

National Resources and Useful Contacts for Parents, Children and extended Family members

Click on the links to direct you to the following websites;

- **www.cafcass.gov.uk**
Lots of useful information and free download of SPIP booklet and Parenting Plan
- **[Family Justice Young People's Board](#)** – FJYPB which is part of the cafcass website as above. Lots of useful information for children, by children promoting the voice of the child and young people that experience family breakdown.
- **www.nfm.org.uk**
Information on how to find a local Family Mediator and other useful Mediation information
- **www.sortingoutseparation.org.uk**
Useful information and helpful government advice
- **www.dad.info/article/category/family/divorce-and-separation/**
Managing conflict without destroying your relationship
- **www.singleparents.org.uk/parenting/contact/when-you-and-yourex-disagree**
Single Parent Action Network. Practical advice on all aspects of parenting and relationships.
- **www.gingerbread.org.uk**
Advice and practical support for single parents
- **www.wikihow.com/cope-with-separation**
Information and techniques on how to cope with separation
- **www.afathersfriend.co.uk**
Information and support for fathers going through the court process
- **www.kinship.org.uk**
Information for all carers including grandparents, siblings and extended family members

Government Websites;

Local information such as Local Authorities, Children's Centres and Hubs can be found by searching the web, putting in the area you live and the service you require.

