

I'M NOT BEING LISTENED TO
 MY FAMILY IS CHANGING
 I'M DREADING GOING HOME
 I'M NOT FEELING IN CONTROL I'VE LOST CONTACT
 I DON'T SAY THE RIGHT THING
 WE ARGUE ALL THE TIME
 I'M FEELING STUCK
 THERE ARE TOO MANY DEMANDS
 I'VE NOTICED WORRYING BEHAVIOUR



FRIENDLY
 CONFIDENTIAL*
 IMPARTIAL
 INDEPENDENT

*subject to child protection requirements

Want to know more?

To find out more about the service or just talk through your situation contact us at:

Tel: 01323 442781

Email: time2talk@mediation-plus.co.uk

Web: www.mediation-plus.co.uk

or write to us at:

Time2Talk

Mediation Plus,
 Southview, Western Road,
 Hailsham, East Sussex
 BN27 3DN

Our service covers the dark shaded area:



If you live outside our area please contact:

Hastings & Rother Mediation Service

Tel: 01424 446808 Web: www.hrmediation.org

Brighton & Hove Independent Mediation Service

Tel: 01273 700812 Web: www.bhims.org.uk

West Sussex Mediation Service

Tel: 01403 258900 Web: www.wsms.org.uk

The Time2Talk service is supported by funding from:



As a charity, we rely on funding and donations to operate this service. If you would like to make a donation, cheques should be made payable to 'Mediation Plus' and sent to the address above or you can donate online at www.mediation-plus.org.uk. Thank you!

Charity Registration Number 1116072

MEDIATION

Helping families help themselves



The Intergenerational
 Mediation Service
 for Wealden, Eastbourne & Lewes



Problems with...

Anger? Arguments? Conflict?
 Stress? Breakdown? Tension?

Time2Talk can help!

MEDIATION

What is Time2Talk?

Time2Talk is a service offering impartial mediation for family members of different generations who are having relationship difficulties.*

Mediation helps young people and their parents or carers to:

- Talk & listen to each other
- Improve communication
- Improve understanding
- Resolve conflicts



"It gave me support at just the right time."

How does Time2Talk work?

On receiving a referral, either from a family member or from an agency, we can arrange a visit from two of our friendly team of trained mediators. They will offer you:

Individual meetings:

So that each person can speak freely about the difficulties and how these are affecting them.

Family meetings:

Mediators can bring you and other family members together to discuss relationships and the changes needed to improve the situation. With mediators present, this can be a 'safe' way of talking through issues.

What are the benefits of Time2Talk?

It is a voluntary process:


Family members will only take part if they want to.

You decide!

- Where:** Mediators will normally visit you at home, but can meet with you wherever you feel most comfortable.
- When:** We can arrange daytime or early evening visits to suit you.
- How long:** Our mediators will make as many return visits as are needed to help you to improve the situation.
- Confidential:** No information will be passed on to anyone unless you say so (subject to child protection requirements).

Impartial:

Mediators listen equally to everyone. They won't take sides or tell you what to do.



"I think it's a brilliant service, thank you."

*Time2Talk is not able to offer mediation to couples experiencing relationship problems. Please see details of our family mediation service opposite.

Mediation Services from Mediation Plus

We offer a full range of mediation services including:

Neighbour Mediation

Helping to resolve disputes between neighbours such as boundary or access disputes, or anti-social behaviour.

Workplace Mediation

Resolving disputes between employers and employees or within companies without having to go to tribunal.

Family Mediation

Helping couples to sort out practical issues which arise from separation, such as finance, property and access.

Commercial Mediation

Covering disputes between landlords and tenants, or between businesses trading with each other.

Community Mediation

Helping to improve communication and resolve misunderstandings between different communities or groups.

Mediation Training



Mediation Skills Training

We offer a fully accredited programme of mediation skills training for both individuals wishing to develop their own skills, or businesses and organisations looking to train their personnel, management or customer service teams.

Dealing with Conflict & Communication Skills

One-day continuing professional development courses for businesses, organisations and individuals.

Peer-to-Peer Mediation Training for Schools

Specially developed for primary and secondary schools or colleges, helping young people in schools acquire the skills to resolve issues within their peer group themselves.

visit www.mediation-plus.org.uk for further information