

# HOW TO: COMPLETE YOUR FORM E

A PARACHUTE LAW GUIDE



This Guide is designed to make completing your Form E Financial Statement as simple and stress-free as possible.

# GUIDE TO COMPLETING YOUR FORM E

Form E is the most important financial document in your divorce – and also the most confusing. One mistake, missing document or wrongly-worded section can delay your case, weaken your negotiating position, or cost you thousands in your final settlement.

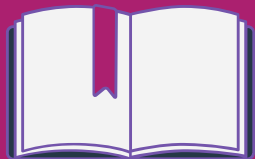
That's why so many clients ask Parachute Law to help.

Our Family Law team completes Form E documents every day. We know exactly what the court expects, how to present your finances clearly, what evidence to attach, and the red flags that can instantly undermine your case. Whether your situation involves pensions, property, businesses, overseas assets or complex income, we make sure your disclosure is accurate, thorough and strategically prepared.

Because we work fully remotely, we can help you quickly, wherever you are – with fixed-fee options, fast turnaround times and clear guidance throughout.

This Guide explains the Form E step-by-step in plain English, but if you'd like us to take the stress off your shoulders, we can prepare your Form E for you, review a draft you've completed, or support you through the entire financial remedy process.

A well-prepared Form E is the foundation of a strong financial settlement. Let us help you get it right from the start.



# CONTENTS

## INTRODUCTION

### Section 1.

- 1.6 The Divorce Application
- 1.11 Health
- 1.12 Education
- 1.13 Child Maintenance
- 1.14 Previous Financial Orders
- 1.15 Other Court Proceedings

### Section 2. Financial Details

- 2.1 The Family Home
- 2.8 Personal Belongings worth more than £500
- 2.10 Capital Gains Tax (CGT)
- 2.13 Pensions and Pension Protection Fund (PPF)  
Compensation
- 2.14 Other Assets

### Section 3. Financial Requirements (Needs)

- 3.1 Income Needs for You and Your Children
- 3.2 Capital Needs

### Section 4. Other Information

- 4.1.1 Changes in Assets or Income in the Last 12 Months
- 4.1.2 Changes in Assets or Income in the Next 12 Months
- 4.2 Standard of Living during the Marriage
- 4.3 Contributions to the Family
- 4.4 Conduct
- 4.5 Other Circumstances
- 4.6 New Relationship Details

### Section 5. Court Orders Sought

- 5.1(a) Family Home
- 5.1(b) Continuing Spousal Maintenance or a “Clean Break”
- 5.1(c) Different Types of Pension Orders
- 5.1(d) Transfer or Settlement of Property or Assets
- 5.1(e) Substituting another Order for a Spousal Maintenance Order
- 5.2 Variation of Pre-nuptial or Post-nuptial Agreements
- 5.3 Avoidance of Disposition Order

### Final Sections

- Statement of Truth
- Schedule of Documents

### Support from Parachute Law

- How Parachute Law can help you
- Contact Parachute Law

### Meet the Team

- Richard Dyke
- Claudine Boast
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- Nel Lane-Blake



# GUIDE TO COMPLETING YOUR FORM E

This Guide is designed to make completing your Form E Financial Statement as simple and stress-free as possible.

When you divorce, both you and your spouse must provide full and frank financial disclosure. The way this is done is by completing Form E.

Form E can feel overwhelming at first glance. It is long and detailed and asks for evidence about your income, assets, debts, outgoings and any property you own. But don't worry – at Parachute Law our experienced Family Law team helps clients complete their Form E every day and supports them through their divorce and all the financial elements of it.

Because we work fully remotely, we can assist clients anywhere in England and Wales (and those overseas with an English divorce) while still providing the same level of care and expertise as a local firm.

## Why is it important to complete Form E properly?

- It gives the court a clear picture of your financial position.
- It helps ensure both parties are treated fairly when assets are divided.
- It avoids unnecessary delays, disputes, or challenges later in your case.

Whilst a lot of the information required in the Form E is fairly straightforward, we've given you some help below on the trickier sections of the form.

We've given you step-by-step explanations in plain English so you know exactly what to include and how to approach each section.

