

## Working together

One thing our sporting success in the Olympics has shown is how even the most talented athletes need the help and support of experienced colleagues and friends. The medal winning teams had not only the best athletes but also the best coaches, therapists, scientists and managers all working together.

On the other hand, too often, when it comes to personal relationships we are out and out individualists. That's especially true when relationships start to break down and separation and divorce follow. Sadly when the going gets tough we have a tendency to turn in on ourselves and away from the support and help we need.

Relationship counsellors work with couples who need to reassess their relationship and make the changes necessary to improve and rebuild it.

Family Mediators help those who have already decided to end their relationship and need to plan for the future. Either way the benefits of working with a professional with many years experience of helping couples in difficulty are immense. Situations which are new and unfamiliar to the couple will be part of the professional's daily work.

Whether you are worried about your financial arrangements or your children, family mediators are able to bring their experience, knowledge and expertise to help and support you through difficult times and help you plan for your own and your children's future.

You can contact family mediation services direct, or by referral from your solicitor. Your initial appointment will give you the opportunity of meeting a mediator on your own, and finding out more about the mediation process before committing to it. Mediation Services which have the Mediation Quality Mark and are contracted to the Community Legal Service provide mediation free to those financially eligible for legal aid.

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