

IN THEIR
SHOES



**I have been denied
Meaningful Access
to my Children**

About

Life does not always go according to our plans. Islam was not revealed for a utopia but for real life—where sometimes relationships break down. We want to empower our community to be able to deal with disputes and divorces in a way which pleases Allah and protects them, their children, their families and society at large from the knock-on effects of injustice, in this life and the next.

One of the most fundamental features of Islam's vision for society is upholding the ties of kinship, particularly between children and their parents—whom they are obligated to treat with excellence.

“Worship Allah and associate nothing with Him, and to parents do good...” [4:36]



I have been denied meaningful access to my children.



1. If you have been wronged then your number one refuge is Allah. Pour your heart out to Him first and foremost. Feeling upset is a natural feeling and even the prophets wept and complained of their troubles to Allah. Take solace in the fact that there is no barrier between the wronged and Allah.
2. Don't give up hope. Take care of your mental health using other means as well, visit our resources page to find someone to talk to about your feelings. A problem shared is a problem halved.
3. Keep a diary of letters to your children during the times that you are separated from them, so that you can release your emotions and also have something to send them once you are—by the permission of Allah—able to communicate with them meaningfully.
4. Encourage your ex-spouse to resolve the dispute using a recognised mediation service that has both your best interests at heart. Visit our resources page to find your local mediation services, as well as legal help to know your rights.
5. In the meantime, you can contact your local child contact centre to arrange regular meetings with your children during this dispute, over at our resources page.





DO YOU NEED HELP WITH MEDIATION & THERAPY?

London

1. Islamic Council of Europe
ICEurope.org
020 8610 9870

2. Islamic Sharia Council
<https://www.islamic-sharia.org>
0208-558-0581

Wales

1. Al-Manar Centre Cardiff
<https://www.almanar.org.uk/community.php>
Advice@almanar.org.uk
075400 8803

Bradford

1. Dewsbury Sharee Council
<http://www.shareecouncil.org>
01924 464122

Birmingham

1. Markazi Jamiat Ahl-e-Hadith UK - IJB
<https://mjah.org.uk/islamic-judiciary-board/>
0121 773 001

2. Birmingham Central Mosque
Personal Services
<https://centralmosque.org.uk/>
0121 440 5355

Manchester

1. Manchester Islamic Centre
0161 434 2254
sharia@miconline.org.uk

2. Salaam Solutions Psychotherapy & Counselling
<https://salaamsolutions.com>

3. Azhari Consultancy
<http://azhariconsultancy.com>

DO YOU NEED HELP LEGALLY?

Saracens Solicitors
saracensolicitors.co.uk
0203 588 3500

Families need Fathers
www.fnf.org.uk

*In Their Shoes and its collaborating organisations cannot take responsibility for any referrals, but refer to the above public bodies and organisations for people to contact and do their own due diligence to find help appropriate to them.

