



The bridgeTM
(East Midlands)
always positive


talk²sort Mediation

An award-winning service working with people aged 11-19 and their families to resolve issues which are impacting the home environment or relationships.

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 Charity No. 1050596

    @TheBridgeEM

How?

Mediation can, at times, be a difficult process, but it has proven to be often successful in improving home life and relationships. It is future focussed, looking at how to move issues forward - it is not about focussing on what has happened in the past.

We will help you by listening to how you are feeling, what you feel the issues or problems are and how you would like to progress.

We then support and empower you to decide what realistic and achievable changes you would like to make in order to achieve a positive outcome.

Where?

Appointments can happen wherever you choose - at home or in the community. But, for young people, school or college is a good option for appointments.



When?

A Mediator can work with you for up to six months. Appointments are flexible, and can happen outside normal working hours - which is convenient for parents appointments and joint sessions.

Who?

A young person can have Mediation alone, a parent or family member can have Mediation alone, or Mediation can happen as a joint appointment. It is an optional process to engage with.

Our Mediators are specially trained and appointments are confidential.

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the service,
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What is it?

talk²sort Mediation works with young people aged 11-19 across Leicester, Leicestershire and Rutland, and their families, who may be experiencing conflict in their relationships, leading to a breakdown of communication.

It can help you work on:

- Understanding each other
- Exploring ways of resolving conflict
- Agreeing rules together
- Agreeing how to move forward
- Different perspectives
- Improving communication
- Managing behaviour triggers
- Feeling supported to make changes

It is free, impartial, non-judgemental and confidential. Mediators do not advise or make suggestions. Mediators empower and support individuals and families to explore what the issues are, how they feel and how they would like things to be.

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The process

- 1.** An appointment with the mediator to talk about what you feel the issues are, how you feel about things and to identify how you would like things to be. Explore how things could move forward and what changes are needed.
- 2.** If you wish to have an appointment with other individuals involved, like a parent, the mediator will make contact with them. An individual appointment will then be offered to them. Each individual must have had at least one individual appointment before a joint appointment is made. Everything remains confidential and won't be shared with other parties.

3. If all parties are wanting to move forward, the mediator will arrange a joint appointment. The mediator facilitates the appointment to ensure that each individual has time to talk. The mediator will help each person to talk through the issues, how they feel and what they want to happen moving forward.

4. If each individual is in agreement, an agreement will be made. This is not legally binding but made in good faith. It will outline what each individual is willing to work on in order to move things forward.

5. The mediator will arrange regular reviews to see how things are working and whether any amendments need making to the agreement.

There is no requirement to move forward past stage 1 at any time. Individual mediation appointments can still provide an opportunity to explore issues and find positive ways of moving forward. As mediation is voluntary, each individual decides how far they would like to go.

What can it help with?

- Relationships
 - Boundaries
 - Behaviour
- Physical Aggression
- Substance misuse
- Verbal Aggression
- Poor communication
 - Mental Health
 - Rules

