

RELATIONSHIP BREAKDOWN

A helpful guide to your future security in the event of a relationship breakdown





Divorce, children and finances when relationships breakdown

HELPING YOU WITH

DIVORCE AND SEPARATION

Separation is a time of great anxiety and confusion. Find out more about how we can help you.

EXPERT ADVICE ON

RIGHTS OF GRANDPARENTS

Find out about your rights as a Grandparent, who's family is separating or getting Divorced.

HELPING RESOLVE

CO-HABITATION AGREEMENTS AND DISPUTES

Find out more about Cohabitation Agreements

PLUS

Co-habitation Claims - Pre-nuptial Agreements - Financial Applications

Financial Disclosure - Children Issues

Financial: Maintenance, Family home and future housing needs, Pension sharing, Future housing arrangements, Other assets, Debts, Sharing of income

Separation Agreements - Post-nuptial Agreements - Negotiation and Conciliation

Mediation: Help with implementing a settlement negotiated through another mediation service

Excellent ★★★★★

✓ **reviewsolicitors**

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IMPACT

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INTRODUCTION

Splitting up or getting divorced can be one of the most difficult and stressful events a family may go through. It's natural to feel confused about what to do next.

In this booklet, we draw attention to the possible services and sources of information available to you in the event of a relationship breakdown, whatever type of relationship you are in.

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DEFINITION OF TERMS USED

In this booklet, we define these terms in the following ways:

A Civil Partnership

- A civil partnership gives legal recognition to a relationship between two people of the same-sex and opposite-sex couples who are not related.

Dissolution

- The legal termination of a civil partnership

Divorce

- The legal termination of a marriage

Cohabitees

- People who live together as a couple without being married or having a civil partnership.

Someone who has Parental Responsibility: -

1. A child's mother and father, if they are married when the child was born
2. An unmarried mother
3. An unmarried father whose name appears on the birth certificate of a child born from the 1st of December 2003
4. Anyone who has a parental responsibility agreement or a parental responsibility order

COUNSELLING

Counselling is a type of talking therapy that allows a person or in certain occasions a couple to talk about their feelings and emotions in a confidential and safe environment.

Counselling aims to help you deal with and overcome issues that are causing you pain or making you feel uncomfortable. Often when a relationship has broken down you are flooded with a range of emotions such as grief, anger, depression even anxiety which are all normal, and talking to a counsellor can help you to find your own insight and a clearer understanding of what you are feeling at that time.

For counselling to be effective you need to build a trusting and safe relationship with your counsellor which can take a little time but be assured that the counsellor is there for your needs and will do their best to help, in most cases it does take a number of sessions before you can start to see and feel a difference so a regular commitment is required in order to make the best use of therapy.

During your sessions you will be encouraged to express your feelings and emotions freely, your counsellor may be able to help you recognise the effects of other people and their actions and help you to explore ways of coping with them. It can be a great relief to talk to and share your worries and fears with someone who acknowledges your feelings and is able to help you to reach a positive outcome/solution.

As well as Relate there are many independent counsellors who offer relationship counselling, couples counselling and even offer help and advice to young people whose parents are separating. Whilst your GP can refer you for counselling this can often be a lengthy process which is often due to the high demand and availability through the NHS, however you are able to make contact with an established and independent counsellor yourself, you may even find in your initial conversation that your counsellor is even willing to work out a payment plan for yourself and if this is of concern it should definitely be discussed at this stage.

Whilst counselling is there to offer advice on how to help you emotionally they are not qualified to offer you medical, legal or financial advice.

COLLABORATIVE FAMILY LAW

In a collaborative process, the emphasis is on both parties and their lawyers meeting face-to-face and working together to resolve disputes. The aim is to promote the long-term interests of both partners and to help couples work towards an agreed settlement without going to court.

Each partner will hire their own specially trained collaborative lawyer. Both partners and their lawyers take part in meetings together to negotiate the best outcome for all. Emphasis is placed on the well-being of any children.