# SECTION 1. GENERAL INFORMATION

## SECTION 1.6 – THE DIVORCE APPLICATION

This section asks about your Divorce Application. Remember, the Divorce Application is separate from the financial part of the case (the financial part is called a “Financial Remedy” Application and the court case dealing with the finances is known as the “Financial Remedy proceedings”).

You will find a 12-digit Divorce Application Case Reference number on the paperwork you received from the court when the divorce was started.

- The Divorce Application itself is dealt with by the Divorce and Dissolution Service.
- If a separate Application has to be made to sort out the finances (a “Financial Remedy Application”) this will be handled by your local Family Court.

If you are unsure of any of the dates or details of the Divorce Application, you can contact the Divorce and Dissolution Service. **Make sure you have your 12-digit case reference number handy, as they will need this to locate your case.**

1.6 Date of the	Petition for divorce/ dissolution/nullity/ (judicial) separation			Decree nisi/ conditional order/ (judicial) separation order			Decree absolute/ final order (if applicable)		
	Date	Month	Year	Date	Month	Year	Date	Month	Year
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

You can contact the Divorce and Dissolution Service using the information below:

Method	Details
Post	HMCTS Divorce and Dissolution Service  PO Box 13226, Harlow, CM20 9UG
Phone	General enquiries: <b>0300 303 0642</b> (Mon–Fri, 10 am–6 pm)  Welsh language: <b>0300 303 5171</b>
Email	Use only if you cannot use the contact form: <a href="mailto:access.divorce@justice.gov.uk">access.divorce@justice.gov.uk</a> <small>find-court-tribunal.service.gov.uk +15</small>

### SECTION 1.11 – HEALTH

You only need to provide details here if you or your children have a serious physical or mental health condition that you want the court to consider. Everyday minor illnesses or minor conditions do not need to be mentioned.

<p>1.11 Details of the state of health of yourself and the children if you think this should be taken into account</p>	Yourself	Children

### SECTION 1.12 – EDUCATION

Give details of the children's current schooling or other educational arrangements and note any plans for the future (for example, changing schools, moving to secondary school or starting or changing university).

1.12 Details of the present and proposed future educational arrangements for the children.

Present arrangements	Future arrangements

### SECTION 1.13 – CHILD MAINTENANCE

If there is already a Child Maintenance Service assessment, a court order, or an agreement in place for child maintenance, set out the details.

- If an application has been made but not yet decided, note this, and update the court once a decision is made.
- If you need help, you can call the Child Maintenance Service on 0800 083 4375.

1.13 Details of any child support maintenance calculation or any maintenance order or agreement made in respect of any children of the family. If no calculation, order or agreement has been made, give an estimate of the liability of the non-resident parent in respect of the children of the family under the Child Support Act 1991.

## SECTION 1.14 – PREVIOUS FINANCIAL ORDERS

If this application is to vary (change) an existing financial order, attach a copy of the order and explain what changes you are asking the court to make.

1.14 If this application is to vary an order, attach a copy of the order and give details of the part that is to be varied and the changes sought. You may need to continue on a separate sheet.

## SECTION 1.15 – OTHER COURT PROCEEDINGS

If there are (or have been) any other court cases between you and your spouse give brief details. For example, cases about child arrangements (residence or contact) or property disputes or court cases relating to domestic violence (i.e. Occupation and Non-Molestation Orders).

1.15 Details of any other court cases between you and your spouse/civil partner, whether in relation to money, property, children or anything else.

Case No	Court	Type of proceedings

# SECTION 2. FINANCIAL DETAILS

## SECTION 2.1 – THE FAMILY HOME

In this section, you must provide details of the family home (the last home you and your spouse lived in together) if it has not already been sold.

You need to tell the court:

- Whether you own or part-own the family home.
- How much you believe the property is currently worth. If you don't have a recent professional valuation then give your best realistic estimate.
- The balance outstanding on any mortgage(s) secured against the property.
- Whether there are any early repayment charges (ERCs) and, if so, when they apply. These usually apply during the fixed-rate period of a mortgage (for example, 2, 3, or 5 years) and are often expressed as a percentage of the outstanding mortgage. If you do not know whether ERCs apply then you should write "Not known."



## SECTION 2.10 - CAPITAL GAINS TAX (CGT)

In this section you must say whether Capital Gains Tax (CGT) would be payable if you were to sell any of your property or other assets now.

