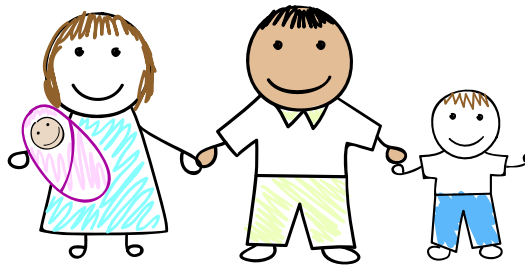


# Working it out for the Kids

Support for couples and separated co-parents



# Support for couples



## Marriage Care

Marriage Care – Tyneside Centre  
3rd Floor, Mea House, Ellison Place, Newcastle, NE1 8XS  
0191 232 0342  
0800 389 3801 - appointments  
[www.marriagecare.org.uk](http://www.marriagecare.org.uk)

**National Helpline** – 0845 660 6000;  
crisis support from 9am-9pm (Mon-Fri); 10am-3pm (Sat-Sun)

**Relationship counselling** – offers 50-minute sessions x 6 with option to extend support based on needs. £40 per session or closest affordable donation.

Check website for details of **Preparing Together** – 1 day group marriage preparation programme and the **Facilitating Open Couple Communication Understanding Study (FOCCUS)** – personalised survey-based consultation.

## North East Counselling Services

The Davidson Building, Swan Street, Gateshead,  
Tyne & Wear, NE8 1BG  
0191 440 8127  
<http://www.necounselling.org.uk/>

**Couple counselling** – partners counselled individually then jointly where practicable. Check costs with provider.

## Parents as Partners

Early Help Service, Civic Centre, Gateshead, NE8 1HH  
0191 433 3319/5019  
[earlyhelpservice@gateshead.gov.uk](mailto:earlyhelpservice@gateshead.gov.uk)

**16-week group programme** aiming to improve the couple and co-parenting relationship where dependent children are in the family. Both parents (aged 18+) must attend. No cost.

The Early Help Service also offer group parenting programmes, including:

- **123 Magic**
- **Family Nurture**
- **Incredible Years**
- **Parenting Factor in ADHD**
- **Strengthening Families**

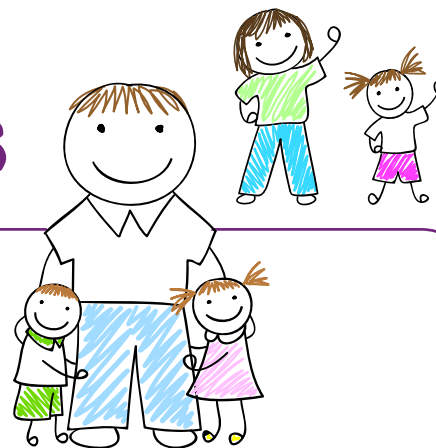
## Relate – Tyneside & Northumberland

Mea House, Ellison Place, Newcastle, NE1 8XS  
0191 232 9109  
[enquiries@relate-nt.org.uk](mailto:enquiries@relate-nt.org.uk)  
[www.relate-nt.org.uk](http://www.relate-nt.org.uk)

**Relationship counselling** – initial assessment, typically followed by up to ten 1-hour sessions. £47.50 per session but discounts available for those on low incomes where evidence of means is available.

Relate also offer **sex therapy, sex addiction therapy, family therapy** and **family mediation** services.

# Support for family relationships



## Children and Young People's Service – South of Tyne NHS Foundation Trust

Newcastle/Gateshead Children and Young People's Service  
136 Sandyford Road, Benton House, Newcastle Upon Tyne NE2 1QE  
Tel: 0191 566 5500

Referrals accepted from professionals working with children aged 0-18 years presenting with some degree of psychological distress or mental health difficulty. Services include **Family Therapy**, **Cognitive Behaviour Therapy**, **FRIENDS programme** and the **Incredible Years programme**. No cost – but children must meet set referral criteria for CYPs services.

## Early Help Service

0191 433 3319/5019  
earlyhelpservice@gateshead.gov.uk

Gateshead Council's family support service offering support with parenting and all aspects of family relationships. Children's Centre, Connexions, Play and Youth Offending Team functions all sit within the Early Help Service.

## Emotional Wellbeing Team

Grassbanks Sector Base, Grassbanks, Gateshead, NE10 8DX  
0191 283 4560

Work with young people aged between 4-18 years who may be showing signs of behavioural difficulties and/or emotional distress, including assessment, advice, groupwork and individual support.