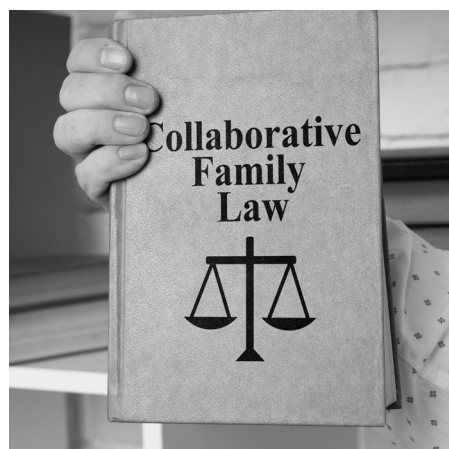
You will also have the opportunity to work with an independent financial adviser or accountant, a family consultant and a child specialist. You and your team will sign an agreement that commits you both to trying to resolve all issues without the need to go to court.

To succeed, collaborative law practice requires good faith on all sides and can provide a quicker route to achieving an agreement. Negotiated settlements can then be formalised into a legally binding agreement or court order.

The collaborative approach allows you to benefit from expert legal advice without the threat of court action during negotiations and keeps open channels of communication between partners.

One of the benefits of collaborative practice is that it isn't driven by a court imposed timetable and can be built around your family's individual needs.

For further information visit **www.resolution.org.uk** or your local collaborative law group.



MEDIATION

Mediation gives people the chance to explain their concerns and needs to each other with the support of a professional mediator. The process is voluntary, confidential, and future-focused. Mediation helps clients move on from the difficulties of the past to find their own set of mutually acceptable solutions for the future which include; making arrangements for children, and working through the financial side of things to a legally binding agreement. Mediators are neither judges nor legal advisors; they are neutral, independent, specialist professionals who help clients to have a difficult conversation and find their own way forward. Mediation provides a safe and informed process for clients to be heard and understood, and to reach their own agreements.

The mediation process is without prejudice so that on the rare occasion that a financial settlement is not reached, a more formal legal process may continue without either of you worrying that you may have disclosed anything that the other could use in court. Mediation is wholly child focused and the welfare of any children will be the most important consideration in any discussion. Clients are helped to move on from being parents who live together to find a good working relationship as parents who live apart. This is an important transition process and brings benefits to the whole family.

How does Mediation work? _____

Both clients are offered an initial appointment, referred to as a MIAM (Mediation Information and Assessment Meeting) on a one-to-one basis, to determine the suitability of your case for mediation. This meeting gives you the opportunity to explain your situation in full and to find out more about the mediation process. You will be able to ask any questions and discuss whether mediation is appropriate for you and, if not, what other options might be available. The discussion will be completely confidential and nothing will be reported back to the other client unless you specifically ask the mediator to do so. If you decide to mediate and if finances are to be addressed, you will be given homework to complete prior to the first mediation appointment.

After both clients have met with the mediator separately for these one-hour intake meetings, you will then be able to arrange a joint mediation session with the mediator. Both clients will be present at this mediation session, although you do not necessarily have to sit in the same room and the process can be completed virtually.

The joint sessions last 1.5-2 hours and usually you will require about 4 sessions but this all depends on the complexity of the issues that need to be resolved and the willingness of parties to adopt a give and take approach.

Upon a set of proposals being reached, the mediator will draw up a Memorandum of Understanding. You may each take a copy of the



memorandum along with an Open Statement of Financial Information to your respective solicitors who will prepare the necessary court documentation which once endorsed by the court make the agreements legally binding.

The government now expects anyone who wishes to start court proceedings regarding family matters, e.g., arrangements for children, or financial orders in divorce proceedings, to first have a MIAM meeting with a qualified mediator. This regulation has been introduced because it is generally believed that it is better for couples to reach their own agreements rather than go to court, which tends to exacerbate the conflict as well as taking longer and being more expensive than mediation.

In our experience most couples reach agreement in mediation. Where mediation is deemed unsuitable or one of the parties does not wish to mediate, anyone making an application to court will need to have a court document signed by a mediator.

If you are on a low income, you may be able to get legal aid to pay for mediation. This would cover your introductory meeting and the first joint session of mediation, even for the party who does not qualify for

legal aid. Full information on this can be found on the Family Mediation Council website, including details of local Legal Aid services.