### This may apply to:

- Second homes or investment properties
- Shares and investments
- Other assets that can increase in value over time

2.10 If any Capital Gains Tax would be payable on the disposal now of any of your real property or personal assets, give your estimate of the tax liability.

Asset	Total Capital Gains Tax liability
TOTAL value of ALL your potential Capital Gains Tax liabilities: (D2)	£
Add together D1 and D2 to give the TOTAL value of your liabilities: TOTAL D	£

### What you need to do:

- Give your best estimate of the CGT that would be payable if the asset were sold today.
- If you cannot provide a realistic estimate at this stage, make this clear on the form and explain that you will provide an estimate as soon as you are able.
- If in doubt, you may want to seek advice from an accountant or solicitor to make sure your figures are accurate.

It is best to show that you have considered CGT even if you cannot give precise figures yet. This demonstrates to the court that you are making full and frank disclosure.

## SECTION 2.13 – PENSIONS AND PENSION PROTECTION FUND (PPF) COMPENSATION

In this section, you must give details of all your pension rights and any PPF compensation entitlements including those you may receive in the future.

What this means:

- A pension is money you build up during your working life to provide income or a lump sum in retirement. Pensions can be workplace schemes, personal pensions, or state pensions (other than the Basic State Pension which is excluded here).
- The Pension Protection Fund (PPF) is a government-backed scheme that steps in if a workplace pension scheme is unable to pay out because the employer has gone bust. If this applies to you, you may be entitled to PPF compensation, which is treated in a similar way to a pension when disclosing finances in a divorce.

**Do not include the Basic State Pension.**

**You must include (use a separate page for each one):**

- Additional State Pensions (for example, SERPS or State Second Pension (S2P))
- Free Standing Additional Voluntary Contribution Schemes (FAVVCs) separate from your employer’s scheme
- All other pension plans or schemes of which you have been a member
- Any PPF compensation entitlements (if one of your former pension schemes has transferred into the PPF)

**Documents you should attach:**

- A recent pension statement showing the Cash Equivalent (CE) value of each pension arrangement. For Additional State Pensions you will need a valuation from the Department of Work and Pensions (DWP). For PPF compensation you will need a valuation from the PPF Board.
- If a valuation is not yet available give the expected date when it will be ready and attach a copy of the letter or email you sent requesting the valuation. Keep the reply (if you have one) and include it to show you have requested the information.

**Practical tips:**

- Contact your pension provider (or the DWP in the case of Additional State Pensions) as soon as possible. They are required to provide this information and are familiar with divorce-related requests.
- Tell them the valuation is for the purpose of a divorce and for completing a Form E Financial Statement. This ensures they provide the correct type of valuation.
- Pension valuations can take some time to arrive so request them early. Always keep a copy of your dated letter/email asking for the valuation. If you haven’t received the information in time then you can attach your request letter to your Form E to show the court you have taken reasonable steps to obtain a valuation.
- Pensions are often one of the most valuable assets in a divorce. If you are unsure how to complete this section or how your pensions should be divided, you should seek legal and financial advice.

