




**DIVORCE AND  
YOUR MONEY:  
A SIMPLE GUIDE**

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THE THOUGHTFUL INVESTOR

A blurred photograph of three people sitting around a table in a modern office setting, engaged in a meeting. The scene is viewed through a glass partition. The background shows large windows and office furniture.

“Going through a divorce or separation can be tough. It’s not just about emotions, money matters too.”

# CONTENTS

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Introduction .....	4
What to bring to your first meeting .....	7
What about retirement? .....	8
What about taxes? .....	8
Can I get help with a budget? .....	11
Working with lawyers or mediators .....	11
What if my ex handled all the money? .....	13
Splitting money and assets .....	15
What happens to the house? .....	15
Final thoughts .....	16
Contact us .....	18

## INTRODUCTION

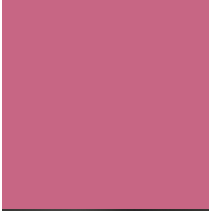
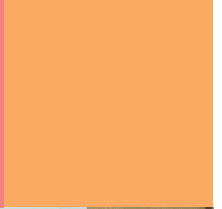
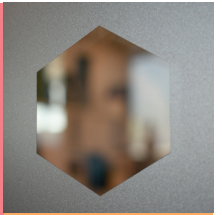
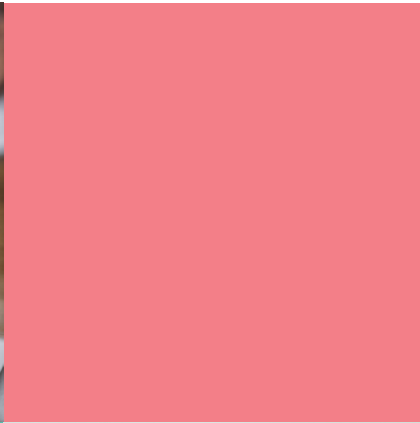
Going through a divorce or separation can be tough. It's not just about emotions, money matters too. Navigating divorce or separation can feel overwhelming - emotionally, legally, and financially. Many people find themselves unsure of what they need to consider or how to plan for a future that suddenly looks very different.

At Castlefield, we've supported many clients through the challenges of divorce, helping them evaluate their financial options, understand the implications of different decisions, and build confidence in their long-term financial wellbeing. Clients often come to us during this uncertain time for guidance on how to protect their interests and plan for what comes next.

This simple guide will help you understand some of the key things to think about when it comes to your finances during a divorce. It also explains how a financial adviser can support you at each stage of the process, offering clarity and reassurance when you need it most.

Written by  
Pooja Shah







“The more information you can share, the more useful and tailored the advice will be.”

## WHAT TO BRING TO YOUR FIRST MEETING

Being prepared for your first meeting with a financial adviser can make a big difference. The more information you can share, the more useful and tailored the advice will be.

Try to bring recent tax returns (ideally from the last two to three years), along with statements from your bank and savings accounts. Mortgage details, pension and retirement information, credit card and loan statements are also useful. A summary of your monthly spending can help build a clear picture of your financial needs.

It might feel like a lot, but having this information to hand helps your adviser understand your full financial situation and provide the right support from the start.

## WHAT ABOUT RETIREMENT?

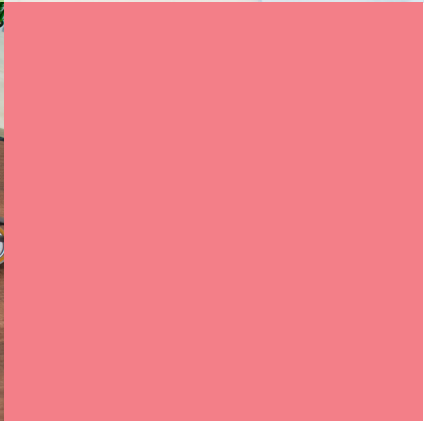
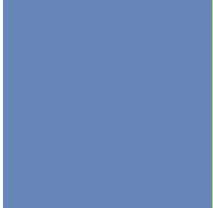
Divorce can have a significant impact on your pension and long-term savings, which may need to be reviewed or divided. You might need to split existing pensions, adjust your retirement plans, or find new ways to save for the future.


With professional guidance, you can explore how different outcomes could affect your retirement, using your current situation and future needs to create a realistic plan. This can show how changes in income or assets may influence your long-term financial wellbeing.

## WHAT ABOUT TAXES?

Tax can play a key role in how spousal maintenance and assets are divided. Without proper planning, unexpected tax bills can arise.