The Ministry of Justice set up the Family Mediation Voucher Scheme in response to Covid-19. It is to encourage more people to consider mediation as a way to resolve their family law disputes outside of court. This scheme is currently available until 2025. You may be able to get a non-means tested voucher of £500 towards mediation costs if children are being discussed.

Only mediators authorised by the Family Mediation Council are taking part in this scheme and it is to help support family disputes without the need of going to court. For further information contact <https://www.gov.uk/guidance/family-mediation-voucher-scheme>

Did you know..... Data provided by the Family Mediation Council shows that over 70% of families were able to reach an agreement on some or all issues and are classed as a successful diversion from court.

SPLITTING UP WHEN YOU HAVE BEEN LIVING TOGETHER

In England and Wales, if you aren't married or in a civil partnership then the laws which govern married couples and civil partners, don't apply. It's a common misconception that people who live together have a "common law marriage" which gives them legal rights.

The rules governing division of assets between people who cohabit without a marriage or civil partnership are very complicated although the court can still make decisions if there are issues concerning children.

To avoid conflict in the event of separation it is possible for couples living together to agree the terms of a Cohabitation Agreement, outlining how they intend to organise their finances, property and children. You can make an agreement at any time, even whilst still living together.

If you are living with someone and your relationship is breaking down, you may find Advice Now's Living Together and Breaking Up campaign a useful source of information about your current rights - [www.advicenow.org.uk/guides/survival-guide-living-together-and-breaking](http://www.advicenow.org.uk/guides/survival-guide-living-together-and-breaking-up)

SEPARATION

Sometimes couples separate but don't divorce, perhaps for religious reasons. They may still wish to reach a settlement about financial and children's issues but can't access the court without divorce proceedings. In those circumstances it is possible for the couple to enter into a Deed of Separation setting out the terms which have been agreed. If there are later divorce proceedings, the terms of the deed can be transferred to a legally binding court order.

It is also possible for couples who don't want to divorce but do want to obtain a legally binding court order reflecting their financial settlement, to Judicially Separate. This is a procedure akin to divorce, which results in a decree of Judicial Separation from the Court but doesn't actually end the marriage.



DIVORCE OR DISSOLUTION

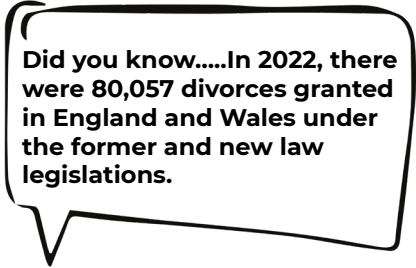
Divorce or dissolution formally brings a marriage or civil partnership to an end, leaving both partners free to re-marry or enter into another civil partnership if they wish. To obtain a divorce or dissolution the court must be satisfied that the relationship has broken down irretrievably.

You can get divorced in England and Wales, if you have been married or in a civil partnership for at least a year before divorce or dissolution proceedings can be started, if your relationship has permanently broken down and your marriage is legally recognised in the UK.

The amendment to the procedure to allow for 'no fault' divorce was passed in June 2020 and came into force on the 6th April 2022. Under the new legislation, couples can divorce without having to blame one another and allowing one spouse or the couple jointly to make the mutual decision that the marriage has broken down. The Act also modernises the legal terms used in a divorce, such as the decree nisi, will now be called a 'conditional order' and the decree absolute will be called the 'final order'. There will also be a minimum of 20 weeks between application and divorce becoming final.

You will have to pay a fee of £593 to the courts. If you claim benefits or on a low income you may be able to get help paying the court fee. You can either apply online or with a paper form. Once a decision has been made you may be asked to pay for some or all of your fees.

Divorce, dissolution, and separation involve emotional and practical issues as well as legal issues. The lives of the whole family are affected by the outcome, so the way in which a financial settlement is reached can be almost as important as the settlement itself. This is another reason why parties should consider consulting an experienced solicitor or mediator.



Did you know.....In 2022, there were 80,057 divorces granted in England and Wales under the former and new law legislations.

Only the individuals concerned can solve the problems that a relationship breakdown can bring. A good solicitor or mediator, who adopts a constructive and conciliatory approach, can help to reduce a lot of the distress associated with the end of a marriage or civil partnership.