2 Financial Details	Part 4 Capital: Pensions and Pension Protection Fund (PPF) Compensation						
<p>2.13 Give details of all your pension rights and all PPF compensation entitlements, including prospective entitlements. Complete a separate page for each pension or PPF compensation entitlement.</p> <p>EXCLUDE:</p> <ul style="list-style-type: none"> <li>• Basic State Pension</li> </ul> <p>INCLUDE (complete a separate page for each one):</p> <ul style="list-style-type: none"> <li>• Additional State Pension (SERPS) and State Second Pension (S2P)</li> <li>• Free Standing Additional Voluntary Contribution Schemes (FAVVC) separate from the scheme of your employer</li> <li>• Membership of ALL pension plans or schemes</li> <li>• PPF compensation entitlement for each scheme you were a member of which has transferred to PPF</li> </ul>							
<p>Documentation required for attachment to this section:</p> <p>a) A recent statement showing the cash equivalent (CE) provided by the trustees or managers of each pension arrangement; for the additional state pension, a valuation of these rights or for PPF a valuation of PPF compensation entitlement</p> <p>b) If any valuation is not available, give the estimated date when it will be available and attach a copy of your letter to the pension company, administrators, or PPF Board from whom the information was sought and/or state the date on which an application for a valuation of an Additional State Pension was submitted to the Department of Work and Pensions</p>							
<p>Name and address of pension arrangement or PPF Board</p>							
<p>Your National Insurance Number</p>							
<p>Number of pension arrangement or reference number or PPF compensation reference number</p>							
<p>Type of scheme e.g. occupational or personal, final salary, money purchase, additional state pension, PPF or other (if other, please give details)</p>							
<p>Date the CE, PPF compensation or additional state pension was calculated</p>	<table border="1"> <tr> <td>Date</td> <td>Month</td> <td>Year</td> </tr> <tr> <td></td> <td></td> <td></td> </tr> </table>	Date	Month	Year			
Date	Month	Year					
<p>Is the pension in payment or drawdown? (please answer Yes or No)</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No						
<p>State the CE quotation, the additional state pension valuation or PPF valuation of those rights</p>							
<p>If the arrangement is an occupational pension arrangement that is paying reduced CEs, please quote what the CE would have been if not reduced. If this is not possible, please indicate if the CE quoted is a reduced CE</p>							
<p>Is the PPF compensation capped? (please answer Yes or No)</p>	<input type="checkbox"/> Yes <input type="checkbox"/> No						
<p>TOTAL value of ALL your pension assets: TOTAL F <b>£</b></p>							

## SECTION 2.14 – OTHER ASSETS

In this section, you must list any assets you have not already included in earlier sections (2.1 to 2.13).

Examples of what to include (this list is not exhaustive):

- Personal or business assets not yet disclosed elsewhere
- Unrealisable assets (assets that cannot easily be turned into cash such as certain investments or interests in trusts)
- Share option schemes – include your best estimate of what they would be worth if exercised now and note if Capital Gains Tax (CGT) or income tax would apply
- Business expansion schemes, futures, or commodities
- Trust interests, including discretionary trusts – give your best estimate of value and say when they might become realisable. If you believe they will never be realisable or have no value then explain your reasons.
- Any asset you are likely to receive in the foreseeable future (e.g. an inheritance or bonus)
- Any asset held for you by someone else
- Any asset held outside England and Wales that has not been disclosed elsewhere in the form

### How to value them:

- Provide the NET value of the asset – that is, the gross value minus any CGT, sales fees, commission or other costs that would be payable if it were sold.
- If you are unsure about an asset's value then do your best to give a realistic estimate and explain how you reached it.

You have a duty to make full and frank disclosure of all your financial assets and interests, of any nature. If in doubt, it is better to include something and let the court decide its relevance.

2 Financial Details		Part 5 Capital: Other assets
2.14 Give details of any other assets not listed in Parts 1 to 4 above. INCLUDE (the following list is not exhaustive): <ul style="list-style-type: none"> <li>• Any personal or business assets not yet disclosed</li> <li>• Unrealisable assets</li> <li>• Share option schemes, stating the estimated net sale proceeds of the shares if the options were capable of exercise now, and whether Capital Gains Tax or income tax would be payable</li> <li>• Business expansion schemes</li> <li>• Futures</li> <li>• Commodities</li> <li>• Trust interests (including interests under a discretionary trust), stating your estimate of the value of the interest and when it is likely to become realisable. If you say it will never be realisable, or has no value, give your reasons</li> <li>• Any asset that is likely to be received in the foreseeable future</li> <li>• Any asset held on your behalf by a third party</li> <li>• Any asset not disclosed elsewhere on this form even if held outside England and Wales</li> </ul> You are reminded of your obligation to disclose all your financial assets and interests of ANY nature.		
Type of asset	Value	Total NET value of your interest
TOTAL value of ALL your other assets: TOTAL G		£

# SECTION 3. FINANCIAL REQUIREMENTS (NEEDS)

## SECTION 3.1 – INCOME NEEDS FOR YOU AND YOUR CHILDREN

In this section you must set out your weekly, monthly or annual income needs. Include everyday living expenses such as housing, food, fuel, clothing, transport, and any payments for children’s education or activities. Be realistic and provide clear figures.

Tip: The way you set out your income needs can affect how the court views your case.

