

List of resources mentioned in Stop Paying Out!

Clickable list below:

Fill in a CAFCASS parenting plan

<https://www.cafcass.gov.uk/grown-ups/parents-and-carers/divorce-and-separation/parenting-plan>

Check whether you can get legal aid

<https://www.gov.uk/check-legal-aid>

Find a legal aid adviser or mediator

<https://find-legal-advice.justice.gov.uk>

See the full list of court fees

<https://www.gov.uk/government/publications/fees-in-the-civil-and-family-courts-main-fees-ex50>

Apply for help with court fees

<https://www.gov.uk/government/publications/apply-for-help-with-court-and-tribunal-fees#details>

See a full list of court forms

<https://www.gov.uk/government/collections/court-and-tribunal-forms>

Apply for a council tax reduction

<https://www.gov.uk/apply-council-tax-reduction>

Child maintenance

Estimate your child maintenance contributions <https://www.gov.uk/calculate-your-child-maintenance>

Use Child Maintenance Options for your child maintenance agreement:

<https://www.cmoptions.org/en/maintenance/>

Pensions

Find lost pensions (Pension Tracing Service)

<https://www.gov.uk/find-pension-contact-details>

Find out how much is in your pension (get a pension valuation):

<https://www.pensionwise.gov.uk/en/pension-pot-value>

Options for dividing up your pension

<https://www.moneyadviceservice.org.uk/en/articles/dividing-pensions-on-divorce-or-dissolution>

Apply for pension sharing (of an additional State Pension)

<https://www.gov.uk/government/publications/application-for-a-state-pension-forecast-on-divorce-or-dissolution-br20>

Speak to a financial adviser (about your pension options)

<https://register.fca.org.uk/>

Arbitration

Family arbitrators

<http://ifla.org.uk>

Mediation

Family mediators

<https://www.familymediationcouncil.org.uk/find-local-mediator/>

Emotional support

Dealing with:

Relationship and family problems

<https://www.samaritans.org/how-we-can-help-you/contact-us/what-speak-us-about>

Domestic and psychological abuse – women (and children)

<https://www.womensaid.org.uk/>

Domestic violence advice and support – men

<http://www.mensadvice.org.uk/>

Domestic abuse support – LGBT

<https://lgbt.foundation/how-we-can-help-you/domestic-abuse>

Legal advice from lawyers

Collaborative lawyers

<http://www.resolution.org.uk/findamember/>

Direct-access barristers

www.barcouncil.org.uk/publicaccess

Solicitors

<http://solicitors.lawsociety.org.uk>

Chartered Legal Executives

https://www.cilex.org.uk/about_cilex/about-cilex-lawyers/cilex-practitioners-directory

Legal assistance/advice

McKenzie Friends

<http://www.mckenziefriends.directory/index.html>

Professional McKenzie Friends

<https://www.mckenzie-friend.org.uk/mckenzies.html>

Personal Support Unit Volunteers

<https://www.thepsu.org>

Law Centres Network – England

<http://www.lawcentres.org.uk/>

South West London Law Centre

<http://www.swllc.org/>

Child Law Advice

<http://childlawadvice.org.uk>

Citizen's Advice

<http://www.citizensadvice.org.uk>

Pro bono advice

Advocate

<https://weareadvocate.org.uk>

LawWorks

<http://lawworks.org.uk/clinics>

Birmingham University: Free Legal Advice Group

<http://www.birmingham.ac.uk/schools/law/flag/about.aspx>

Law Clinic at Swansea University

<https://www.swansea.ac.uk/law/lawclinic/#accept>

University of Law (throughout England & Wales)

<http://www.law.ac.uk/about/legal-advice-for-the-public/>

University of Reading: School of Law

<http://www.reading.ac.uk/law/undergraduate-degrees/pro-bono.aspx>

Legal/extra resources

Advice Now

<https://www.advicenow.org.uk>

Child Law Advice

<https://childlawadvice.org.uk/clas/about-child-law-advice/>

Moneyworks Brighton & Hove

<https://www.advicebrighton-hove.org.uk/#contact>

National Debt Line

<https://www.nationaldebtline.org/>

Shelter

https://england.shelter.org.uk/get_help