It is possible for couples to enter into a pre-nuptial agreement outlining what they would expect to happen or be entitled to in the event of their relationship breaking down. Pre-nuptial or cohabitation agreements are not binding in English Law currently, but can be considered by the court if there is a dispute when the relationship breaks down as it records the parties intentions at the outset. There are many misconceptions about couples "rights" if they live together but are not married and it is important to get legal advice. This can be very important when couples purchase property together but do not marry.

FINANCIAL ISSUES

The financial implications of a divorce or separation can be serious in terms of the practical and emotional impact on the couple and their children. Coping with moving house, finding work, arranging childcare, having less money, changing schools and leaving friends are just some of the adjustments parents and children have to deal with.

Divorce or dissolution proceedings can include the court making financial orders. If both partners agree on all relevant financial issues i.e., dividing assets and pensions, paying maintenance and taking responsibility for debts, then a judge can be asked to make agreed financial orders reflecting the settlement agreed, without anyone having to attend court. If you cannot come to an agreement about financial support between yourselves then you can look to Mediation for help. The courts will look to prove that you have attended a Mediation Information and Assessment Meeting, although some exceptions will apply if you have suffered domestic abuse.

If a decision still cannot be made then you can ask the courts to make a financial order, however this takes longer and is more expensive.

It's also important to think about making a Will or revising your existing Will when relationships breakdown (see our separate "Making a Will and Funeral Planning Guide" for more information).

The Child Maintenance Service (see list of Useful Contacts / Organisations section) tells you about your options for organising child maintenance with your ex-partner.

If you or your ex-partner have debts in joint names, you should consider seeking specialist debt advice. Citizen Advice is a good place to start.



WELFARE BENEFITS

If your circumstances change due to the breakdown of your relationship, you may be able to claim various means tested or non-means tested benefits. You should speak to your local Jobcentre Plus or visit **www.gov.uk** to find out more about your entitlement.



THE HOME

It often follows that, after separation, one of the former partners will leave the family home. If the house is owned in joint names, then one partner can't sell it without the consent of the other. Where the partners can't agree and have tried mediation or collaborative practice, the court can be asked to decide what happens.

The court's first concern will be for the proper housing of any children involved. The court can order that the parent caring for the children be allowed to stay at the home until the youngest child turns 18 or leaves complete full-time education. The court also has the power to order the transfer of the property to either party, or it can order the house to be sold, now or in the future and can decide how the sale proceeds are divided between the former partners.

You can find more informing on housing options at www.gingerbread.org.uk

THE CHILDREN

One out of two relationships today breaks down permanently and, in many cases this involves children.

Children are affected by the breakdown of their parents' relationship. It is important for parents to remember that whilst they may be pre-occupied with their own problems, they continue to be the most important people in their children's lives. Children are invariably frightened and confused by the break-up of the family.

Children can misunderstand what is going on unless parents tell them what is happening, how they are involved and not involved and what will happen to them.

With care and attention, a family's strengths can be mobilised during this period of change and children can be helped to deal with the resolution of their parents' conflict in a constructive and positive way.

Children are known to most effectively cope with their parents' separation if they know that their parents will still be their parents and remain involved with them even though the relationship is ending and the parents won't live together in the future. Court cases or pressure on a child to "choose sides" can be particularly harmful for the youngster and can add to the potential damage caused by family break up.

Research shows that children do best when parents co-operate on behalf of the child (see the Information and Resources for Parents section on the CAFCASS website, where you can download a Parenting Plan or you can complete a plan online). In mediation, child consultation can be arranged, giving children a voice in their parents' separation or divorce.

CAFCASS safeguards and promotes the welfare of children involved in family court proceedings. To minimise the trauma of bitter disputes the court usually try to deal with cases concerning parents' contact with their children as quickly as possible. The court sometimes asks a CAFCASS officer or Social Worker to meet with the parents, as well as any children old enough to take part. A report can be produced making recommendations to the judge who then makes a decision based on all of the circumstances of the case.

The CAFCASS website has a range of useful tools, publications and checklists to help you safeguard your child's emotional wellbeing throughout the family breakup. There are also a number of leaflets on the website written for children.

