



Helpline: 01677 470180

gamekeeperwtrust@btinternet.com

Being there for gamekeepers, stalkers and ghillies

When personal or family relationships breakdown

Relationship breakdown is a difficult time for anyone. But how much harder this can be when your family home is tied to your partner/husband's employment and he is required to remain living there. What are the options for you and perhaps your children if you have reached a stage where sharing a home together is no longer a possibility?

The GWT hopes that some of the following information may be of some help to you in negotiating the next step along what may seem to be a confusing and frightening pathway. Your situation is unique to you and your family. This fact sheet aims to give you a range of organisations that you may find helpful with your individual needs and plans. There are many others. We list just a few of the most well known.

The internet is an invaluable source of information but should you not wish to use your home computer or you do not have access to one you could try your local library, most of which have computers available and staff to help you. Many organisations have help lines or local offices where help is available. We have included national numbers where possible. If you live in Scotland, Wales or Northern Ireland there are frequently organisations which relate to your specific area.

If you have children it is very likely that they will be aware of tensions within the household. Keep lines of communication with them open as they may wish to ask you questions about things that are worrying them. If you feel able, try to give them age appropriate and relevant answers to their questions. Sometimes your children's schoolwork, friendships or other relationships may change. Attempt to have a chat with your children's teachers to keep them informed if the situation becomes difficult at home.

Your GP or other health professionals such as health visitors are also there to support you, especially if you are feeling very low and are finding day to day activities more and more difficult.

The GWT has dedicated volunteers who would be happy to offer you support in accessing information or provide you with someone to talk to about the situation you find yourself in. ***Please ring the GWT Helpline if you want to talk to our volunteers*** - all calls are in strict confidence and non judgmental.

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Agencies, Support Services and Financial Support.

General Support

- CITIZENS ADVICE BUREAU
www.citizensadvice.org.uk/getadvice
tel: 08444 111 444

This is a good place to start if you need a range of information.

The Citizens Advice helps people resolve their legal, money and other problems by providing FREE, independent and confidential advice. They have an online self help website and you may also be able to obtain advice by phone or by visiting one of their 3,500 local offices.

Relationship Support

- Relate
www.relate.org.uk
Tel: 0300 100 1234
Relate counsellors provide a caring and supportive environment to help you find a way through any relationship difficulties you may be facing. The service includes relationship counselling for individuals or couples as well as family counselling. There are over 70 centres around the country or you can access telephone support if this is more convenient. You can find your nearest centre by looking on their website or by ringing the national number.
- Womens Aid
www.womensaid.org.uk
Freephone 24 hour Helpline 0808 2000 247
helpline@womensaid.org.uk

Womens Aid is the national charity working to end domestic violence against women and children. Refuge accommodation is available in most areas or you may just want someone to talk to who understands your situation.

- National Family Mediation
www.nfm.org.uk

Tel: 0300 4000 636 (National Office)

Family mediation is a voluntary, confidential process which helps joint decision making without the use of the courts or solicitors. It is open to any separating couples who are experiencing difficulties in agreeing arrangements for their children, finances or property.

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National Family Mediation is the only voluntary sector provider of family mediation. They have affiliations with over 40 Local Family Mediation Centres. You can find one near you by putting your post code into their web site.

Housing Support

- Shelter
www.england.shelter.org.uk
www.scotland.shelter.org.uk
Free Housing Advice helpline 0808 800 4444
Shelter is a national free housing advice service. Their web site is full of a wealth of housing information.
- Local Housing Departments
You can apply to your local housing department (their details can be obtained from your local council) if you consider yourself as homeless. If the council believes that you are unintentionally homeless, eligible for assistance and have a priority need it must provide you with temporary accommodation whilst it undertakes its enquiries into your circumstances. You can make an appointment to discuss your situation with them. See your local council website for contact details.

Financial Support

- Council Tax Support
This replaced Council Tax Benefit in April 2013. It is a local system of help for people who pay council tax. It is assessed on your income and your family circumstances. Claims are via your local council housing authority. See your local council website for contact details.
- Housing Benefit
This benefit can help towards your rent if you have a low income and savings or claim welfare benefits. If you are in private rented accommodation it is called Local Housing Allowance. The amount of Local Housing Allowance will depend upon the maximum rent allowed for people in your area and the number of rooms you need. Claims are via your local housing authority. See your local council website for contact details.
- Rent Deposit and Rent Guarantee Schemes
These may be available if you don't have money for the deposit if you decide to rent locally. Ask your local council. You may qualify for some help towards your deposit from the Gamekeepers Welfare Trust.



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- Welfare Benefits
www.dwp.gov.uk/publications/claims-forms
Benefit enquiry line: Freephone 0800 882 200

The Department for Work and Pensions is responsible for welfare and pension policy. It is the biggest public service delivery department and serves over 20 million customers. They have a comprehensive web site. You may be eligible for a number of benefits. Your local Citizens Advice Bureau can provide excellent help in knowing what you may be entitled to.

Legal Support

- Legal Advice – gov.uk
www.gov.uk/civil-legal-advice
Helpline 0845 345 4 345
If you are eligible for legal aid you can get help with debt, benefits appeal, housing, mediation if you are separating from your partner and a range of other civil issues.
- Community Legal Advice
www.communitylegaladvice.org.uk
Free, confidential and independent advice for residents of England and Wales. You can download leaflets, fact sheets and links to their relevant websites.

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Information correct at time of writing but changes are planned for the English and Welsh benefit system so do please check with relevant agencies outlined above.