

# Legal Advice

A guide for constituents

July 2026



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# Legal Advice

## A guide for constituents

July 2026

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**This guide outlines and signposts sources of legal advice available to constituents seeking help or support with a variety of legal issues.**

Senedd Research provides impartial research support to Members of the Senedd. We cannot correspond directly with any other individuals or organisations, nor advise or comment on individual cases.

The information provided in this guide is for general informational purposes only to support the work of Members of the Senedd in assisting their constituents. It is not intended as a substitute to legislation, guidance, policy nor professional advice.







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# Introduction

This guide outlines and signposts a variety of sources of legal advice available to constituents.

# 1. Finding a solicitor

For some legal problems, you will need the help of a private solicitor. Different solicitors will specialise in different areas of law such as crime, education or family law, so it is important to find a solicitor who is an expert in dealing with the area in which you need assistance.

Many solicitors will give members of the public a free first appointment.

The Law Society is the professional body for solicitors in England and Wales. It represents solicitors and advocates for access to justice and the rule of law. The Law Society has a '[\*\*Find a solicitor\*\*](#)' tool on its website:

**Contact details:**

**Telephone:** 020 7242 1222

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



## 2. Legal aid

Legal aid can help you pay for legal advice, mediation or representation in court if you are unable to meet the costs. This could include help for housing, debt, work, family, benefits or education problems.

You can also get legal aid if you are accused of a crime. An accused person's solicitor or barrister should be able to confirm whether they can receive criminal legal aid.

Whether you can receive legal aid depends on many things including your financial circumstances (such as how much you earn and what savings you have), and the type of legal help you require. Legal aid is not available for all types of problems.

You can use the [GOV.UK](https://www.gov.uk/legal-aid-eligibility-calculator) online **legal aid eligibility calculator** to check if you may be entitled to legal aid for non-criminal problems. You can also search for legal aid advisers here: [find-legal-advice.justice.gov.uk](https://www.find-legal-advice.justice.gov.uk)

## 3. Pro bono

“Pro bono” is the term for free legal help for someone who cannot afford to pay for legal assistance and is not entitled to legal aid. If you are not eligible for legal aid funding, some of the advice agencies listed below work with pro bono lawyers who may be able to help with your case.

### **Advocate**

**Advocate** is the pro bono charity of barristers in England and Wales, supported by the Bar Council. Advocate assists in finding free legal help from barristers, in all areas of law across all courts and tribunals across England and Wales.

#### **Contact details:**

Advocate, International Dispute Resolution Centre, 1 Paternoster Lane, St. Paul's, London, EC4M 7BQ

**Telephone:** 020 4518 6141

**Email:** [Using online contact form](#)

**Website:** <https://www.weareadvocate.org.uk/>

### **Asylum Support Appeals Project**

**Asylum Support Appeals Project** (ASAP) offers free legal representation and advice to asylum seekers and refused asylum seekers appealing against Home Office decisions to refuse or withdraw their housing, financial subsistence, or both.

#### **Contact details:**

**Telephone:** 0203 716 0283

**Website:** <http://www.asaproject.org/>

### **Bangor University Legal Advice Clinic (BULAC)**

**Bangor University Legal Advice Clinic** (BULAC) provides free legal advice to members of the public (and staff and students). All advice is given by final year law students at Bangor University, supervised by qualified solicitors.

BULAC provides legal advice on most civil areas of law including family law, employment, housing, property matters, personal injury and consumer issues. BULAC does not advise on criminal law, welfare benefits or immigration.

**Contact details:**

**Telephone:** 01248 388411

**Email:** [BULAC@Bangor.ac.uk](mailto:BULAC@Bangor.ac.uk)

## **Free Representation Unit**

The **Free Representation Unit** (FRU) is a charity that provides legal advice, case preparation and advocacy in employment, social security, and some criminal injury compensation tribunal cases. FRU only takes cases from their referral agencies and cannot guarantee representation.

**Contact details:**

Free Representation Unit, 10/11 Gray's Inn Square, Gray's Inn, London, WC1R 5JD

**Telephone:** 020 7611 9555

**Email:** [admin@thefru.org.uk](mailto:admin@thefru.org.uk)

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

## **LawWorks**

**LawWorks** is a charity which aims to provide free **legal advice to individuals** and **not-for-profit groups** who cannot afford to pay for it and who are unable to access legal aid. They offer free legal advice in **clinics across England and Wales**, where clients usually have 30 minutes to one hour to explain an issue and in return will receive basic advice on the next steps to take. LawWorks also run Free Legal Answers which provides online access to pro bono legal advice for individuals on low incomes in England and Wales.

