



## RESOURCES

### LEGAL ADVICE/ SUPPORT

#### **COURT PROCESS, COSTS, APPLICATIONS**

Website: <https://www.gov.uk/courts>

#### **SUPPORT THROUGH COURT**

**Support Through Court** is a charity that offers free, independent, confidential support to those going through family and civil court alone. Cannot provide legal advice, but can help with court paperwork, help you understand the court process better and accompany you into court.

Sheffield Combined Court Centre, 50 West Bar, S3 8PH

Tel: 0114 281 2456

E: [Sheffield@supportthroughcourt.org](mailto:Sheffield@supportthroughcourt.org)

Website: [www.supportthroughcourt.org](http://www.supportthroughcourt.org)

#### **LEGAL AID AGENCY**

Website: <https://www.gov.uk/guidance/apply-for-legal-aid>

#### **FACING COURT WITHOUT A LAWYER - Contact the PERSONAL SUPPORT UNIT (PSU)**

Nottingham County Court, Canal Street

Tel: 0115 9473592, Email : [nottingham@thepsu.org.uk](mailto:nottingham@thepsu.org.uk)

Opening Hours: 9.30 -16.30 Monday to Friday

Where volunteers provide free support and information with issues such as children, divorce eviction and money claims

#### **CITIZENS ADVICE NOTTINGHAM AND DISTRICT**

**NATIONAL ADVICE LINE - Tel: 0844 848 7997 / 0300 330 5457**

Website: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Free support and information with issues such as children, divorce eviction and money claims

#### **RESOLUTION**

Website: [www.resolution.org.uk](http://www.resolution.org.uk)

#### **LAW SOCIETY**

Website: [www.lawsociety.org.uk](http://www.lawsociety.org.uk)

#### **INSTITUTE FOR FAMILY ARBITRATORS**

<http://ifla.org.uk>

#### **ADVICE NOW**

Website : [www.advicenow.org](http://www.advicenow.org)

### CHILDREN

#### **SEPARATED PARENT INFORMATION PROGRAMME (SPIP) - 020 8690 9010**

Website: [www.separatedparentsinformationprogramme.com](http://www.separatedparentsinformationprogramme.com)

Email: [info@nrscontactcentres.co.uk](mailto:info@nrscontactcentres.co.uk) or [SPIPS@rcjadvice.co.uk](mailto:SPIPS@rcjadvice.co.uk)

#### **CAFCASS – 0300 454 400**

Website: <http://www.cafcass.gov.uk/>

Email: [Telephoneenquiries@cafcass.gsi.gov.uk](mailto:Telephoneenquiries@cafcass.gsi.gov.uk)

#### **RESOLUTION – SEPARATION AND DIVORCE HELPING PARENTS HELP CHILDREN**

Website: [www.resolution.org.uk](http://www.resolution.org.uk)

Book Reference Material: [www.resolution.org.uk/parentingbooklet](http://www.resolution.org.uk/parentingbooklet) and [www.resolution.org.uk/publications-books/parenting-through-separation](http://www.resolution.org.uk/publications-books/parenting-through-separation)

#### **THE PARENTING PROMISE**

Website: [www.theparentpromise.org.uk](http://www.theparentpromise.org.uk)

## **CO PARENT HUB**

Website: [www.cafcass.gov.uk/2020/04/28/co-parent-hub](http://www.cafcass.gov.uk/2020/04/28/co-parent-hub)

## **PARENTING PLAN**

Website: [www.parentingplan.co.uk](http://www.parentingplan.co.uk)

Ability to download Free Access Planner

## **FAMILY JUSTICE YOUNG PEOPLE'S BOARD**

Website: <https://www.gov.uk/government/groups/family-justice-young-peoples-board>

Top Tips for Parents who are Separated: <https://www.familymediationcouncil.org.uk/links/>

## **NACCC – NATIONAL ASSOCIATION OF CHILD CONTACT CENTRES – 0845 4500 280**

Website: [www.naccc.org.uk](http://www.naccc.org.uk)

Email: [contact@naccc.org.uk](mailto:contact@naccc.org.uk)

## **CORE FAMILY ASSETS GROUP LIMITED – 01527 556480**

Website: [www.coreassets.com](http://www.coreassets.com)

Email: [contactus@coreassets.com](mailto:contactus@coreassets.com)

## **CHILD MAINTENANCE**

Website : [www.gov.uk/childmaintenance](http://www.gov.uk/childmaintenance)

