AIMS For a better birth...

Legal Support

AIMS provides information regarding pregnancy and birth related topics and supports people to navigate the maternity services (including making complaints). Our Helpline Volunteers (helpline@aims.org.uk) can provide an empathetic, listening ear, but cannot provide legal advice or representation, nor specialist assistance with children's services referrals. If you need this kind of support, we hope the following links will be helpful.

The organisations listed below are not associated with AIMS and in listing them here AIMS is not endorsing them or guaranteeing that they will be appropiate for your needs. We've tried to make sure when we published this page that the links were working and that the organisations listed offered relevant support.

1. **Citizens Advice** is a network of independent charities which operates across the UK. They can provide you with information regarding your legal rights and the assistance that may be available to you in various situations. Advice can be obtained online, over the phone, or in person. On their website, make sure you toggle to the correct homepage - there is one each for Scotland, Wales, England and Northern Ireland. They can also help you work out whether you could be eligible for legal aid, and can point you to other ways of obtaining cheap or free legal services.
2. **The official Government website** provides more information about legal aid. It explains what aid is available in England and Wales, and also provides links to pages which explain the position in Scotland and Northern Ireland.
3. **Law Works** is a charity in England and Wales which works to connect volunteer lawyers with people in need of legal advice, who are not eligible for legal aid and cannot afford to pay.
4. **Law Centres** operate across England and Wales and provide advice to people on various different legal matters, free of charge. There is also a Law Centre doing equivalent work for those in Northern Ireland, which you can contact **here**.
5. **Family Rights Group** is a charity that advises parents, grandparents, relatives and friends about their rights and options when social workers or courts make decisions about their children's welfare. They help parents whose children are in need, at risk or are in the care system, and wider family members and friends who are raising children (known as kinship carers). The charity offers online advice and information, a web chat service and free telephone advice line open Monday to Friday between 9.30am and 3pm (excluding Bank Holidays) on 0808 801 0366.
6. **Action against Medical Accidents (AvMA)** is a charity working for patient safety and justice, and may be able to help you if you think you have suffered medical negligence and are looking for legal support. They have a number of self-help guides, a helpline which operates 10 am-3.30pm Monday to Friday, a written advice service, and a "find a solicitor" search function containing

AvMA accredited solicitors.

7. **Workers' Rights and Maternity Benefits** If you are looking for legal support or assistance relating to employment rights or maternity benefits, see this AIMS page for links to helpful organisations.