## Family Group Conference Service

Chowdene Children's Centre, Waverley Road, Gateshead, NE9 7TU  
0191 433 2528  
Mobile 0771 749 8517

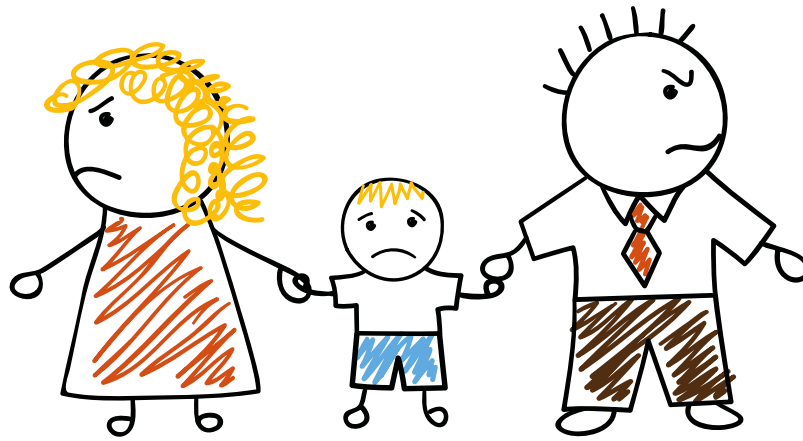
**Facilitated discussion to develop a family plan. Mediation service also available.**

## Family Nurse Partnership

Clarendon, Windmill Way, Hebburn, NE31 1AT. 0191 283 1263  
Secure email address: sty-tr.FamilyNursePartnership@nhs.net

**Nurse-led intensive home visiting programme.** All first time parents aged under 19 will be offered this voluntary service. Worker can be allocated from 12-week scan stage up to child's second birthday. Some services delivered at community venues, depending on family circumstances.

**Partners in Parenting Education (PIPE) programme**, usually a 20 session (1.5 hour) attachment course for parents and their children aged 11-19 months. Course promotes a warm, supportive environment for the children and looks at parental co-operation.



## Health Visiting Service – South Tyneside NHS Foundation Trust

0191 283 1327

**Health Visitors** are specialist trained nurses who offer home visits to all families in the community from pregnancy through to school entry. They support parents with their own health needs and developing healthy lifestyles.

**Pregnancy, Birth & Beyond** - group session x 4 weeks, 8-12 couples; couple focus given in 'transition to parenting' session. No cost.

## Improving Access to Psychological Therapies

Gateshead Talking Therapies  
The Croft, Wrekenton, NE9 7BJ

Telephone: 0191 283 2541

Gatesheadmentalhealth.adminteam@sotw.nhs.uk

**Interpersonal therapy** – where adult presents with depression linked to relationship issues and/or life changes. Intensive one-to-one therapy service, up to 12 sessions. Partners can be involved (joint work) where safe and practical. Delivered at Wrekenton (The Croft) and Blaydon and Gateshead (Prince Consort Road) Health Centres. No cost.

## MESMAC North East

3rd Floor, 11 Nelson Street,  
Newcastle upon Tyne, NE1 5AN

Helpline (Mon-Fri) 0191 233 1333  
all@mesmacnortheast.com

Advice and support on relationships for LGBT people of all ages – helpline and drop-in service (Thurs, 10am-5pm) available at Nelson Street, Newcastle, base. No cost.

## Young Women's Project

12 Gladstone Terrace, Gateshead,  
Tyne and Wear, NE8 4DY

0191 477 7759

Ywop12@icloud.com

**Issue based key work** support with young women on relationship and CSE issues plus relationship support implicit in all group programmes, including **Positive Steps, Moving On at 16, Stepping Stones, School Age Mothers** and **Millway PRU Group**. No cost to client – referring service will incur charges for specific programmes.

## Other organisations supporting family relationships

### **Barnardo's (Gateshead)**

0191 478 4667

### **Children North East**

0191 256 2444

enquiries@children-ne.org.uk

### **Fulfilling Lives**

0191 273 8891

<http://www.fulfillinglives-ng.org.uk/>

### **Gateshead Crossroads**

01207 549780

info@carerstrusttw.org.uk

### **Kalmer Counselling**

0191 241 6731

info@kalmercounselling.co.uk

### **Oasis Aquila Housing**

0191 477 3535

info@oasisaquila.org

### **Tyneside Women's Health**

0191 477 7898

enquiries@tynesidewomenshealth.org.uk

### **Tyneside MIND**

0191 477 4545

admin@tynesidemind.org.uk

A full list of voluntary organisations in Gateshead can be found at [www.ourgateshead.org](http://www.ourgateshead.org)

## Useful websites

### **Couple Support**

<http://thecoupleconnection.net>

[www.oneplusone.org.uk](http://www.oneplusone.org.uk)

[www.relate.org.uk](http://www.relate.org.uk)

### **Family relationships**

[www.familylives.org.uk](http://www.familylives.org.uk)

[www.familyandchildcaretrust.org](http://www.familyandchildcaretrust.org)

### **Counselling providers**

[www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

[www.findcounsellingservices.co.uk](http://www.findcounsellingservices.co.uk)

Check service listings for more useful websites.



# Support for **separated** co-parents

## Couple/Relationship Mediation Services

### Family Matters

Resolution Family Matters, c/o David Gray Solicitors,  
Old County Court, 56 Westgate Road, Newcastle, NE1 5XU.  
0191 230 2138  
Familymatters.newcastle@resolution.org.uk

Practical support for couples going through separation and divorce. Family Matters Guides (same worker for all contact) work direct with individuals and with ex-partners where applicable. Free if in receipt of benefits or earning on/ below the living wage.