Access to information on Arranging Child Maintenance/Child Maintenance Calculator / How it Works

## **PARENTING APART PROGRAMME**

Website: [www.clairefieldconsultancy.co.uk](http://www.clairefieldconsultancy.co.uk)

## **PARENTING COORDINATION**

Website: [www.flipfaculty.org](http://www.flipfaculty.org)

## **RELATE**

Website: [www.relate.org](http://www.relate.org)

## **CHILDLINE**

Website: [www.childline.org.uk](http://www.childline.org.uk)

## **FAMILY LIVES**

Telephone: 08088002222

Website: [www.familylives.org.uk](http://www.familylives.org.uk)

## **NICOLE HUTHWAITE THERAPY – EXPLORE. RESOLVE. TRANSFORM.**

Telephone 01623 821528

Website: [www.nicolehuthwaitetherapy.co.uk](http://www.nicolehuthwaitetherapy.co.uk)

## **PATHS THROUGH CHANGE <https://pathsthroughchange.com/>**

## **PARENTS HELPLINE**

Helpline : 0808 802 5544

**ONLY MUMS** <https://www.onlymums.org/> Email: [info@onlymums.org](mailto:info@onlymums.org)

**ONLY DADS** <https://www.onlydads.org/> Email: [info@onlydads.org](mailto:info@onlydads.org)

## **BENEFITS**

### **MONEY ADVICE SERVICE – 0300 500 5000**

Website: [www.moneyadviceservice.org.uk/benefits](http://www.moneyadviceservice.org.uk/benefits)

### **JOB CENTRE – GENERAL ENQUIRIES 0800 0556688**

### **BENEFIT ENQUIRY LINES**

Website: [www.gov.uk/benefit-enquiry-line](http://www.gov.uk/benefit-enquiry-line)

Calls relating to Personal Independent Payments (PIP) - 0345 85033 22

Calls relation to Employment and Support Allowance and Job Seekers Allowance (ESA & JSA) please call 0345 608 8545

Calls relating to Disability Living Allowance or Attendance Allowance please call 03456056055

## **DERBYSHIRE UNEMPLOYED WORKERS CENTRE**

Telephone Number 01246 231441

Email: [info@duwc.org.uk](mailto:info@duwc.org.uk)

Website: <http://www.duwc.org.uk>

## **DOMESTIC VIOLENCE**

### **POLICE**

Telephone: 999 (in emergency) if you are unable to talk due to danger press 55 OR 101

### **WOMEN'S AID – 0808 2000 247 (24HOUR HELPLINE)**

Website: [www.womensaid.org.uk](http://www.womensaid.org.uk)

### **NATIONAL DOMESTIC VIOLENCE HELPLINE – 0808 2000 247**

Website: [www.nationaldomesticviolencehelpline.co.uk](http://www.nationaldomesticviolencehelpline.co.uk)

### **REFUGE – 0808 2000 247**

Website: <http://refuge.org.uk>

Email: [info@refuge.org.uk](mailto:info@refuge.org.uk)

### **MEN'S SERVICES SAM (SUPPORT & ADVICE FOR MEN)**

Telephone: 0800 0198 668 or local number 01246 540444

Website: <http://www.ndwa.org.uk/mens-services-sam-support-advice-for-men/>

### **GALOP (FOR MEMBERS OF THE LGBT+ COMMUNITY)**

Telephone: 08009995428

### **SURVIVING ECONOMIC ABUSE**

Website: [www.survivingeconomicabuse.org](http://www.survivingeconomicabuse.org)

### **HESTIA**

Website: [www.hestia.org](http://www.hestia.org)

### **RELATE**

Website: [www.relate.org](http://www.relate.org)

### **CHILDLINE**

Website: [www.childline.org.uk](http://www.childline.org.uk)

### **SAFE SPEAK – EMOTIONAL HEALTH OF CHILDREN AND YOUNG PEOPLE**

Website: <https://www.safespeak.org.uk>

### **NSPCC**

Telephone for Children: 08001111

Telephone for Adults: 08088005000

Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)

### **VICTIM SUPPORT**

Telephone: 08081689111

Website: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

### **RAPE CRISIS**

Telephone: 08088029999

Website: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

### **DOMESTIC ABUSE ASSIST**

Telephone: 08001958699

Website: [www.dvassist.org.uk](http://www.dvassist.org.uk)

## **DOMESTIC ABUSE RECOVERY PROGRAM**

Website: <https://hopetraining.co.uk/domestic-abuse-recovery-program/>

## **HOLLIE GUARD – PERSONAL SAFETY APP**

Website: [www.holliegaurd.com](http://www.holliegaurd.com)

