

Home > Residents > Education and schools > Early years and childcare > Family Hubs and Start for Life > Family Hubs > Relationship support

Relationship support

Last Modified August 04, 2025



Arguments between parents and partners are a normal part of everyday life and can usually be resolved quickly and calmly. But sometimes we can find that our arguments quickly become more heated and more often.

When this happens, it can upset, frighten and confuse children. If this sounds like you and your partner/ex, call into your local family hub to get support.

Healthy relationships courses

Healthy relationships is a group-based programme within our family hubs which aims to support parents with their relationship and communication skills, managing conflict better, managing stress and exploring the impact of ongoing conflict upon children.

Call your local family hub to find out more about taking part in this course or call in.

We have also created an online self-help video that you can complete in your own time.

Separating parents

Are you a parent going through separation?

If you're currently separating from the mother or father of your child, Separating Better is a mobile app from OnePlusOne that offers expert emotional advice and practical tips for separating parents, all with the child's wellbeing in mind. [Download it via the Apple store](#) or [download it via the Google Play Store](#).

Children and Family Court Advisory and Support Service (CAFCAS) – if you need representation in court as part of your separation, CAFCAS represent the interests of children and young people in family court cases in England. They independently advise the family courts about what is safe for children and in their best interests. You can call on 0300 456 4000 or [fill in a contact form](#).

The [NSPCC website](#) has a range of advice and support available for helping children and young people deal with divorce or separation.

Relate

Relate's tools are here to help you handle problems with your partner or co-parent.

- **Relate Bot** – Relate Bot provides excellent co-parenting advice and practical support and [online resources](#)
- **'In-the-middle' Bot** – this [shows you how your child might be feeling](#) when you are in conflict with your partner/ex and might help you make some better decisions which put your child first.
- **Sounding-board Bot** – this helps co-parents write texts and emails to each other to help you communicate better.

Domestic abuse

If you, or someone you know is suffering from domestic abuse, confidential information is available from national 24 hour domestic abuse helpline. Call free on 0808 2000 247.

In an emergency always dial 999.

- Domestic abuse is any incident or threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are, or have been, intimate partners or family members, regardless of gender or sexuality
- 1 in 4 women and 1 in 6 men will suffer domestic abuse at some point in their lives
- A victim will be assaulted on average 35 times before they call the police
- There is a domestic abuse incident reported to the police every minute, yet less than 35% of domestic abuse is reported
- On average, 2 women every week are killed by a partner or ex-partner and domestic abuse is a factor in 1 in 4 suicide attempts by women
- Domestic abuse often starts or intensifies during pregnancy and is one of the main causes of miscarriage
- In 90% of domestic abuse cases, children are in the same or next room and often get hurt too

Once you decide to leave

The first step in escaping an abusive situation is realising that you're not alone and it's not your fault.

Before you go, try to get advice from an organisation such as:

- [Women's Aid](#) or [Refuge](#) for women
- [Men's Advice Line](#) for men
- [Galop](#) for LGBTQI+

Once you decide to leave

The first step in escaping an abusive situation is realising that you're not alone and it's not your fault.

Before you go, try to get advice from an organisation such as:

- [Women's Aid](#) or [Refuge for women](#)
- [Men's Advice Line](#) for men
- [Galop](#) for LGBTQI+

Additional information

[↑ Back to top](#)

Blackpool Council

Municipal Buildings
Corporation Street
Blackpool
FY1 1NF

Information and help

[Accessibility](#)
[Contact us](#)
[Privacy and cookies](#)
[Terms and conditions](#)
[Blackpool Council companies](#)

Find my nearest

Enter your postcode to find your nearest schools, council services and more

Stay upto date

Follow us

Sign up to our regular newsletters



Need help ... talk to us 