Getting professional legal advice can be very beneficial here, especially if you think your case may not settle and could go to a Final Hearing. A solicitor can help you frame your income needs in a way that is reasonable and supported by evidence.

**3 Financial Requirements Part 1 Income needs**

3.1 Income needs for yourself and for any children living with you or provided for by you. ALL figures should be annual, monthly or weekly (state which). You must not use a combination of these periods. State your current income needs and, if these are likely to change in the near future, explain the anticipated change and give an estimate of the future cost.

The income needs below are:  Weekly  Monthly  Annual  
(delete those not applicable)

I anticipate my income needs are going to change because

3.1.1 Income needs for yourself.

INCLUDE:

- All income needs for yourself
- Income needs for any children living with you or provided for by you only if these form part of your total income needs (e.g. housing, fuel, car expenses, holidays etc)

Item	Current cost	Estimated future cost
SUB-TOTAL your income needs		£

3.1.2 Income needs for children living with you or provided for by you.

INCLUDE:

- Only those income needs that are different to those of your household shown above

Item	Current cost	Estimated future cost
SUB-TOTAL children's income needs		£
TOTAL of ALL income needs:		£

21

**3 Financial Requirements Part 2 Capital needs**

3.2 Set out below the reasonable future capital needs for yourself and for any children living with you or provided for by you.

3.2.1 Capital needs for yourself.

INCLUDE:

- All capital needs for yourself
- Capital needs for any children living with you or provided for by you only if these form part of your total capital needs (e.g. housing, car, etc.)

Item	Cost
SUB-TOTAL your capital needs: £	

3.2.2 Capital needs for children living with you or provided for by you.

INCLUDE:

- Only those capital needs that are different to those of your household shown above

Item	Cost
SUB-TOTAL your children's capital needs: £	
TOTAL of ALL capital needs: £	

## SECTION 3.2 – CAPITAL NEEDS

In this section you should list your reasonable future capital needs. The court will usually look at major items such as a suitable house for you (and the children, if applicable) and a suitable motor vehicle. You may also include other one-off or long-term capital requirements such as furniture or home improvements. Try and give realistic figures.

Getting professional legal advice can also be very beneficial here, especially if you think your case may not settle and could go to a Final Hearing. A solicitor can help you frame your capital needs in a way that is reasonable and supported by evidence.

## SECTION 4. OTHER INFORMATION

### SECTION 4.1.1 – CHANGES IN ASSETS OR INCOME DURING THE LAST 12 MONTHS

Use this space to explain any significant changes in your financial circumstances over the past year. Examples include selling or buying property, redundancy, inheritance or a change in salary. Be specific about what changed, when, and the effect on your finances.

**4 Other Information**

4.1 Details of any significant changes in your assets or income.  
At both sections 4.1.1 and 4.1.2, INCLUDE:

- ALL assets held both within and outside England and Wales
- The disposal of any asset

4.1.1 Significant changes in assets or income during the LAST 12 months.

### SECTION 4.1.2 – CHANGES IN ASSETS OR INCOME LIKELY IN THE NEXT 12 MONTHS

Here you should set out any known or anticipated future changes. Examples: a pay rise or reduction, forthcoming retirement, sale of property, or expected inheritance.

4.1.2 Significant changes in assets or income likely to occur during the NEXT 12 months.

### SECTION 4.2 – STANDARD OF LIVING DURING THE MARRIAGE

4.2 Brief details of the standard of living enjoyed by you and your spouse/civil partner during the marriage/civil partnership.

The court needs to understand the lifestyle you and your spouse enjoyed. Describe things like holidays, eating out, type of housing, cars, hobbies, and leisure activities. This helps the court assess the context of your financial needs.

## SECTION 4.3 – CONTRIBUTIONS TO THE FAMILY

This section is not just about financial contributions. You should include non-financial contributions such as caring for the children, maintaining the family home or supporting your spouse's career. Give examples and, where possible, dates or time periods.

4.3 Are there any particular contributions to the family property and assets or outgoings, or to family life, or the welfare of the family that have been made by you, your partner or anyone else that you think should be taken into account? If there are any such items, briefly describe the contribution and state the amount, when it was made and by whom.