## **HOUSING**

### **SHELTER- 0808 800 4444**

Official Site - Website: [www.shelter.org.uk](http://www.shelter.org.uk)

Email : [info@shelter.org.uk](mailto:info@shelter.org.uk)

Head Office: London

Get housing help and advice

### **FRAMEWORK – 0115 841 7711**

Website: [www.frameworkha.org](http://www.frameworkha.org)

Framework Housing Association

Val Roberts House, 25 Gregory Boulevard, Nottingham, NG7 6NX

Fax: 01159603985

### **HOUSING BENEFIT**

Website : [www.gov.uk/housingbenefit](http://www.gov.uk/housingbenefit)

## **PROPERTY**

### **ZOOPLA - PROPERTY SEARCH/ PROPERTY VALUES**

Website: [www.zoopla.co.uk/](http://www.zoopla.co.uk/)

[www.facebook.com/ZooplaUK](https://www.facebook.com/ZooplaUK)

### **RIGHT MOVE – PROPERTY SEARCH – 01908 712300**

Website: [www.rightmove.co.uk/](http://www.rightmove.co.uk/)

### **LAND REGISTRY- 0844 892 1111**

Website: [www.landregistry.gov.uk/](http://www.landregistry.gov.uk/)

## **PENSIONS**

### **SURVIVAL GUIDE TO PENSIONS ON DIVORCE**

Website: [www.advicenow.org.uk/pensions](http://www.advicenow.org.uk/pensions)

### **THE MONEY ADVICE SERVICE - 0300 500 5000**

Information on Pensions/Retirement/Workplace Pensions/Pension Basics

Website: [www.moneyadviceservice.org.uk/en/categories/pensions-and-retirement](http://www.moneyadviceservice.org.uk/en/categories/pensions-and-retirement)

### **THE PENSION ADVISORY SERVICE – 0300 123 1047**

Website: [www.gov.uk/find\\_lost\\_pension](http://www.gov.uk/find_lost_pension)

### **PENSION TRACING SERVICE – 0345 600 2537**

### **STATE PENSION INFORMATION**

Website: [www.gov.uk/contact\\_pension\\_service](http://www.gov.uk/contact_pension_service)

To make a claim- 0800 731 7898

Apply for Form BR19 go to: [www.gov.uk/government/publications/application-for-a-state-pension-statement-form-br19-interactive-pdf](http://www.gov.uk/government/publications/application-for-a-state-pension-statement-form-br19-interactive-pdf)

Apply for Form BR20 go to: [www.gov.uk/government/publications/application-for-a-state-pension-forecast-on-divorce-or-dissolution-br20](http://www.gov.uk/government/publications/application-for-a-state-pension-forecast-on-divorce-or-dissolution-br20)

## **PHYSICAL and MENTAL HEALTH**

### **NHS**

Telephone Emergency:999

Telephone: 111

Website: [www.nhs.uk](http://www.nhs.uk)

#### **MIND**

Telephone: 03001233393

Website: <https://www.mind.org.uk/information-support>

#### **YOUNG MINDS**

Telephone for Adults: 08088025544

Website: <https://youngminds.org.uk>

#### **WORLD HEALTH ORGANISATION**

Website: <https://www.who.int/news-room/facts-in-pictures/detail/mental-health>

#### **NHS: MENTAL HEALTH**

Website: <https://www.mentalhealth.org.uk/coronavirus>

#### **PAPYRUS - SUICIDE PREVENTION IN YOUNG PEOPLE AND CHILDREN**

Telephone:08000684141

Website: <https://www.papyrus.org.uk>

#### **SAFE SPEAK – EMOTIONAL HEALTH OF CHILDREN AND YOUNG PEOPLE**

Website: <https://www.safespeak.org.uk>

#### **CHILDLINE**

Website: [www.childline.org.uk](http://www.childline.org.uk)

#### **ANXIETY UK**

Telephone: 03444775774

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

#### **NO PANIC**

Telephone: 03007729844

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

#### **CALM**

Telephone: 0800585858

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

#### **MENS HELP FORUM**

Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

#### **RETHINK MENTAL HEALTH ILLNESS**

Telephone: 08088010525

Website: [www.rethnk.org](http://www.rethnk.org)

#### **SAMARITANS**

Telephone: 116123

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

#### **SANE**

Website: [www.sane.org.uk](http://www.sane.org.uk)

