

### SPIP Courses

You have been requested by the court to attend a Separated Parents Information Programme (SPIP), which focuses on the needs of your child/ children within the separation process.

Break and Relate deliver these courses in partnership.

#### SPIP courses run in:

**Norwich:** as a two part course delivered on **Wednesdays 6pm - 8pm.** Or as a four hour course **Wednesdays 10am - 2:30pm and Thursdays 10am - 2:30pm**

**Bury St Edmunds:** as a four hour course on **Fridays 10am - 2:30pm**

**King's Lynn:** as a four hour course on **Fridays 10am - 2:30pm and Saturdays 9am - 1:30pm**

**Lowestoft:** as a four hour course **weekdays 10am-2:30pm on Saturdays 9am - 1:30pm**

Parents will be contacted by the Families' House team or Relate to be offered available dates.

Relate Tel No: 01603 625333

### SPIP courses are held at:

<b>Norwich</b> Families' House 125 Ber Street Norwich NR1 3EY 01603 621702	<b>Lowestoft</b> The Kirkley Centre 154 London Road South Lowestoft NR33 0AZ 01502 558353
<b>King's Lynn</b> Yours Business Centre Tuesday Market Place, King's Lynn, PE30 1JW 01603 625333	<b>Bury St. Edmunds</b> Relate 9 Short Brackland Bury St Edmunds Suffolk IP33 1EL 01284 767305

### Mediators in Norfolk/Suffolk with Legal Aid Funding

- BBL Family Law - 01603 679050
- Barbara Robb, Family Mediation Service - 01502 575252
- Norfolk Family Mediation Service - 01603 620588
- Family Law Consultancy - 01603 664000
- NFM Direct (Suffolk and Wisbech) - 0300 4000 636
- Goodwin Cowley, Lowestoft - 01502 532700
- Divorce and Separation Solutions, Bury St. Edmunds - 07583281492



## Separated Parents Information Programme

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 break-charity.org

Young people in care and moving on  
 Children and young people with disabilities  
 Families in need of support  
 Children at risk



# Course Content

## Course Purpose

To make parents more aware of the effect of separation on their children.

To make it clear that continuing conflict over contact is not in the best interests of the children.

To provide parents with workable ideas about how to change things for the better by improving communication skills.

## Who attends?

Parents are directed or ordered by the court to each attend different courses (free of charge to parents).

Break and Relate deliver these courses in partnership.

Courses are run either as two two-hour sessions which both must be attended, or as a one off four hour session.

## Additional Needs

If you have any additional needs that we need to take into account, please let us know when you book so that we can enable you to get the best from the course.

Additional needs are those that affect your access to the building (such as a disability), or the way you learn or understand information (such as a learning disability, a mental health issue or a need for interpretation services).

Unfortunately there are no creche facilities available, so children cannot be brought to this course.

## The divorce and separation process

Parents are encouraged to focus on solutions to their situation.

Includes divorce statistics, identification of important ideas that make a difference to children, during the divorce/separation process.

## Parent Communication

Parents discuss a prepared scenario, looking at it from the mother, father and children's perspectives.

Includes review of parenting questionnaire; any changes made or blocks to change; imagining children's future conversations about this time in their life; understanding how to reduce stress and how to listen and respond; managing difficult conversations by developing an amicable relationship; focussing on what they can control; tips for contact and helping children adjust to two households.

## What children need

Parents watch a powerful DVD that considers the impact of conflict on children.

Includes how children typically experience and respond to separation and divorce and ways to help them adjust; the impact of parents' conflict on everyone; children's needs during this time, parenting questionnaire to identify strengths to help changes take place.

## Emotions

Parents look at the impact of separation and divorce and options for moving forward.

Includes emotions and stages of loss, understanding how strong feelings can affect behaviour, how to take care of yourself, using support available, looking again at their separation/divorce journey and identifying any changes made/being considered to assist them moving forward.

Parents are provided with a handbook which can be taken away and used at home as a reference.