PARENTING PLANS

Parenting plans are written documents that can help you to plan for your child's future after a divorce or separation. It is now possible to download Parenting Plans online - these encourage parents to think about issues such as: -

- Spending time with both parents
- Communication
- Children's Surnames
- Living Arrangements
- Special days and holidays
- School and out-of-school activities
- Religious and cultural upbringing
- Healthcare
- Childcare arrangements

Parenting plans can help everyone involved as to what is expected and can clarify arrangements made and to help without having to go to court.

Did you know..... Family mediation can help grandparents with gaining access to their grandchildren.

RIGHTS OF GRANDPARENTS

Grandparents often ask if they have access rights or contact rights to their grandchildren. They do not have legal rights as such, but they can apply to the Court for contact arrangements to be made.

In some cases, relationships between a grandparent and their son/daughter-in-law may have broken down and it is not practical to approach them directly for a discussion. In such cases, a referral to mediation is an option, where an independent mediator will try to reach an agreement. However, all parties must agree to this approach.

You may be able to get a court order to access to your grandchild, if a parent stops you from seeing them. Going to court should be a last resort, as it can be expensive, take a lot of time and be disruptive for the child.



TAKING CHILDREN ABROAD

The consent of all those with parental responsibility is required if either parent wants to take a child out of the UK - no matter how short the trip may be - unless a court gives permission.

If your child has been taken out of this country without your consent, or where there is a real risk this might happen, you should consult a solicitor specialising in this particular area of law.

The parent that the child lives with must have permission from the other parent or court if they want to take the child abroad permanently.

Reunite is a specialist charity dealing with parental child abduction and international custody disputes. Reunite's main objective is to provide a telephone advice line offering practical advice and information.

Their advice is impartial and confidential to one or both parents involved in a dispute, though they aren't able to negotiate on your behalf. Reunite provides specialist advice to lawyers and other interested professionals working in this area. They are able to put you in touch with a lawyer specifically trained in cases of child abduction and international custody disputes.

DOMESTIC VIOLENCE

If you are being physically, mentally or sexually abused by someone you live with, or are being threatened by them, that is domestic abuse or violence.

A national 24-hour helpline (0808 2000 247) operated by Women's Aid and Refuge is available to anyone suffering domestic abuse. There is also a Male Advice and Enquiry Helpline for men experiencing domestic abuse Men's Advice Line Tel: 0808 801 0327.

In an emergency always call the police by dialling 999.

The Government defines domestic violence as "Any incident of 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".

Where a partner has suffered domestic violence, the court can make an injunction order requiring a partner not to use or threaten violence, or to leave the house and not return or to keep away from the neighbourhood. The terms of the order will vary depending on the situation.

Protection from domestic violence is available to all couples (and their children) "living together as man and wife" or same sex partners, regardless of whether or not they're married. Many kinds of domestic violence are criminal offences.

The police take all domestic violence very seriously. Most forces have specially trained, experienced officers who will listen and speak to a victim separately from their partner. Women can ask to be seen by a female officer. The police can, if asked, arrange medical aid, transport and a place of safety. Their first priorities are the victim's safety and well-being and, if applicable, the safety and well-being of their children.

Throughout this guide we have explained the importance of agreeing arrangements for children to spend time with both parents, but there are instances where remaining in contact with a violent or abusive parent is not in the child's best interests, especially if they regularly witness or experience harmful conflicts first hand. Whilst losing contact with a parent can be devastating, the non-abusive parent may have to take legal steps to prevent contact until safeguards can be put in place to ensure the child doesn't experience violence in the future.



