

Support for every family.

At Sandal we recognise that families come in various “shapes and sizes” and each are welcomed and supported.

Whatever your circumstances there is a wealth of resources to support you if your family changes.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/separation-and-divorce/>

<https://www.cafcass.gov.uk/grown-ups/parents-and-carers/divorce-and-separation/parenting-together/supporting-your-children-through-divorce-and-separation/>

<https://www.cafcass.gov.uk/grown-ups/parents-and-carers/divorce-and-separation/parenting-together/>

<https://www.cafcass.gov.uk/grown-ups/parents-and-carers/divorce-and-separation/parenting-together/separated-parents-information-programme/>

<https://www.gingerbread.org.uk/information/separating/>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/divorce/>

<https://www.gov.uk/government/publications/guide-for-separated-parents-children-and-the-family-courts-cb7/guide-for-separated-parents-children-and-the-family-courts-cb7>

<https://www.separatedfamilies.info/home/families/>

Children may experience difficulties going through family changes and staff are available to support as needed. Please let us know how we can help. All conversations are confidential.

Take care of your mental wellbeing

Changes in your family arrangements will have an impact on your wellbeing and it is important to talk whether it is to friends, colleagues or family. There are also options for support digitally via Qwell.io and local support groups.



<https://itsworthtalkingabout.org/>

<https://itsworthtalkingabout.org/groups>

Support for Dads

Depending on the individual circumstances, we are here to listen and we can signpost to organisations just for Dads.