INCLUDE:

- Contributions already made
- Contributions that will be made in the foreseeable future

## SECTION 4.4 – CONDUCT

Bad behaviour is only taken into account in very rare cases and only if it has had a clear financial impact. Do not include emotional or personal grievances. Only record details here if you believe conduct has directly caused you financial disadvantage.

4.4 Bad behaviour or conduct by the other party will only be taken into account in very exceptional circumstances when deciding how assets should be shared after divorce/dissolution. If you feel it should be taken into account in your case, identify the nature of the behaviour or conduct below.

## SECTION 4.5 – OTHER CIRCUMSTANCES

Mention anything else that could significantly affect financial provision. Examples include health issues, loss of earning capacity, inheritance prospects, redundancy, retirement or agreements made before/after marriage. If relevant, also note plans to remarry, form a civil partnership or cohabit with a new partner.

4.5 Give details of any other circumstances that you consider could significantly affect the extent of the financial provision to be made by or for you or any child of the family.

INCLUDE (the following list is not exhaustive):

- Earning capacity
- Disability
- Inheritance prospects
- Redundancy
- Retirement
- Any agreement made between you and your spouse/civil partner before or after your marriage/civil partnership stating whether or not you rely upon the agreement giving your reasons
- Any plans to marry, form a civil partnership or live with a new partner
- Any contingent liabilities



## SECTION 5.1(B) – CONTINUING SPOUSAL MAINTENANCE OR A “CLEAN BREAK”

You should also indicate whether you think your case calls for ongoing spousal maintenance (regular payments from one spouse to the other) or whether it is suitable for a “clean break.”

A “clean break” is a settlement or court order that ends all future financial claims between you and your spouse. This means neither of you can make further claims against the other’s income or capital after the settlement.

**Important:** A clean break does not end a parent’s financial responsibility towards their children.

b) Whether you consider this is a case for continuing spousal maintenance/maintenance for your civil partner or whether you see the case as being appropriate for a ‘clean break’ (A ‘clean break’ means a settlement or order which provides amongst other things, that neither you nor your spouse/civil partner will have any further claim against the income or capital of the other party. A ‘clean break’ does not terminate the responsibility of a parent to a child.)

Child maintenance obligations will still continue regardless of whether there is a clean break between the spouses.

## SECTION 5.1(C) – DIFFERENT TYPES OF PENSION ORDERS

In this section you need to say whether you are asking the court to make an order about pensions. These are specialist orders that deal with how pension benefits are divided on divorce.

The options are:

- **Pension sharing order** – this transfers part of one person’s pension into a pension for the other person.
- **Pension attachment order** – this directs the pension provider to pay part of the pension income or lump sum directly to the other person when it is paid out.
- **Pension compensation sharing order** – this is similar to pension sharing but relates to schemes covered by the Pension Protection Fund (PPF).
- **Pension compensation attachment order** – this directs the PPF to make payments to the other person when compensation is paid.

These types of orders can have long-term consequences for your retirement income. They are not always straightforward and the court will usually expect professional advice to be taken before making such an order.

c) Whether you are seeking a  
 i) pension sharing order  
 ii) pension attachment order  
 iii) pension compensation sharing order  
 iv) pension compensation attachment order

If you do not yet know whether you want to seek one of these pension orders, it is absolutely fine (and strongly recommended) to write: “Not able to specify at this stage.”

If you think a pension order might apply in your case, you should get legal and financial advice before completing this section.

## SECTION 5.1(D) – TRANSFER OR SETTLEMENT OF ANY PROPERTY OR ASSETS

Here you need to say if you are asking the court to deal with any property or assets by either transferring them or by making a settlement.

- A transfer means moving the legal ownership of something into your name or into your spouse's name. For example, transferring the family home into your sole name.
- A settlement is different. Instead of changing ownership straight away, it creates an arrangement about how the property or asset will be held or used in the future. For example, the family home might stay in joint names but be placed in trust so that you and the children can live there until they finish school, after which it is sold and the money divided.

**Think of it this way:**

- **Transfer** = an immediate change of ownership.
- **Settlement** = rules about how the asset is used or shared in the future.

