



## Eden Child Contact Centre Information for Children

Eden Contact Centre provides a safe and friendly place for children to enjoy seeing their parent who does not live with them.

This booklet will hopefully answer some of the questions you may have about coming to the Contact Centre.

## **Why am I going to a Contact Centre?**

When parents do not live with their child they may still want to spend time with them but sometimes this cannot happen at home as some parents do not get along. If parents cannot agree when a child can see the parent who does not live with them then sometimes a judge or magistrate from a Family Court might be asked to help. A Family Court is very different to a Criminal Court. In the Family Court the Judge will listen carefully to what everyone has to say and try to help everyone agree on what is the best thing for you.

## **How do you feel?**

You might feel nervous or confused about seeing your parent at the Centre. It is normal to feel these things. If you are worried, sad or happy it might help to talk to the parent you live with. Be honest about how you feel and don't be afraid to ask questions. Just say what you think and what you want, not what other people want.

## **What will happen at the Contact Centre?**

Eden Contact Centre provides a safe and friendly place for you to enjoy seeing your parent who does not live with you.

There are toys and games available at the Centre or you can bring a favourite toy or game with you.

## **Who will be at the Centre?**

There will be some staff at the Centre. Some of the staff are volunteers and they will help the families who attend the Centre, if they need help.

There will be other children present with their parents. Children of all different ages attend the Centre. Most children spend time with their parents but sometimes children will play together for a little while if they want to.



## **What will happen if I decide I do not want to stay in the Contact Centre?**

It will have been decided by your parents how long you can have at the Centre with the parent who does not live with you.

If you find you don't want to stay as long as they decided, you can say at the beginning of the session when the parent who lives with you is present and then a member of staff will let the other parent know.

However, if part way through the session you feel you want to go home you can tell a member of staff and they will phone your Mum or Dad and ask them to come and collect you.

The Eden Child Contact Centre is held on alternate Saturday mornings at North Eden Children's Centre, The Regent, Old London Road, Penrith.

If you have any further questions please do not hesitate to contact the Eden Contact Centre Coordinator, Gail Leckie:

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