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

## **North and Mid Wales Legal Clinic**

The **North and Mid Wales Law Clinic** is led by Ynys Môn Citizens Advice in partnership with Citizens Advice Denbighshire and Bangor University. With a focus on family, community care and employment law, law students from Bangor University overseen by experts from legal firms help provide legal guidance to clients.

**Contact details:**

**Telephone:** 0140 776 2278

**Email:** [lipsnorthwales@gmail.com](mailto:lipsnorthwales@gmail.com)

## **SpeakEasy Law Centre**

The **SpeakEasy Law Centre**, part of the **Law Centres Network**, offers free and impartial legal advice across Cardiff & the Vale of Glamorgan, specialising in welfare benefits, debt, housing and employment law.

The Centre offers face-to-face appointments and advice and support by phone and email.

### **Contact details:**

166 Richmond Road, Cardiff, CF24 3BX

**Telephone:** 029 2045 3111

**Email:** [info@speakeasy.cymru](mailto:info@speakeasy.cymru)

**Website:** [www.speakeasy.cymru/](http://www.speakeasy.cymru/)

## **Swansea Law Clinic**

The **Law Clinic at Swansea University** offers free initial advice about legal problems while giving students the chance to work alongside practising lawyers to advise real clients. The Law Clinic can help with a range of legal matters including landlord and tenant disputes; employment issues; benefits advice and immigration and asylum advice.

Appointments with student advisors can be arranged during term times. Appointments are used as information-gathering sessions, which are then followed up by a legal advice letter.

Those wishing to be considered for an appointment must download and complete the **Law Clinic Appointment Request Form** and return it to [lawclinic@swansea.ac.uk](mailto:lawclinic@swansea.ac.uk).

## **University of South Wales Legal Advice Clinic**

The **University of South Wales Legal Advice Clinic** runs free public appointments where students (with qualified legal supervision) interview and assess clients, and then draw up legal advice in several legal areas such as employment, housing, debt, family and contract matters.

The Clinic is an appointment based service only and does not provide legal advice by telephone or email.

Those seeking legal advice, must firstly complete the **Legal Advice Clinic enquiry form**.

## 4. Self representation

For some legal matters, it is possible to represent yourself in court; this is known as being a “litigant in person”. Further information about this can be found on the GOV. UK page, [Represent yourself in court](#).

### **Advicenow**

[Advicenow](#) is an independent, not-for-profit website, run by the charity Law for Life: the Foundation for Public Legal Education, which provides information on rights and the law in England and Wales as well as advice for litigants in person.

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

### **Employment Tribunal Litigants in Person Support Scheme (ELIPS)**

[ELIPS](#) provides assistance to unrepresented litigants in person who are involved in a live claim in one of the following Employment Tribunals: London Central, Cardiff, Bristol, West Midlands, Newcastle, Leeds and Manchester Employment Tribunals. Clinics operate twice monthly on a Thursday via Zoom.

**Website:** [www.elaweb.org.uk/pro-bono/elips-litigants](http://www.elaweb.org.uk/pro-bono/elips-litigants)

### **RCJ Advice**

[RCJ Advice](#) provides free legal advice to people with a court case in the civil and family courts in England and Wales. All of their services are via email, telephone and Zoom.

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

### **Support Through Court**

[Support Through Court](#) provides free practical and emotional support for litigants in person. The charity has local offices across England and Wales and also offers a [National Helpline Service](#).

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



## 5. Other sources of advice

### Citizens Advice

**Citizens Advice** can help people resolve their debt, benefits, housing, legal, discrimination, employment, immigration, consumer and other problems. Free advice is available face-to-face, by telephone, or by email. Most centres offer home visits and some also provide email advice. Their website has a search facility where you can find the **address and contact details of your local office**.

The Citizens Advice website provides **advice on a wide range of topics**.

#### Contact details:

**Telephone:** Advicelink: Citizens Advice National phone service: 03444 77 20 20

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

Further contact details for debt, Universal Credit and consumer matters can be found on the **Contact Us** pages.

