

Support available for Children, Young people and Families in CYPS Central Area (Selby, Hambleton and Richmond)

## Relationship Support



Family Lives is a charity with over three decades of experience helping parents to deal with the changes that are a constant part of family life. We know that many people play active roles in raising children, from dads and mums, grandparents, stepparents and non-resident parents.

**Helpline: 0808 800 2222**

**[Link: Family lives](#)**



CCLC provides free legal information, advice and representation to children, young people, their families, carers and professionals, as well as international consultancy on child law and children's rights.

**Helpline: 020 752 0300**

**[Link: Coram](#)**



FNF is the leading UK charity supporting dads, mums and grandparents to have personal contact and meaningful relationships with their children following parental separation.

**Helpline: 0300 0300 363**

**[Link: Families need Fathers](#)**

### Local mediation Services

Mediation can be complex and understandably, highly emotional. We offer a safe environment in which to explore issues in a practical way.

**[ARCH Mediation \(charity providing Mediation and Anger management\) 01423 546175](#)**

**[Fountain Mediation \(Hambleton\) 01642 260455](#)**

**[Family Mediation Service \(Hambleton\) 01609 751653](#)**

**[Crombie Wilkinson Solicitors \(Selby\) 01757 708957](#)**

**<https://www.crombiwilkinson.co.uk/>**



Offers counselling services for every type of relationship nationwide. We provide advice on marriage, LGBT issues, divorce and parenting. If you want to talk to someone about your relationship and get some support contact your local branch. Support can be provided online and on the telephone.

**Northallerton Branch helpline 01325 461 500 / 0191 232 9109**

**Doncaster Branch helpline 01302 347474**

**[Link to email Relate](#)**

**[Link: Relate web](#)**

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IDAS is the largest specialist charity in Yorkshire supporting anyone experiencing or affected by domestic abuse or sexual violence.

Services include refuge accommodation, community based support, peer mentoring, group work and access to a free, confidential out of hours' helpline.

For children and young people, we have developed one to one and group support. Our young persons' RYPP (Respect Young Person's Programme) also works with families where the young person is abusive.

**Helpline: 03000 110 110**

**Email: [info@idas.org.uk](mailto:info@idas.org.uk)**

**Selby Outreach: 01757 708 956**

**Hambleton & Richmondshire: 01609 779 769**

**Live web chat:** To chat to us anonymously, you can use our live web chat facility. This operates: **Monday to Friday between 4pm and 6pm via this website.** Visit the website during these times and you will see a Live Chat Box appear at the bottom of the screen. By typing your question into this box you will be able to chat directly with one of our workers.