Checklist _____

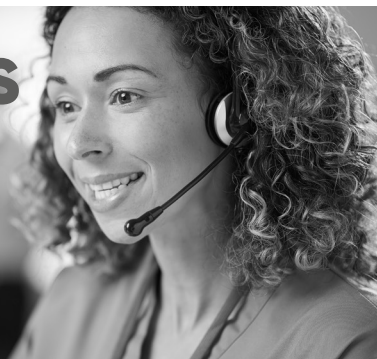
If you and your partner are separating, you may need to inform:

- Your landlord or housing office (if you live in rented accommodation)
- Your mortgage lender
- Your local housing benefit office
- Your benefits office / local Job Centre Plus
- Your tax office (HMRC), particularly if you are receiving tax credits
- Your council tax office (England and Wales) or Rates Collection Agency (Northern Ireland)
- Utility companies (gas, electric, water and telephone)
- Your child(ren)'s current school and future school, if you will have to move due to your relationship breaking down. You should also discuss with the school what information you would both like to receive and how you would like to deal with attendance at school events (i.e., Parents' Evenings), etc. and let the school know if there will be changes to who drops off and collects your child
- Hire purchase or credit companies
- Your bank or any other financial institutions where you have a joint account (if you are concerned that your partner may attempt to withdraw all the money, you may be able to arrange for the account to be frozen)

- Insurance companies
- Private pension companies
- The Post Office (to arrange for your mail to be redirected)
- Your doctor, dentist, health visitor and any other healthcare providers
- Your employer (in case the person you would want contacted in an emergency has changed)
- TV licensing authority
- DVLA (if you have a vehicle and have changed address)
- Protect your joint assets by visiting a solicitor
- If you have come from abroad, you should check whether you are legally able to stay in the UK or claim benefits if you separate from your partner.



USEFUL CONTACTS / ORGANISATIONS



If you are living in Scotland you are advised to read our Scottish edition of the Relationship Breakdown Guide as many of the organisations listed below have a dedicated Scottish branch, and different rules, regulations and legislation may apply.

Association for Shared Parenting

Support and advice for parents after separation or divorce.

Tel: 0300 121 0131
Branches located
across the midlands



Email: info@sharedparenting.org.uk
www.sharedparenting.org.uk

Children & Family Court Advisory and Support Service (CAFCASS)

CAFCASS represents the interest of children and young people in family court cases in England.

Visit our website to find information on how to contact us

www.cafcass.gov.uk

Child Maintenance Service

Helpline: 0800 171 2345
Welsh language 0800 232 1979

Email via the online enquiry form
www.gov.uk/child-maintenance-service

Citizens Advice

Adviceline (England)
0800 144 8848
Advicelink (Wales)
0800 7020 2020



**citizens
advice**

For free, independent,
confidential and impartial advice
visit www.adviceguide.org.uk
Or find your local bureau at
www.citizensadvice.org.uk

Civil Legal Advice

Telephone: 0345 345 4345
Textphone: 0345 435 4345
Monday to Friday, 9am to 8pm Saturday,
9am to 12:30pm

You can also text 'legalaid' and your name
to 80010 to ask CLA to call you back. This
costs the same as a normal text message.

College of Mediators

An independent regulatory body for family
mediations in the UK.

Tel: 0333 604 3234 College of Mediators
Mon – Fri 8am – 4pm

Email: admin@collegeofmediators.co.uk
www.collegeofmediators.co.uk

Families Need Fathers

Families Need Fathers are a recognized
UK charity, offers valuable information and
assistance to parents, regardless of marital
status or gender.

Helpline:
0300 0300 363
Office:
0300 0300 110

www.fnf.org.uk



**FAMILIES NEED
FATHERS®**
because both parents matter

Family Lives

Advice and information on parenting issues

Helpline: 0808 800 2222

Email via the online enquiry form
www.familylives.org.uk

Family Mediators' Association

Helpline:
01355 244594



Email: info@thefma.co.uk
www.thefma.co.uk

Galop

Support for LGBT+ people experiencing domestic violence and abuse.

National Helpline LGBT+ Victims and Survivors of Abuse and Violence
0800 999 5428

Email: help@galop.org.uk
www.galop.org.uk

GamCare

Write to us: GamCare, 1st Floor, 91-94 Saffron Hill, London, EC1N 8QP

GamCare is the leading provider of information, advice and support for anyone affected by gambling harms.