### Insurance and Memberships

Many insurance policies offer legal expenses insurance cover as an extra which can cover quite wide ranging disputes. Subscribers to magazines such as Which? may also be able to access legal advice helplines.

### Trade Unions

Trade unions often provide free legal advice and representation to their members which is not just confined to work-related matters. In the first instance, contact your local representative to enquire further. Alternatively, some trade unions offer phone helplines which you can call for advice.

## 6. Specific sources of advice

There are also lots of charities which run legal advice services for particular groups or for those with specific issues.

### **Acas (Advisory, Conciliation and Arbitration Service)**

**Acas** provides free and impartial information and advice to employers and employees on all aspects of workplace relations and employment law.

Their website has an **Advice** section which provides template letters and information covering a wide range of employment matters, including redundancy, flexible working and employment contracts.

#### **Contact details:**

**Telephone:** 0300 123 1100. (Mon-Fri 8am-6pm)

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

### **Action Against Medical Accidents**

**Action Against Medical Accidents (AvMA)** is the national charity for patient safety and justice. Their website has a **Help and Advice** section which provides options if you or a family member may have suffered medical negligence. Their advice is free and confidential.

#### **Contact details:**

**Telephone:** 0845 123 2352 (Mon-Fri 10am-3.30pm)

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

### **Advicelocal**

**Advicelocal** is a service which can assist with a social welfare law problem - for example in relation to welfare benefits and tax credits; council tax; debt and money advice; housing and homelessness; employment and work issues; disability and social care; or asylum and immigration.

To use Advicelocal, enter a postcode and choose an advice topic to find links to tailored information for your area, including details of free, independent advice organisations who can help with information and support.

**Website:** [www.advicelocal.uk](http://www.advicelocal.uk)

## **Advicenow**

**Advicenow** is an independent, not-for-profit website, which aims to provide accurate, practical information on rights and the law in England and Wales. The website features **guides** and advice and signposting on a variety of topics including **benefits, employment, family and personal, housing and homelessness**, and **immigration and nationality**.

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

## **Age Cymru**

**Age Cymru** is a charity which provides advice and information about a range of issues relevant to older people, including **benefits and entitlements, pensions advice** and **finding care and support at home**.

### **Contact details:**

Age Cymru, Ground Floor, Mariners House, Trident Court, East Moors Road, Cardiff, CF24 5TD

**Telephone:** 0300 303 44 98 (Mon-Fri 10am–4pm)

**Email:** [advice@agecymru.org.uk](mailto:advice@agecymru.org.uk)

**Website:** [www.ageuk.org.uk/cymru](http://www.ageuk.org.uk/cymru)

## **Asylum Justice**

**Asylum Justice** is a charitable organisation in Wales offering free legal advice and representation to asylum seekers, recognised refugees and other vulnerable migrants.

### **Contact details:**

**Telephone:** 029 2049 9421

**Email:** [Enquiry form](#)

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

## **Coram Children's Legal Centre**

**Coram Children's Legal Centre (CCLC)** is a registered charity which promotes the rights of children across the UK and internationally, who offer free legal representation, information and advice to children, young people, and their families and carers across the UK. They offer advice and factsheets on a variety of issues, including **immigration, asylum and nationality, education**, and **social services and community care**.

**Contact details:**

Coram Children's Legal Centre, Wellington House, 4th Floor, 90-92 Butt Road, Colchester, Essex CO3 3DA

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

**Website:** [www.childrenslegalcentre.com](http://www.childrenslegalcentre.com)

**Disability Law Service**

The **Disability Law Service** provides information and advice to disabled people and their carers.

They can provide advice in the following areas:

- Employment and discrimination at work;
- Welfare Benefits;
- Housing;
- Community care;
- Legal advice to people with Multiple Sclerosis;
- Welfare benefits advice to people with Multiple Sclerosis;
- Discrimination; and
- Public law

**Contact details:**

Disability Law Service, The Foundry, 17 Oval Way, London, SE11 5RR

**Telephone:** 020 7791 9800

**Email:** Subject specific email contact details can be found on [their Need Advice by Phone or in Writing?](#) page.

**Multiple Sclerosis Legal Advice Line:** The Disability Law Service's Multiple Sclerosis Legal Line provides free confidential legal advice to people affected by MS in England and Wales. Advice covers employment, disability discrimination (in relation to the provision of services and public functions) and community care law. Contact details can be found on the [Multiple Sclerosis Legal Advice Line](#) page.