#### **ALCOHOLICS ANONYMOUS**

Telephone: 08009177650

Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

#### **AL-ANON**

Telephone: 08000086811

Website: [www.alanonuk.org.uk](http://www.alanonuk.org.uk)

**DRINKLINE**

Telephone: 03001231110

**NATIONAL ASSOCIATION FOR CHILDREN OF ALCOHOLICS**

Telephone: 08003583456

Website: [www.nacoa.org.uk](http://www.nacoa.org.uk)

**SMART RECOVERY UK**

Telephone: 0330536022

Website: [www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

**FRANK**

Telephone: 03001236600

Website: [www.talktofrank.com](http://www.talktofrank.com)

**COCAINE ANONYMOUS**

Telephone: 08006120225

Website: [www.cocaineanonymous.org.uk](http://www.cocaineanonymous.org.uk)

**MARIJUANA ANONYMOUS**

Telephone: 03001240373

Website: [www.marijuana-anonymous.org.uk](http://www.marijuana-anonymous.org.uk)

**NARCOTICS ANONYMOUS**

Telephone: 03009991212

Website: [www.ukna.org](http://www.ukna.org)

**BEAT**

Telephone Children: 08088010711

Telephone Adults: 08088010677

Website: [www.b-eat.co.uk](http://www.b-eat.co.uk)

**GAMBLER ANONYMOUS**

Telephone: 0330094322

Website: [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

**GAM-ANON**

Telephone: 08700508880

Website: [www.gamanon.org.uk](http://www.gamanon.org.uk)

**NATIONAL PROBLEM GAMBLING CLINIC**

Telephone: 02073817722

**BEREAVEMENT****CRUSE**

Website: [www.cruse.org.uk](http://www.cruse.org.uk)

**SUDDEN**

Website: [www.sudden.org.uk](http://www.sudden.org.uk)

**AT A LOSS**

Website: [www.ataloss.org.uk](http://www.ataloss.org.uk)

**CHILDHOOD BEREAVEMENT NETWORK**

Website: [www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)

**MORTGAGES****THE MONEY ADVICE SERVICES – HOME AND MORTGAGES**

Website: [www.moneyadvice.service.org.uk/en/categories/homes-and-mortgages](http://www.moneyadvice.service.org.uk/en/categories/homes-and-mortgages)

**MONEY SAVING EXPERT – FINDING A FINANCIAL ADVISOR**

Website: [www.moneysavingexpert.com/savings/best-financial-advisers](http://www.moneysavingexpert.com/savings/best-financial-advisers)

**INDEPENDENT FINANCIAL ADVISOR - PARK HALL FINANCIAL SERVICES – 01623 651773**

Website: [www.parkhall.co.uk](http://www.parkhall.co.uk)

**BANKRUPTCY/ DEBT**

**CITIZENS ADVICE BUREAU – 0344 411 444 - BANKRUPTCY ADVICE**

Website: [www.adviceguide.org.uk/england/debt\\_e/debt\\_help\\_with\\_debt\\_e/bankruptcy.htm](http://www.adviceguide.org.uk/england/debt_e/debt_help_with_debt_e/bankruptcy.htm)

For your nearest CAB please visit: [www.citizensadvice.org.uk/index/getadvice](http://www.citizensadvice.org.uk/index/getadvice)

**CITIZENS ADVICE BUREAU – 0344 411 444 - DEBT ADVICE**

Website: [www.adviceguide.org.uk/england/debt\\_e/debt\\_help\\_with\\_debt\\_e.htm](http://www.adviceguide.org.uk/england/debt_e/debt_help_with_debt_e.htm)

For your nearest CAB please visit: [www.citizensadvice.org.uk/index/getadvice](http://www.citizensadvice.org.uk/index/getadvice)

**NATIONAL DEBT RELIEF – 0800 043 5200**

Website: [www.nationaldebtrelief.co.uk](http://www.nationaldebtrelief.co.uk)

Email : [advice@nationaldebtrelief.co.uk](mailto:advice@nationaldebtrelief.co.uk)

**MISCELLANEOUS**

**POLICE**

Telephone Number: 101 - Emergencies: 999

**CHESTERFIELD LAW CENTRE**

Dealing with Housing / Employment / Immigration /Harassment/ Debt /Discrimination

Telephone Number : 01246 550674

Website : <http://chesterfieldlawcentre.org.uk/>

**FAMILY COURT FORMS**

Website: <http://www.gov.uk/courts/procedure-rules/family/formspage>

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