
Checklist

Before sending your forms to the court, please complete this checklist to confirm that you have enclosed the following items:

- ☐ If you are the applicant - C100 (Application under the Children Act 1989 for a residence, contact or other section 8 order) or if you are the respondent – C7 (Response to an application under the Children Act 1989).
- ☐ C8 (Confidential contact details)
Note: Only attach this form if you want to withhold your contact details from the other party.
- ☐ Copies of any orders made by the court for your protection — see section 2.
- ☐ Any other written evidence which you are able to provide at this stage to support your allegations made in the table on page 3.

If you have any concerns about your safety and that of your children you can call the **National Domestic Violence Helpline** on **freephone 0808 2000 247** or you get more information from **www.nationaldomesticviolencehelpline.org.uk**

If you are a man and have concerns for your safety and that of your children you can call the **Men's Advice Line and Enquiry** on **freephone 0808 801 0327** or you get more information from **www.mensadviceline.org.uk**

Other organisations that may be able to provide advice for children or young people are:

Childline on freephone 0800 1111 and **NSPCC Child Protection Helpline on freephone 0808 800 500**