### Family Mediation Council

[www.familymediationcouncil.org.uk](http://www.familymediationcouncil.org.uk)

Approx 10-12 Family Mediators are based within a 10 mile radius of the Central Gateshead postcode of NE8, working for Impact Family Services, Family Mediation @ David Gray, Mediation Associates Limited, McKeag & Co Mediation, Solutions Mediation, Family Mediation North East, NFM Direct, and JL Family Mediation.

**Mediation and post separation support** through an approved regional register of FM facilitators. Contact will involve a Mediation Information Assessment Meeting (MIAM) and agreements will be recorded in a Memorandum of Understanding. No standard fee – contact local mediators direct for charges. Individuals may also be eligible for legal aid.

Mediation option also available from the **Family Group Conference Service** – see above.

## Managing separation

### Separated Parents Information Programme

Gill Docherty, Impact Family Services, 35 West Sunnyside, Sunderland, SRI 1BU  
0191 567 8282  
[enquiries@impactfs.co.uk](mailto:enquiries@impactfs.co.uk)

Separated Parents Information Programme (SPIP) – usually 2 x 2 hour sessions or 4 x 1 hour sessions. Course for parents who are separating or have separated to focus on resolving conflict and disputes outside of court. Separated couples do not attend the same course. Typically £125 - £150. May be free or available at reduced cost depending on circumstances.

Free SPIP courses are ran by Impact Family Services on the CAB site (High Street, Gateshead) which accepts self/service referrals – see contact details, above.

Relate run a SPIP course for court referrals only (costs covered), usually at the Royal Station Hotel, Newcastle.

For details of other providers, including those taking self-referrals, visit the CAFCASS website at:  
<https://www.cafcass.gov.uk/>

## On-line self-help and e-learning

**Getting it right for the children** – on-line skills portal to help parents communicate more effectively. Resources are also signposted to those attending a Separated Parents Information Programme: <http://theparentconnection.org.uk/programmes/programmes/getting-it-right-for-children-when-parents-part>

**Sorting out separation** – easy to use web app which features info/links on separation issues: [www.sortingoutseparation.org.uk](http://www.sortingoutseparation.org.uk)

**Splitting Up? Put Kids First** is a free on-line parenting plan and skills development course for separating parents: [www.splittingup-putkidsfirst.org.uk/home](http://www.splittingup-putkidsfirst.org.uk/home)

**www.thecoupleconnection.net** – an interactive self-help site to provide resources and practical tools to help improve couple relationships, including the 'How to argue better' online course.

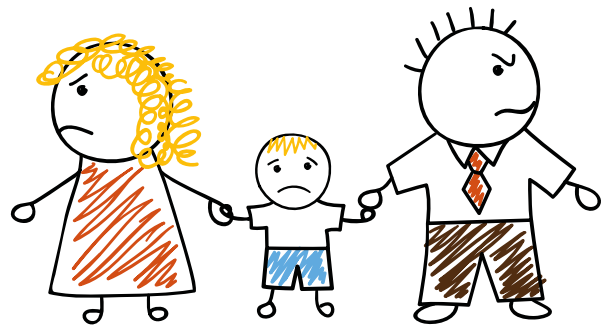
## Other sources of support

### Supported contact centres

Child Contact Centres are there for the child(ren) to maintain or re-establish contact with parents and carers. If there is a risk of harm then a 'supervised' service needs to be used. Those needing only a neutral venue will normally use a 'supported' service. Use the NACC website at [www.nacc.org.uk](http://www.nacc.org.uk) to read more about the types of contact arranged. Local NACC centres include Core Assets (Newcastle – 0191 410 8100, [www.coreassets.com](http://www.coreassets.com)) and Impact Family Services (Newcastle, South Shields, Sunderland – 0191 567 8282, [www.impactfs.org.uk](http://www.impactfs.org.uk)). Charges should be checked direct with providers – some services are free, most are at low cost.

### <http://www.nacc.org.uk/find-a-centre>

Local NACC centres include Core Assets (Newcastle) and Impact Family Services (Newcastle, South Shields & Sunderland). Charges should be checked with individual providers – some services are free, most are at low cost.



### Core Assets

0191 410 8100  
[www.coreassets.com](http://www.coreassets.com)

### Impact Family Services

0191 567 8282  
[www.impactfs.org.uk](http://www.impactfs.org.uk)

## Useful websites

**National Mediation** [www.nfm.org.uk](http://www.nfm.org.uk)

**Divorce** [www.divorceaid.co.uk](http://www.divorceaid.co.uk)

**Legal advice** [www.advicenow.org.uk](http://www.advicenow.org.uk)  
[www.resolution.org.uk](http://www.resolution.org.uk)  
[www.citizensadvice.org.uk/relationships](http://www.citizensadvice.org.uk/relationships)  
[www.gov.uk/government/family-justice-council](http://www.gov.uk/government/family-justice-council)  
[www.gov.uk/check-legal-aid](http://www.gov.uk/check-legal-aid)