**These arrangements can be complicated and have long-term consequences.**

**If you think this section might apply to your case, it is very important to get legal advice before completing it.**

**If you do not yet know whether you want to seek a transfer or settlement of any assets at this stage it is absolutely fine (and strongly recommended) to write: "Not able to specify at this stage".**

**Alternatively if you know that there is a particular asset(s) that you want to have transferred/settled you can specify the particular asset(s) and also write "I may seek a transfer or settlement of other property or assets but I am not able to specify which of them at this stage".**

d) If you are seeking a transfer or settlement of any property or assets, identify the property or assets in question

## SECTION 5.1(E) – SUBSTITUTING ANOTHER ORDER FOR A SPOUSAL MAINTENANCE ORDER

This section only applies if there is already a court order in place for regular periodical payments (also called spousal maintenance). You can ask the court to dismiss (end) that order, either immediately or at a set date in the future, and replace it with another type of order.

**The options you can ask for instead include:**

- **Lump sum order** – a one-off payment of money.
- **Property adjustment order** – changing who owns or occupies property (for example, transferring a house).
- **Pension sharing order** – splitting a pension so that part of it is transferred into a pension for the other spouse.
- **Pension compensation sharing order** – similar to pension sharing, but specifically where the Pension Protection Fund (PPF) is involved.

If you think this may apply to your case, you should take legal advice before completing this section.

- e) Where you seek the dismissal, immediate or otherwise, of an order for periodical payments and its substitution with another order, whether the substituted order you seek is for
- i) a lump sum order
  - ii) a property adjustment order
  - iii) a pension sharing order and/or
  - iv) a pension compensation sharing order.

The court will want to be satisfied that replacing maintenance with another form of provision is fair and workable.

If there is not a Spousal Maintenance/Periodical Payments Order in place (which will usually be the case in most divorces) then simply write “Not Applicable”.

## SECTION 5.2 – VARIATION OF PRE-NUPTIAL OR POST-NUPTIAL AGREEMENTS

## SECTION 5.2 – VARIATION OF PRE-NUPTIAL OR POST-NUPTIAL AGREEMENTS

This section only applies if there is a Pre-nuptial Agreement, Post-nuptial Agreement, or another type of settlement that was made during your marriage (or in anticipation of it).

- You are asked to identify the agreement or settlement, say who made it, who the trustees and beneficiaries are, and explain why you believe the court has the power to vary (change) it.
- These are often complicated arrangements and the court will only vary them in certain circumstances.

If you think such an agreement or settlement might exist, or you are unsure, it is very important to seek legal advice before completing this section. The wording and effect of such agreements can make a big difference to your case.

5.2 If you are seeking a variation of an ante-nuptial or post-nuptial settlement or a relevant settlement made during, or in anticipation of, a civil partnership, identify the settlement, by whom it was made, its trustees and beneficiaries and state why you allege it is a settlement which the court can vary.

If you do not have a pre-nuptial or post-nuptial agreement (or any other settlement of this type), simply write: **“Not applicable.”**

## SECTION 5.3 – AVOIDANCE OF DISPOSITION ORDER

This section only applies if you believe your spouse (or ex-spouse) has tried to dispose of, transfer or hide assets in order to reduce what might be available for division in the divorce.

- An avoidance of disposition order is a court order that can undo or prevent such transactions so that the assets are still taken into account when dividing finances.
- You would need to identify the property or asset that has been transferred (or is at risk of being transferred) and name the person or organisation to which it was transferred.

These orders are serious and are usually only needed where there is clear evidence that someone is deliberately trying to put assets beyond the reach of the court.

If you think this section might apply in your case, it is strongly recommended to take legal advice as soon as possible before completing it.

5.3 If you are seeking an avoidance of disposition order, or if you have already applied for such an order, identify the property to which the disposition relates and the person or body in whose favour the disposition is alleged to have been made.

If it does not apply, simply write: **“Not applicable.”**

## STATEMENT OF TRUTH

This is a sworn declaration that everything you have stated in Form E is true, complete and accurate.

If you lie, mislead the court, or omit information, there can be very serious consequences, including contempt of court or even criminal prosecution.

Read it carefully before signing and only sign once you are sure everything in your Form E and the attached documents are correct.

If you are unsure about any aspects of the form you should consider seeking legal advice before signing it.

