

## What can mediation achieve?

- Improved future relationships - you are able to move forward and make a new start
- Exploration of all issues – our mediators can help you decide future parenting arrangements; all financial issues; anything else that is important to you both; and will guide the discussion in an open and fair way
- Simplicity - the process is informal, straightforward and constructive
- Control - you remain in control and as mediation is voluntary you can stop the process at any time
- Flexibility - unique solutions negotiated to suit each particular case
- Saves time and money – avoiding the stress and costs of a lengthy legal process

## Facts and Figures in the UK

- 3 in every 5 marriages are estimated to end in divorce
- 1 in 4 children under 16 will experience their parents divorce
- Over 150,000 children are affected by divorce every year
- Mediation improves communication, reduces bitterness and benefits children
- 70% of mediations result in agreement

## About NFM

National Family Mediation (NFM) is a network of local family mediation services in England and Wales. We are committed to providing high quality mediation to everyone who needs it in all communities. Mediators are trained and qualified to a high professional standard and are regulated by the UK College of Family Mediators of which NFM is a founder member.

FOR MORE INFORMATION  
ABOUT WHERE TO FIND AN  
NFM SERVICE IN YOUR AREA

**Telephone: 01392 271610**  
or visit our website at [www.nfm.org.uk](http://www.nfm.org.uk)



Reg Charity No. 1074796

National Family Mediation  
7 The Close  
Exeter  
Devon EX1 1EZ

# Divorcing or Separating?

Mediation helps parents who live apart  
stay close to their children



Reg Charity No. 1074796

# Divorcing or Separating?

- Is it hard to talk to your former partner about the things you know you have to discuss?
- Are your children brought into your conflicts and made unhappy?
- Are you worried about short term and long term arrangements?
- Are you unsure or confused about the legal side of things?
- Do you feel you are going to need help to sort finances out and make plans for the future?

People in your situation  
are using  
**FAMILY MEDIATION**  
it could offer you  
**THE HELP  
YOU NEED**

## Family Mediation

Mediation is a confidential, voluntary, without prejudice process in which an impartial third party (the mediator) helps you to discuss and negotiate all issues surrounding your divorce or separation.

### Who is mediation for?

- Parents - before or after separation
- Divorcing couples (with or without children)
- Separating co-habitees (with or without children)
- Teenage parents
- Grandparents
- Adult siblings
- Parents & adult children
- Other members of the extended family where communication and/or relationship difficulties are problematic

### What can mediation provide?

- A safe neutral environment in which to discuss issues
- Impartiality
- An organised and constructive process
- Options for you to explore
- A lasting agreement for the future

### What can be mediated?

- Contact arrangements
- Residence of children
- Parenting
- Communication
- Maintenance
- Child support
- Finance
- Holiday arrangements
- Property
- Sharing possessions
- Pensions / Endowments
- Settling of debts
- Wills and probate
- Re-establishing contact
- Care of older relatives
- Education

