



FAMILY MEDIATION

Resolving family disputes
without court complexity





Family breakdown is never easy, especially when important decisions need to be made.

At **Salam Mediation**, we offer a safe, neutral space to help you talk things through and find practical ways forward. Mediation puts you in control, helps reduce conflict, and focuses on what matters most – your children, your finances, and your peace of mind.

What is family mediation?

Family mediation is a voluntary process where a trained, neutral mediator helps you and your ex-partner have constructive conversations. The focus is on reaching practical solutions – especially around children and finances.

Mediation is confidential. We remain impartial and don't make decisions for you. Instead, we support you to explore options and move forward in a calm and respectful way.

It's often quicker, more affordable, and less stressful than going to court – whether you've just separated or been apart for some time.

Why choose mediation?

Family mediation:

- > You stay in control – not a judge deciding for you.
- > Cuts through conflict – makes space for calmer, more respectful communication.
- > Puts your children first – keeps their needs at the heart of every decision.
- > Helps you move on – with clarity, dignity, and less stress.
- > Flexible and practical – you can update things as life changes.
- > Private and confidential – nothing goes on public record.
- > Much quicker than waiting months for court.
- > Far more affordable than paying solicitors or going to court.



What do mediators do?

At **Salam Mediation**, our mediators:

- > Are trained to work impartially with separated parents and families.
- > Ask questions to help clarify issues and understand each other's needs.
- > Keep discussions fair, respectful and focused.
- > Help generate options and explore whether they're practical.
- > Prepare a written summary of any proposals reached.

We also look out for safeguarding concerns and will always act appropriately if there are risks to you or your children. We can signpost to other support services where needed.

We are trained to offer Child-Inclusive Mediation, which gives your child a safe space to share their views and concerns – but only with the consent of both parents and if the child is willing.

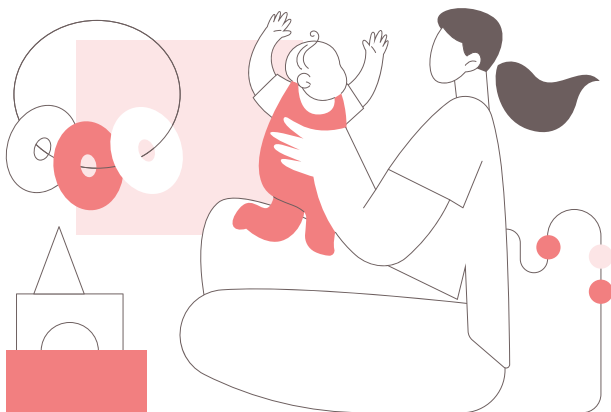
What is a MIAM?

The first step is the Mediation Information and Assessment Meeting (MIAM). This is a private one-to-one session (usually online) where you can:

- > Learn more about how mediation works
- > Share your situation in confidence
- > Ask questions and explore options
- > Decide if mediation feels right for you

Your ex-partner will also be invited to attend a separate MIAM. Mediation only proceeds if both of you agree to it.

After the MIAMs, if you're both willing to continue, joint sessions are arranged. These last about 1 to 2 hours each and can be online or in person.





What happens in joint mediation?

Each person has time to speak and be heard.
The mediator helps you:

- > Talk through the issues calmly
- > Identify common ground and concerns
- > Work through practical decisions
- > Focus on what's best for your children
- > Reach proposals that feel fair and workable

If you're discussing finances, the mediator will first prepare an Open Financial Statement (OFS) – a summary of your financial disclosure.

Once proposals are reached, we prepare a Memorandum of Understanding (MOU) – a written summary of those proposals. It's not legally binding, but it can be turned into a court order through a Consent Order application to the court.

What if we can't agree?

Not all cases reach full agreement, but many make progress on at least some issues.

If mediation breaks down, you can still seek legal advice or apply to court. Your mediator can sign a court form (C100 or Form A) to confirm that mediation was considered.

Courts now expect parties to engage meaningfully in non-court dispute resolution (NCDR) both before and during proceedings. NCDR encompasses various methods, including mediation, arbitration, and collaborative law, aimed at resolving disputes without resorting to court litigation.

You can return to mediation at any time – for example, if arrangements stop working or your child's needs change.



Is mediation right for everyone?

Family mediation works for many people, whether you've just separated or have been apart for some time. At your MIAM, we'll talk with you about whether mediation is suitable and helpful in your situation.

Even if mediation doesn't go ahead, we'll explain other ways to resolve matters without going to court – such as solicitor negotiation or collaborative law.



What if I want to go to court?

Before applying to court about children or finances, you're usually expected to consider mediation first. This usually means attending a MIAM with a qualified mediator.

There are some exceptions, known as exemptions – for example, if there are safety concerns or other specific circumstances. These are listed in section 11 of the C100 form. The mediator will talk this through with you at the MIAM.

If you don't attend a MIAM and no exemption applies, the court may pause your case until you've done so.

How much does it cost?

Mediation is usually far more cost-effective than going to court.

At **Salam Mediation**, we keep our fees transparent and affordable. You may also be able to access funding:

Legal aid

If you're on a low income, you may be eligible for free mediation through Legal Aid.

This covers:

- > The MIAM/s
- > Limited joint sessions

If just one of you qualifies, both of you can still attend the MIAM and first joint session free of charge.

Check if you're eligible for Legal Aid:
www.gov.uk/check-legal-aid

Family mediation voucher scheme

If your case involves child arrangements, you may be eligible for a £500 government voucher to help cover the cost of mediation.

We'll talk to you about this at your MIAM and apply for the funding if you're eligible.



Want to speak with us?

Salam Mediation is a registered family mediation service with the Family Mediation Council. We offer a friendly, confidential and professional service – with expertise working across different cultures, faiths and languages.

We're here to help you move forward with dignity and mutual respect.

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<https://salammediation.co.uk>

More advice and information

If you'd like more help with family issues such as separation, child arrangements, or financial settlement, you can visit:

- > **Family Mediation Council** – Find a registered mediator and learn how mediation works
www.familymediationcouncil.org.uk
- > **Advicenow** – Helpful guides on family law, mediation, and court forms
www.advicenow.org.uk
- > **Citizens Advice** – Free advice on legal, money and family issues
www.citizensadvice.org.uk



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