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

## **Equality Advisory Support Service**

The **Equality Advisory Support Service** (EASS) offers advice and assistance to individuals relating to equality and human rights. The EASS assist clients in reaching resolution of their issue without having to resort to legal proceedings.

**Contact details:**

**Telephone:** 0808 800 0082

**Email:** [Enquiry form](#)

**Website:** [www.equalityadvisoryservice.com](http://www.equalityadvisoryservice.com)

## **Family Rights Group**

The **Family Rights Group** (FRG) is a charity that provides advice to parents, grandparents, relatives and friends about their rights and options when social workers or courts make decisions about their children's welfare. The FRG website provides **advice, tips and template letters**.

**Contact details:**

Family Rights Group, 101 Pentonville Road, London, N1 9LG

**Telephone:** 0808 801 0366 (Mon-Fri 9:30am-3pm)

**Email:** [Enquiry form](#)

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

## **Finding Legal Options for Women Survivors**

**Finding Legal Options for Women Survivors** (FLOWS) is a legal support service, designed to help protect women against domestic abuse. FLOWS has a **local services map** that allows an individual to search for help available locally.

**Contact details:**

**Freephone Telephone:** 0203 745 7707

**Email:** [flows@rcjadvice.org.uk](mailto:flows@rcjadvice.org.uk)

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

## Gingerbread

**Gingerbread** is a national charity working with single parent families who provide advice, practical support and campaign for single parent families.

The charity offers a range of **advice and support services** for single parents. These include **information pages**, an **online forum and local groups**.

### Contact details:

Gingerbread, 82 Tanner Street, London, SE1 3GN

**Website:** [gingerbread.org.uk/](http://gingerbread.org.uk/)

## Inquest

**Inquest** is a registered charity which offers free, independent advice and support to bereaved people following a death in state care, custody or detention in England or Wales. They also offer support to families throughout the inquest process.

The Inquest website provides access to the **Inquest handbook**, the **Inquest Skills and Support Toolkit** and **frequently asked questions**.

### Contact details:

Inquest, 3rd Floor, 89-93 Fonthill Road, London, N4 3JH

**Telephone:** 020 7263 1111

**Email:** [inquest@inquest.org.uk](mailto:inquest@inquest.org.uk)

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

## Maternity Action

**Maternity Action** is a charity dedicated to promoting, protecting and enhancing the rights of all pregnant women, new mothers and their families to employment, social security and health care.

The charity provides **free online information** and telephone advice on **maternity rights (work and benefits); advice on NHS charging for maternity care** and **migrant women's rights service – training and support**.

### Contact details:

Unit 4, Wells House, 5-7 Wells Terrace, London N4 3JU



## **Telephone advice lines:**

### **Maternity Rights Advice Line:**

**Telephone:** 0808 802 0029

**Email:** Using [online contact form](#)

### **Advice on NHS charging for maternity care:**

**Email:** Using [online contact form](#)

### **Migrant Women's Rights Service – Training and Support:**

**Telephone:** 020 7251 6189 (Tues-Thurs 10am-12pm and 2–4pm)

**Email:** [migrantwomensrights@maternityaction.org.uk](mailto:migrantwomensrights@maternityaction.org.uk)

**Website:** [maternityaction.org.uk](http://maternityaction.org.uk)

## **Mind Cymru**

[Mind Cymru](#) is the Wales branch of [Mind](#), a registered charity which provides advice and support for those experiencing a mental health problem.

The Mind website provides general advice on mental health-related [legal rights](#) including sectioning, hospital treatment and discharge; discrimination rights and legislation guides.

Mind's [Legal line](#) provides legal information and general advice on mental health related law.

### **Contact details:**

Mind Legal line, PO Box 75225, London, E15 9FS

**Telephone:** 0300 466 6463

**Email:** [supporterrelations@mind.org.uk](mailto:supporterrelations@mind.org.uk)

**Website:** [www.mind.org.uk/about-us/mind-cymru/](http://www.mind.org.uk/about-us/mind-cymru/)

## **National Debtline**

[National Debtline](#) is a charity which provides free and independent advice and information about debt problems over the phone and online.

The National Debtline website also provides a [fact sheet library](#) and [sample letter library](#).

