

Support and information is available in a number of ways:

A national telephone helpline - available from Monday to Friday 6pm to 10pm on 0300 0300 363.

Local branch meetings - where you can get advice and support, talk through your situation with others in similar circumstances, learn from each other's experiences, and feel less alone.

Parent support workshops - covering a wide range of topics ranging from the challenges of being a separated parent or grandparent, to building communication with your 'ex' and dealing with feelings of anger, loss or helplessness.

Fact sheets and publications - dealing with issues ranging from maintenance payments, schools and doctors, to CAFCASS and representing yourself in court.

A comprehensive website - covering all aspects of our activities, as well as a wealth of useful information.



FAMILIES NEED FATHERS

For more information on joining Families Need Fathers:
Visit www.fnf.org.uk
Call 020 7613 5060



FAMILIES NEED FATHERS

The UK's leading Shared Parenting charity

Your local FNF branch

Families Need Fathers
134 Curtain Rd
London EC2A 3AR
Admin tel: 020 7613 5060
Helpline: 0300 0300 363
Web: www.fnf.org.uk

How can my children get to see me - and my family?

How can I best look after my children after our separation?

I know my children need me but I don't see them.
What can I do?



FAMILIES NEED FATHERS

Registered charity number: 276899



If you are separating or divorced and are worried about not seeing your children – or worried about the effect the breakdown of your relationship might have on them, Families Need Fathers can provide you with the support and information you need.

We are an organisation dedicated to helping parents and their families continue to provide the love, care and support that their children need after separation – no matter how the parents might feel about each other.

We can provide emotional, practical and legal support.

“Families Need Fathers does excellent work pastorally and in providing guidance on rights and entitlements. It has a website to which many clients can well be referred.”

David Hodson solicitor and deputy DJ (PRFD), Family Law magazine, July 2005.

Providing support and information

Much of our work is in helping parents who are worried about their relationship with their children. We also provide a wealth of information and support for parents that want to make the most of their time with their children.

Our services are open to mothers, fathers, grandparents, new partners and extended families. You can find all the information you need on our website, in our fact sheets and newsletters, as well as through our telephone helpline.

“I have been shocked and dismayed at the way the system operates and I have been encouraged and supported by the information I have found on your website and in your publications.”
Paul, Cambridge

A comment we often hear from our members is **“I wish I had known about you earlier!”** The sooner you can get the necessary information and support you need, the better you will be able to deal with your situation. The cost of membership is a fraction of the cost of a solicitor’s time – and will help you to help yourself.



You’re not alone

We’ve found that it helps for parents to talk to others who are in a similar situation and are able to share their experiences. That’s why we organise meetings all over the country and run an Internet forum. Our members can talk to and support each other directly, share their experiences and provide help.

Making your voice heard

By joining Families Need Fathers you will also be giving your support to the campaigning work of the charity. We are working hard to make sure that both parents can be involved in their children’s lives after separation and that they both share responsibility for their children. We want to ensure that fathers and mothers are of equal status in law and that children can continue their relationships with both parents.

By becoming a member you will be joining a group of people determined to make sure that the voice of separated parents and their children is heard and you will be adding your support to a charity succeeding in getting changes for the better.