

Navigating Life in the Private Rented Sector: Mediation Services Can Help with Neighbour or Flatmate Disputes



For many Ukrainians who came to the UK as part of the Homes for Ukraine scheme, moving into the private rented sector is an exciting next step toward independence and an opportunity to become part of a new community. Living in a new space can mean tensions arise within families, or between neighbours or flatmates, and understanding the best way to resolve these issues is important.

Mediation services can help you address these challenges in a constructive, supportive way, whether you're experiencing noise complaints, misunderstandings about shared spaces, or simply struggling to communicate with those around you.

What is Mediation? Mediation is a voluntary, confidential process where trained mediators help people find solutions to disputes. Mediation is impartial—meaning mediators don't take sides but instead guide conversations so that all voices are heard.

How Can Mediation Help? If you're experiencing difficulties with neighbours or flatmates, or are having relationship issues with your children, mediation can be a valuable tool in resolving the issue. Here's what it can help with:

- **Communication and Understanding:** Mediation helps you and the other party communicate openly and understand each other's perspective.
- **Practical Solutions:** Through mediation, you can work together to create solutions that respect everyone's needs
- **Avoiding Escalation:** Addressing issues early can prevent them from growing. Mediation helps you resolve conflicts before they impact your living situation.

Why Consider Mediation? Mediation is often faster and more effective than taking formal routes to resolve disputes, such as through your landlord or the local council. It allows you to settle issues in a comfortable and non-threatening environment.

How to Access Mediation Services? If you feel that mediation could help you, the Sussex Mediation Alliance can offer this. Mediation is funded by East Sussex County Council, and is free to access.

Ready to Take the Next Step? Please contact one of the following Sussex Mediation Alliance partners if you would like to talk to us about mediation or one to one support.

Mediation Plus (Hastings, Rother, Wealden and Eastbourne).
neighbourhood@mediation-plus.org.uk 01424 446808

Brighton and Hove Independent Mediation Service (Lewes)
mediation@bhims.org.uk 01273 700812