

FAMILY MATTERS

FURTHER ADVICE
AND INFORMATION



one
scotland
SCOTTISH EXECUTIVE

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**Being part of a family can be fun.
It can also be hard work and
sometimes there are arguments.
All families can face problems.**

On the following pages are a list of organisations which offer advice and information for adults, children and young people. As well as giving advice in person and producing leaflets and other written materials, some of these bodies have a telephone helpline, and others have a website which you can browse.

In addition, there are a great many books available on families, children and parenting. Some of these are aimed at parents and others are for children themselves. You can ask the organisations listed to recommend books, or you can ask about them in your local library or bookshop.

For legal advice you will have to consult a solicitor but in the first instance you may wish to contact your local Citizens Advice Bureau for advice about your situation. If you do wish to find a solicitor, the Law Society of Scotland can direct you to solicitors in your area, who specialise in family law.



Where to get help

Relationship Counselling

Talking about a problem often helps. Relationship counselling in particular helps couples to understand each other's point of view, which is facilitated by a trained counsellor. Most people coming for relationship counselling self-refer and others are directed from health, social services, churches and friends and family. Relationship counselling is a process of enabling couples or individuals to see their situation more clearly and to work through particular issues which impact on their relationship. Couple Counselling Scotland and Scottish Marriage Care are two specialist relationship counselling organisations in Scotland.

Mediation

This is a service for family members to help them to make their own agreed arrangements for their children through meetings with a trained mediator. Mediators can also help parents to reach agreements on property matters. Grandparents can also use mediation to address issues that have arisen between them and the parent regarding their grandchildren and in some cases are able to use contact centres to maintain relationships when it would otherwise prove very difficult.

Family Group Conferences

The family group conference process is facilitated by an independent co-ordinator. It involves members of the extended family and other significant people who can contribute to planning for the future wellbeing, care and protection of a child. Some local authorities offer family group conferencing, and the charity Children 1st will also be able to give you more information.

Helplines

The numbers of local and national organisations that offer help and support to families are listed in the phone book. ParentLine is one such organisation. Grandparents Apart Self Help also operates a helpline. There is also lots of advice available on the internet. If you don't have a computer at home, you may be able to use one at your local library.

Citizens Advice Bureaux

Local Citizens Advice Bureaux can offer you advice on matters such as relationship breakdown, caring for children and options for resolving disputes. The details of local offices are listed in the phone book or on Citizens Advice Scotland's website, www.cas.org.uk. Information about your rights is also available on Citizens Advice Scotland's public information website: www.adviceguide.org.uk.



Parenting Agreements

The Scottish Executive has produced a Parenting Agreement pack. Parenting Agreements are for parents who are separating, or who have separated, to help them think about and agree key decisions about the future of their children. For example, parents can consider and agree how they will both play an active role in their child's upbringing. Parenting Agreements are not legally binding, but some people find them helpful at what can be a difficult time. If you or someone you know would be interested in receiving further information, they can go to the website: www.scotland.gov.uk/familylaw or phone 0131 244 3581.

Legal Advice

Some people may decide to seek the advice of a solicitor. Solicitors who are members of the Family Law Association www.fla-scotland.co.uk deal with families in all forms of disputes. They will be able to refer people to mediation. They are aware of the problems that face families. A number are specialists in this field. Some solicitors are also trained as mediators themselves and can help families resolve difficult issues, they are members of a group known as CALM, (www.calmscotland.org.uk). The Law Society of Scotland can also give you a list of solicitors in your local area who specialise in family law (www.lawscot.org.uk). The process of Collaborative Family Law (www.collabfamilylaw.org.uk) can be used where agreements are reached by round-table discussions with all parties and solicitors.

Details of all these organisations can be found on websites, Yellow Pages and through Citizens Advice Bureaux. Going to see a solicitor does not mean going to court but you will be able to access information about how best to resolve the difficulties in your family.