## SCHEDULE OF DOCUMENTS

The final page of the Form E is a schedule with a checklist of documents you must attach to it. The schedule contains 3 columns:

- Attached
- Not applicable
- To follow

If you don't yet have a document then make sure you have made all reasonable efforts to obtain it and keep evidence of those efforts (letters/emails etc.) and explain why it is missing.

Always keep copies of everything and prepare an index of your attached documents.

# HOW PARACHUTE LAW CAN HELP YOU


Completing your Form E is just one part of the divorce process. It's important to get it right, but it can also feel like a lot to take on by yourself. That's where we come in.

**At Parachute Law**, our Family Law specialists can:

- Guide you step-by-step through completing your own Form E to make sure nothing important is missed.
- Review your spouse's Form E and other financial disclosure to check it is accurate and complete, and highlight any areas of concern.
- Advise you on what further financial information and documents you should request from your spouse and help draft a request for this information.
- Advise you on what the figures mean for your settlement, and how best to frame your case.
- Support you with all other aspects of your divorce, from negotiating a financial settlement to representing you in court if needed.

Because we work fully remotely, we can help clients anywhere in England and Wales (and those abroad with an English divorce) quickly, flexibly, and cost-effectively – without the need for office visits.

We'll also guide you on additional steps – such as making or revising a Will – so your intentions are fully protected.

 Contact our team today and book a free initial consultation and take the first step towards your fresh start.



Richard Dyke  
Senior Solicitor

## RICHARD DYKE

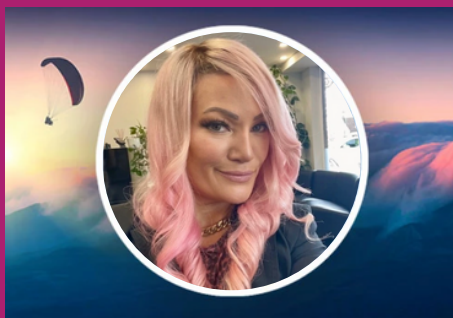
Richard is an experienced solicitor with over 16 years' experience working both in private practice and in-house for a variety of firms in and around London before joining Parachute Law in 2022. He specialises in family law and cohabitation disputes and also has a strong background in wider areas of civil litigation.

Richard is known for his caring and approachable manner. He takes the time to understand each client's individual circumstances and works tirelessly to achieve the best possible outcome. His balanced mix of technical expertise and empathy helps clients feel supported throughout what are often stressful and challenging situations.

Richard has a detailed knowledge of the financial aspects of divorce. He has represented clients in both complicated divorce cases involving business, trust and foreign assets and rental properties as well as more straightforward cases. He gives the same high level of care and attention to all his cases.

## CLAUDINE BOAST

Claudine is the founder, CEO and Solicitor Director of Parachute Law. With nearly 20 years' experience advising clients across family, commercial, employment and civil litigation matters, both in private practice and in-house, she brings a wealth of expertise to her role. Claudine has a detailed knowledge of high-conflict divorces and the particular issues that this causes for clients. She has advised on cases involving intricate business structures, intellectual property issues and domestic and international property portfolios.



Claudine Boast  
Director & CEO

Her professional background outside family law gives Claudine a distinctive edge when dealing with business and property-related disputes within divorce. Clients value her ability to combine commercial awareness with empathy, providing practical solutions tailored to each individual's circumstances. Known for her approachable and supportive manner, Claudine ensures that her clients feel heard, understood and guided with confidence throughout what can be a stressful and uncertain process.



**Nel Lane-Blake**

Legal Assistant / Caseworker

## NEL LANE-BLAKE

Nel is a legal assistant at Parachute Law, working closely with Richard Dyke on divorce and family law matters. She assists in drafting legal documents, preparing court bundles, and managing case files with precision and care. With a strong understanding of the divorce process, she provides valuable support in guiding clients through complex and often sensitive proceedings. Known for her empathetic and professional approach, Nel helps ensure clients feel supported during challenging times.

## MEGAN EAST

Megan is a legal assistant at Parachute Law, working closely with Richard Dyke on divorce and family law matters. She assists in drafting legal documents, preparing court bundles, and managing case files with precision and care. With her strong organisational skills and attention to detail, Megan helps ensure cases progress smoothly from start to finish. She is committed to providing clear and reliable support to both clients and solicitors throughout the divorce process.



**Megan East**

Executive Assistant / Caseworker