



Sources of Legal Advice and Assistance Midlands (East) Employment Tribunal

Although Employment Tribunals are used to dealing with unrepresented parties, many cases are more complex than they may seem. The tribunal staff and Judges will do what they can to ensure your case is given a fair hearing, however, we cannot give you legal advice.

This is a list of organisations who may be able to give you free advice and support.

We cannot guarantee that these organisations will be able to help you, and we are not responsible for the content or quality of any advice that you receive. There may be a delay in obtaining an appointment and the Tribunal does not usually delay cases to allow extra time for you to get assistance.

Guidance & Useful Information

The Employment Tribunal Tribunal information, procedure rules, forms and guidance and practice directions.	www.justice.gov.uk/tribunals/employment
President of Employment Tribunals Guidance on managing cases generally, including how the Tribunal expects parties to prepare for a hearing.	https://www.judiciary.gov.uk/wp-content/uploads/2013/08/presidential-guidance-general-case-management-20180122.pdf
Employment Tribunals Central Office – England & Wales	0300 323 0196 (general enquiries) <u>Employment Tribunals Central Office</u> <u>PO Box 11225,</u> <u>Loughborough,</u> <u>LE11 9PX.</u>
Advice Now Provides signposting to useful information on Employment Tribunal procedures.	www.advicenow.org.uk

National Advice Agencies and Organisations

ACAS Free, impartial advice on workplace rights, rules and best	www.acas.org.uk 0300 123 1100
Advocate May offer free representation at a Tribunal hearing.	https://weareadvocate.org.uk/
BARKA Helpline for Central & Eastern European migrants. Employment advice in Polish, Russian & Romanian.	email: info@barkauk.org
Citizens Advice Website provides advice on work-related issues. Citizens Advice can provide advice and casework service. Use their website to locate a Citizens Advice office near you.	https://www.citizensadvice.org.uk/
Disability Law Service Free helpline and advice for disabled people, their families, carers and advocates on discrimination and employment issues.	www.dls.org.uk 0207 791 9800

Equality Advisory and Support Service Advice for discrimination cases under Equality Act 2010 only.	www.equalityadvisoryservice.com 0808 800 0082
Free Legal Answers Volunteer lawyers answer specific questions about legal issues.	https://freelegalanswers.org.uk/
HMRC Statutory Payments Dispute Team For payments of Statutory Maternity Pay/Adoption Pay/Paternity Pay/Shared Parental Pay or Statutory Sick Pay when your employer is insolvent or refusing to pay.	telephone: 0300 322 9422 textphone: 0300 200 3212
Law Centres Network A network of Law Centres providing free legal advice and assistance. Find a local law centre on the website.	www.lawcentres.org.uk
Law Works Advice Centres Find address of advice centre nearest to you.	www.lawworks.org.uk/legal-advice-individuals/find-legal-advice-clinic-near-you
Maternity Action Free online information and telephone advice on maternity and parental rights and benefits.	https://maternityaction.org.uk/ 0808 802 0029
Modern slavery Helpline to report concerns and seek information or advice about forced labour, trafficking and domestic servitude.	0800 012 1700 0300 303 8151 (The Salvation Army)
National Debt-Line Advice regarding debt issues.	www.nationaldebtline.org 0808 808 4000
Working Families For issues around childcare and family rights in the workplace.	www.workingfamilies.org.uk 0300 012 0312

Local Organisations

Nottingham Law School - Legal Advice Centre	https://www.ntu.ac.uk/study-and-courses/academic-schools/nottingham-law-school/nls-legal 0115 848 4262
Leicester Law School-The Legal Advice Clinic	https://le.ac.uk/law/about/legal-advice-clinic 0116 252 5187

Other Possibilities

Insurance	If you have household, car or other insurance cover, it may be that you are paying for legal expenses insurance, which can cover an employment tribunal case.
Solicitors Some solicitors offer a 'no win, no fee' service – you will need to ask.	http://Find-legal-advice.justice.gov.uk
Trade Unions	If you are a member of a trade union, they may be able to help you.