**Contact details:**

**Telephone:** 0808 808 4000

**Webchat:** [Webchat](#)

**Website:** [nationaldebtline.org/](http://nationaldebtline.org/)

## **Planning Aid Wales**

**Planning Aid Wales** is an independent, charitable organisation helping individuals and communities across Wales to participate more effectively in the planning system.

Planning Aid Wales provides information on planning policies and planning applications in Wales on its [Planning Advice](#) page and offers a [free Helpline service](#), to assist eligible members of the public and community groups needing help with a planning matter.

**Contact details:**

Planning Aid Wales, 12 Cathedral Road, Cardiff CF11 9LJ

**Telephone:** 02920 625 004

**Email:** [helpline@planningaidwales.org.uk](mailto:helpline@planningaidwales.org.uk) or use the [contact form](#).

**Website:** [planningaidwales.org.uk/](http://planningaidwales.org.uk/)

## **Race Equality First**

[Race Equality First](#) provide support and advice for people who face discrimination, harassment, hate crime and disadvantage. This work includes their [Discrimination Casework Service](#) assisting individuals who have suffered discrimination due to any protected characteristics they may possess within the Equality Act 2010, and undertaking advocacy for victims of hate crime.

**Contact details:**

Race Equality First, 1st Floor West, 113-116 Bute St, Cardiff CF10 5EQ

**Telephone:** 02920 486207

**Email:** [info@raceequalityfirst.org.uk](mailto:info@raceequalityfirst.org.uk) or use the or use the [email enquiry form](#)

**Website:** [raceequalityfirst.org/](http://raceequalityfirst.org/)

## **Rights of Women**

**Rights of Women** is a charity which provides free, confidential legal advice to women by specialist women solicitors and barristers. The website features legal guides and handbooks in **different areas of law**.

### **Contact details:**

#### **Telephone advice lines:**

##### **Criminal law advice:**

Telephone: 020 7251 8887

##### **Family law advice:**

Telephone: 020 7251 6577

##### **Immigration and asylum law advice:**

Telephone: 020 7490 7689

##### **Sexual harassment at work:**

Telephone: 020 7490 0152

**Website:** [rightsofwomen.org.uk](http://rightsofwomen.org.uk)

## **Settled**

**Settled** provides information, advice and support to EU citizens living in the UK, including people who are late applying to the EU Settlement Scheme (EUSS), or who have had their application refused. The charity also helps when people are struggling to prove their immigration status or access rights and services.

Settled has also provided advice on Ukraine visa schemes. This Ukraine service covers immigration rights and broader rights of housing, education, etc.

### **Contact details:**

R1.3 Riverside House, Newport Market, Upper Dock Street, Newport, NP20 1DD

**Telephone:** 0330 223 5336

#### **Email:**

- Use the **[self-referral form](#)**.
- If you live in Wales, and would like support making an application for pre-settled or settled status, please email **[ApplyEUSSWales@settled.org.uk](mailto:ApplyEUSSWales@settled.org.uk)**

- For advice on Ukrainian visa schemes, please email [ukraineadvice@settled.org.uk](mailto:ukraineadvice@settled.org.uk)

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

## **Shelter Cymru**

**Shelter Cymru** specialises in providing information and advocacy to people in housing need in Wales. Shelter Cymru operates local **housing advice surgeries** across Wales, some of which are drop-in and some by appointment only.

The Shelter website also provides online advice on a range of housing related topics including **homelessness, eviction** and **mortgage repossession**.

### **Contact details:**

**Telephone:** Helpline: 08000 495 495

**Email:** [sheltercymru.org.uk/get-advice/webchat/](mailto:sheltercymru.org.uk/get-advice/webchat/)

**Website:** [sheltercymru.org.uk/](http://sheltercymru.org.uk/)

## **Working Families**

**Working Families** is a national UK charity for working parents and carers, whose mission is to remove the barriers that people with caring responsibilities face in the workplace.

The charity provides **free legal advice** to parents and carers on **their rights at work** on a range of topics affecting parents and carers at work, including **pregnancy and maternity rights; flexible working** and **childcare support**.

### **Contact details:**

Working Families, c/o Buzzacott LLP, 130 Wood Street, London EC2V 6DL

**Telephone:** 0300 012 0312

**Email:** [Online contact form](#)

**Website:** [workingfamilies.org.uk](http://workingfamilies.org.uk)