National Gambling Helpline
Tel: 0808 8020 133

Email: info@gamcare.org.uk
The Gamcare Forum is available 24/7 via the website
www.gamcare.org.uk

Gov.uk

Find a legal advisor of family mediator at
www.gov.uk/find-legal-advice

Gingerbread

A national charity working with single parent families

Helpline: **Gingerbread***
0808 802 0925

Email via the online enquiry form
www.gingerbread.org.uk

The Law Society

Online database search to find a solicitor in your area

www.lawsociety.org.uk

Switchboard LGBT+

At Switchboard we provide information, support and referral service for lesbians, gay men and bisexual and trans people – and anyone considering issues around their sexuality and/or gender identity.

Helpline 0800 0119 100
Open 10am – 10pm every day

Email: hello@switchboard.lgbt
www.switchboard.lgbt

Marriage Care

A national charity offering advice/counselling on marriage and on relationship breakdown

Appointments Service 0800 389 3801 Mon - Thur 9am - 6pm

Email: appointments@marriagecare.co.uk
www.marriagecare.org.uk

Men's Advice Line

A confidential helpline for any man experiencing domestic violence and abuse from a partner(or ex-partner).

Freephone 0808 801 0327
Mon - Fri 10am - 5pm
Or visit the webchat via the website for non-judgmental information and support (Wednesday 10am – 11.30am and 2.30pm – 4pm)

Email: info@mensadvice.org.uk
www.mensadvice.org.uk

National Association of Child Contact Centres

Provides safe, neutral centres for children of separated families to spend time with one or both parents, or other family members

Tel: 0115 948 4557



Email: contact@nacc.org.uk
or via the online contact form
www.naccc.org.uk

National Debtline

Independent debt advice charity.

Tel: 0808 808 4000
Mon-Fri 9am – 8pm,
Sat 9.30am – 1pm

Email via the online enquiry form
www.nationaldebtline.org

National Domestic Violence Helpline

For women and children.
Against domestic violence.

24 Hour National Domestic Abuse
Helpline 0808 2000 247

Email: via the online contact form
www.nationaldahelpline.org.uk

National Family Mediation

The largest provider of family mediation
services in England and Wales

Helpline:
0300 4000 636



Email: general@nfm.org.uk
www.nfm.org.uk

NSPCC

UK's leading children's charity. We've been
looking out for children for over 140 years

Help for adults concerned about a child
call our Helpline: 0808 800 5000

If you are under 18 call 0800 11 11

Email: help@nspcc.org.uk
www.nspcc.org.uk

OnePlusOne

Strengthen relationships by creating resources that help families and frontline workers tackle relationship issues early.



Tel: 07818 137443

Email: Via the online contact form
www.oneplusone.org.uk

Relate

To find the nearest Relate and talk through options with a trained consultant visit www.relate.org.uk You can do a postcode search for a local Relate centre for face-to-face counselling



Resolution

We work with families and individual to resolve issues in a constructive way

General Enquiries: 020 3841 0300

Email via the online enquiry form
www.resolution.org.uk

Reunite International

Advice, information and support about parental child abduction



Advice line:
0116 2556 234
or email advice@reunite.org.uk

Mediation & Administration
Tel: 0116 2555 345
or email reunite@dircon.co.uk

www.reunite.org

Shelter

Advice and information about housing options and rights after a relationship breakdown

Emergency Helpline:
0808 800 4444
Mon-Fri 8am - 6pm
(closed bank holidays)



Chat on line via website
www.shelter.org.uk

Tax Credit helpline

Tel: 0345 300 3900
Mon- Fri 8am – 6pm

www.gov.uk/government/organisations/hm-revenue-customs/contact/tax-credits-enquiries

Women's Aid

Write to us at: PO Box 3245, Bristol, BS2 2EH

Tel: 0808 2000 247
- Freephone -
24-hour National
Domestic Violence Helpline
(run in partnership between Women's Aid and Refuge)

women's aid
until women & children are safe

Email: helpline@womensaid.org.uk
www.womensaid.org.uk

Useful web addresses

www.actionforchildren.org.uk
www.weareadvocate.org.uk
www.divorceaid.co.uk
www.divorceresource.co.uk
www.iasservices.org.uk (Immigration Advice Service)
www.moneyhelper.org.uk
www.rightsofwomen.org.uk



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Private Healthcare

Regaining Your Independence

Relationship Breakdown

Sight & Hearing

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/Employment Issues

Pregnancy & Parenthood

Regional GP Appointment Cards

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