

Support and information are available through our:

- **National Telephone Helpline 0300 0300 363**  
available 7am - midnight 7 days a week.
- **Local branch meetings** - help, support, friendship, empathy – discuss your situation with others in similar circumstances – we understand and we care.  
**NB** some branches have free solicitor clinics available only to members.

Additional services for **FNF members**:

- **Support workshops** - covering a wide range of topics ranging from the challenges of being a separated parent or grandparent, to building communication with your former partner.
- **Factsheets and publications** - many free of charge or discounted for members, from dealing with CAFCASS, planning and enforcing contact and financial arrangements to case preparation and representing yourself in court and other legal issues.
- **Comprehensive website - Members Area and Forum** covering all aspects of our activities plus other useful information. Use our Online Forum for discussion, help, support and a legal section where you can put questions to a solicitor free of charge.
- **FNF magazine** - contains up to date Family Law information, discussion, views and more.
- **McKenzie Friends contact list** - lay people who can offer assistance to Litigants in Person (Charges may apply).

*Plus much more...*

For more information and to join go to  
[www.fnf.org.uk](http://www.fnf.org.uk) or call 0300 0300 110



**FAMILIES NEED  
FATHERS®**

**because both parents matter**

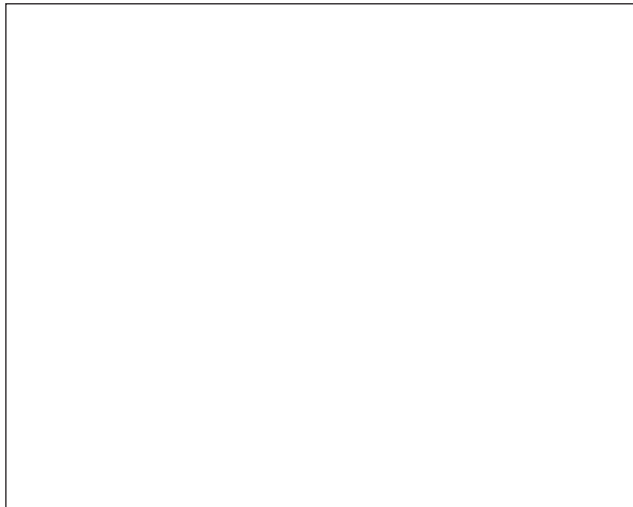
Families Need Fathers (National Office)  
Unit 501, The Pill Box, 115 Coventry Rd  
London, E2 6GG

**Admin Tel:** 0300 0300 110

**Helpline:** 0300 0300 363

**Web:** [www.fnf.org.uk](http://www.fnf.org.uk)

Registered Charity number 276899



FNF has been awarded the  
Help and Support for Separated  
Families Mark in recognition of  
its unique role in helping to  
reduce conflict and improve  
collaboration between parents.

How can my children  
get to see me?

What are my rights  
as a parent?

How can I best look  
after my child after  
separation?



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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 a charity dedicated to helping divorced or separated parents and their families continue to provide the love, care and support that their children need – no matter how they might feel about each other.

**We can provide emotional, practical and legal support.**

*“For help and support, Families Need Fathers branch meetings provide mentoring and support that can make all the difference when coming to family solutions and agreements.*

*There is also a website with advice and interactive forums which are great resources for separating families.”*

**Tim Loughton MP - former Parliamentary Under-Secretary of State for Children and Families 2010 - 2012**

## 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 fathers, mothers, 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 earlier you can get the necessary information and support you need, the better you will be able to deal with your situation. The cost of annual membership is usually less than the cost of a quarter of an hour of a solicitor’s time – and will help you to help yourself.



## You are 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 regular branch meetings all over the country, and run online support forums where you can speak to members nationwide. Our members can talk to and support each other directly, share their experiences and provide real 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 therefore be joining a group of people determined to make sure that the voice of separated parents and their children is heard, and you will add your support to a charity succeeding in making changes for the better.