separation.**

I used to see my grandchildren, but now I am not allowed to. What rights do I have?

**Grandparents have no automatic right to be part of their grandchild's life.**

Mediation can help reduce conflict between family members after separation or divorce, and it is often the best way to resume contact.

As a last resort, the court can be approached to make a child arrangement order. This will happen if the court considers it to be in the child's best interests.

How can I help my grandchildren cope with changes in their lives now their parents have separated?

**Children benefit from reassurance in times of change.**

**They need to know:**

- **it is not their fault**
- **they are loved**
- **they have someone to talk to about their feelings.**

Of course, children may have conflicting loyalties.

Listening without criticism of either parent will help them continue to talk about their feelings.

**Grandparents are very welcome at all NFM services in England and Wales.**

What help can I get to begin the mediation process?

**If you feel unable to contact the adults who care for your grandchild/ren, you may wish to approach a mediation service for help.**

Your local National Family Mediation (NFM) service is an excellent starting point. Experienced staff there can explain the process of mediation, and discuss with you the best way of inviting your relatives to participate.

They will also advise about the costs of mediation, and whether you are eligible for help in meeting these costs.

Can I insist my family takes part in mediation?

**No. Mediation is voluntary for all parties. It offers a safe place for families to make decisions in the best interests of their children.**

Mediators are professionally trained. They will help you negotiate with your family and help you to reach a settlement for future relationships with your grandchild/ren.