USEFUL CONTACTS

Barnardo's Scotland

235 Corstorphine Road
Edinburgh
EH12 7AR
www.barnardos.org.uk

Children 1st

83 Whitehouse Loan
Edinburgh
EH9 1AT
0131 446 2300
www.children1st.org.uk

Children in Scotland

Princes House
5 Shandwick Place
Edinburgh
EH2 4RG
0131 228 8484
www.childreninscotland.org.uk

Couple Counselling Scotland

18 York Place
Edinburgh
EH1 3EP
0845 119 6088
www.couplecounselling.org

Equality Network

30 Bernard Street
Edinburgh
EH6 6PR
Tel: 07020 933 952
www.equality-network.org

Families Need Fathers

134 Curtain Road
London
EC2A 3AR
0207 613 5060
Helpline - 08707 607 496
www.fnf.org.uk

Family Mediation Scotland

18 York Place
Edinburgh
EH1 3EP
0845 119 2020
www.familymediationscotland.org.uk

General Register Office for Scotland

New Register House
3 West Register Street
Edinburgh
EH1 3YT
0131 334 0380
www.gro-scotland.gov.uk

Grandparents Apart Self Help Group Scotland

22 Alness Crescent
Glasgow
G52 1PJ
0141 882 5658
www.grandparentsapart.co.uk

One Parent Families Scotland

13 Gayfield Square
Edinburgh
EH1 3NX
0131 556 3899
Helpline - 0808 801 0323
www.opfs.org.uk

One Plus

55 Renfrew Street
Glasgow
G2 3BD
0141 333 1450
www.oneplus.org

Scotland's Commissioner for Children and Young People (SCCYP!)

85 Holyrood Road
Edinburgh
EH8 8AU
0131 558 3733
www.sccyp.org.uk



Scottish Child Law Centre

54 East Crosscauseway
Edinburgh
EH8 9HD
0131 667 6333
Helpline - 0800 328 8970
www.sclc.org.uk

Scottish Marriage Care

72 Waterloo Street
Glasgow
G2 7DA
0141 222 2166
www.scottishmarriagecare.org

Scottish Women's Aid

Norton Park
57 Albion Road
Edinburgh
EH7 5QY
0131 514 9981
www.scottishwomensaid.co.uk

Shelter Scotland

Scotiabank House
Edinburgh
EH2 4AW
0808 800 4444
www.scotland.shelter.org.uk

Stepfamily Scotland

18 York Place
Edinburgh
EH1 3EP
0131 514 9981
Helpline - 0845 122 8655
www.stepfamilyscotland.org.uk

The Law Society of Scotland

26 Drumsheugh Gardens
Edinburgh
EH3 7YR
0131 226 7411
www.lawscot.org.uk

The Scottish Legal Aid Board

44 Drumsheugh Gardens
Edinburgh
EH3 1AP
0131 226 7061
www.slab.org.uk

Young Scot

Rosebery House
9 Haymarket Terrace
Edinburgh
EH12 5EZ
0131 313 2488
www.youngscot.org.uk

Websites

BBC Parenting Homepage

www.bbc.co.uk/parenting

Citizens Advice Scotland

Find your nearest Citizens Advice Bureau at: www.cas.org.uk
Find general advice online at: www.adviceguide.org.uk

Domestic Abuse

www.domesticabuse.co.uk

The Family Law Association

www.flas-scotland.co.uk

Telephone Helplines

ParentLine: 0808 800 2222

ChildLine: 0800 11 11

Domestic Abuse: 0800 027 1234

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FURTHER ADVICE AND INFORMATION

The Scottish Executive produces a range of documents about family law that can be obtained from the following address:

The Scottish Executive Justice Department

Civil Law Division

St. Andrew's House

Regent Road

Edinburgh

EH1 3DG

0131 244 3581

www.scotland.gov.uk/familylaw

The Scottish Executive has produced a range of Family Matters documents. These are available from www.scotland.gov.uk/familylaw, by e mail family.law@scotland.gsi.gov.uk or by phoning 0131 244 3581

Part of Family Matters Parenting Agreement
Not available separately

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