

The Principles of Mediation:

Mediation is

- **Voluntary** (including the mediators)
- **Impartial** (all information is shared)
- **Confidential** (exceptions would be an Open Financial Statement, or child protection and safety issues)
- Decisions are made jointly by parties
- Agreements made in mediation will be written up as a Memorandum of Understanding. They are not legally binding but may be drawn up into a Consent Order by your Advocate.

Decisions made now will affect both you and your children into the future

Mediation

Family Proceedings Advisers are all fully trained mediators with National Family Mediation (NFM), and the Family Proceedings Advisory Service is able to offer mediation (on child matters only) as an alternative to a contested court hearing where both parties agree to this. The mediation process is kept completely confidential, and if the Court appoints a Family Proceedings Adviser to your case either before or after mediation records will be kept separately and no information will be shared between the mediators and the FPA.



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States of Guernsey
Family Proceedings
Advisory Service

Putting children and young people first

Family Mediation



<https://www.surveymonkey.com/r/Familyproceedingsadvisersmediationsurvey>

Family Proceedings Advisory Service — Putting children and young people first

What is family mediation?

Mediation helps those involved in family breakdown to communicate more effectively and reach their own decisions on matters affecting them and their children.

The mediators will help you to improve communication, discuss solutions to problems and make practical arrangements whilst keeping the needs and wishes of the child as the central focus.

Why try mediation?

There are numerous benefits in taking part in mediation.

- It can help to reduce conflict and feelings of bitterness
- it can improve communication and help parents focus on the needs, wishes and feelings of their children
- It can avoid the stress and expense of court proceedings
- It offers the opportunity for you each to speak and hear the other's point of view in a respectful and safe environment.

How will mediation work?

Mediation takes place through joint meetings with the help of trained, impartial professionals. The mediators are there to help you and your former partner to have a conversation about the issues that need to be resolved. Any decisions you make will be made freely by you and your former partner without pressure.

As communication can be difficult in times of emotional stress and upset, mediation can help by providing a safe place for individuals to explore thoughts and feelings and reach agreement in a confidential setting. Meetings take place in a relaxed environment which aims to encourage open and honest communication.

Mediation is not counselling, therapy, or marriage guidance. Mediators will not give advice, and will remain neutral as to the outcome, but will help you explore solutions that are appropriate for you.

What issues can be discussed through mediation?

- Where the children will live
- When and how the children will see the non-resident parent
- How best to explain the situation to the children

- How much time children will spend with their extended family
- Who the children will spend holidays with such as Easter, summer and Christmas
- How parents will communicate about their children
- Outside relationships and new partners
- **What next?**
- If you think mediation could help you can request a referral form from the Greffe or your Advocate or contact us yourself. When we have received referral forms from both of you we will hold assessment meetings with each of you to confirm suitability for mediation, at which we will collect all the relevant details of your children and your overall objective in attending mediation. You will then be contacted to arrange the sessions with you and your ex partner together.

Through mediation we hope to be able to help you concentrate on the present and the future, rather than the past. We hope to be able to assist you in reaching decisions and moving on with your life.