

Relationships Scotland

Relationships Scotland are Scotland's largest provider of relationship counselling, family mediation and child contact centre services.

Child Contact Centres support parents to keep in touch with their children following divorce and/or separation.

Child Contact Case Study

Dad approached our service when his son was two years old.

Prior to separating, mum and dad had agreed contact arrangements but communication had broken down as mum felt dad was unreliable and it had never taken place. Dad was looking for a regular contact arrangement where he could build his relationship with Ben.

At the Contact Centre dad had regular fortnightly contact with his son. He was consistent and reliable and staff observed happy interaction between father and son. Mum remained anxious as she had no direct contact with dad and so was reluctant to grant contact out with the centre but did agree to increasing the duration of each visit.

To try and progress the contact, dad arranged two sessions of contact to be supervised. He hoped this would reassure mum of his good relationship with their son and his responsibility as a parent.

A contact plan was negotiated which would begin with splitting the contact sessions to having some time in the Centre and some time out of centre and this would gradually move towards an increase in time and eventually them managing handovers out with the Centre. Mum and Dad liked having the support of the staff for handovers for contact out with the centre and this worked very well.

Some comments from the parents who have used child contact centres.

During this time, I have witnessed our son grow and gain confidence. In our years using this service, Relationships Scotland have facilitated reports on our time together. These have given me reassurance and confidence in what I am doing as a father.

Local staff members are on hand and have been supportive and encouraging throughout, as have all the team that I have interacted with in the Centre.

I am especially grateful that such a service has been available as without it I dread to think how often my son and I would be able to spend time together. I have always thought it was such a shame that such a service needed to exist, but time and perspective has shown me that it is more than a place to see our children, but as a place to develop as parents also. Without this facility, I would have been in a position where I had no faith or confidence in my skills as a dad. Now I move forward, empowered in my ability to play a real part in my son's life. You have all been and will continue to be heroes of mine and we are very grateful to have had your support.