Your adviser is there to help you understand any tax implications, what you might owe or be entitled to, and how to plan ahead to avoid surprises and make informed decisions.



A photograph of a meeting in progress. In the foreground, the back of a person's head and shoulders with blonde hair is visible. In the middle ground, a woman with long dark hair is looking down at a document on a table. Another person's hand is visible in the foreground, pointing towards the table. The background is slightly blurred, showing other participants. A white quote box with blue decorative elements is overlaid on the right side of the image.

“It’s about helping you feel more in control and confident in managing your money moving forward.”

## CAN I GET HELP WITH A BUDGET?


Yes, budgeting support is a key part of financial planning during and after a divorce.

Your adviser will help you get a clear picture of your income and day-to-day spending, taking into account any support payments you may be receiving or making. Together, you can create a realistic monthly budget that reflects your current circumstances and aligns with your future goals. It's about helping you feel more in control and confident in managing your money moving forward.

## WORKING WITH LAWYERS OR MEDIATORS

While financial advisers don't provide legal advice, they can play a valuable role alongside your solicitor or mediator.

We can share clear financial information to support legal discussions, help you prepare realistic money plans for court or mediation, and present your financial position in a way that supports your case. By working together with your legal team, we help ensure your financial interests are well understood and considered throughout the process.



“Our role is to support you at your pace and help you move forward feeling informed and empowered.”

## WHAT IF MY EX HANDLED ALL THE MONEY?

It's very common for one person in a relationship to manage most of the finances, so if your ex took care of the money, you're not alone, and you're not at a disadvantage. It's normal to feel unsure about where to start, but this is exactly where a financial adviser can offer guidance.

We'll take the time to explain everything clearly, without jargon, so you can understand your financial situation and what your options are. We can offer an objective viewpoint, help you regain a sense of control, and work with you to build confidence in making financial decisions. Our role is to support you at your pace and help you move forward feeling informed and empowered.



## SPLITTING MONEY AND ASSETS

When it comes to dividing assets, it's important to remember that fair doesn't always mean an equal 50/50 split. Some assets, like pensions or investments, may not seem valuable now but could be worth much more in the future.

Your adviser will work with you to understand the true value of what you own, how assets might be divided, and what the long-term implications are, including potential tax impacts. This guidance can help you make informed choices that support your financial wellbeing beyond the settlement itself.

## WHAT HAPPENS TO THE HOUSE?

What happens to the family home will depend on your individual circumstances, but there are usually a few main options: selling the property and dividing the proceeds, one person buying the other out, or one person staying in the home if it's financially viable.


By working together, we can assess what each option means for your long-term finances, and make a decision that truly supports your goals.

## FINAL THOUGHTS

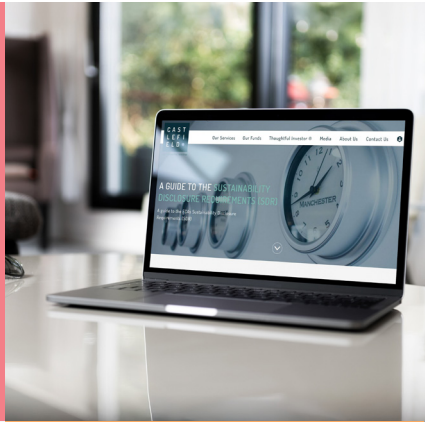
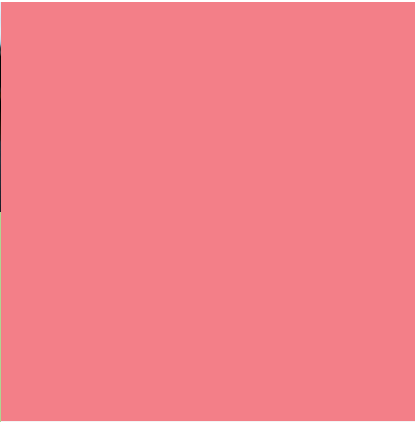
Divorce affects both your personal life and your finances, making it a complex and challenging time.

A good financial adviser can guide you through this by helping you make smart money decisions that protect your interests. We'll work with you to create a clear plan for your financial future, giving you confidence and peace of mind as you move forward. With the right support, you can face this new chapter feeling empowered and prepared.

To find out more, visit [www.castlefield.com](http://www.castlefield.com)



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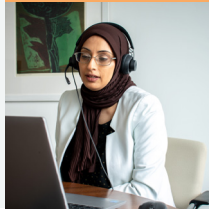
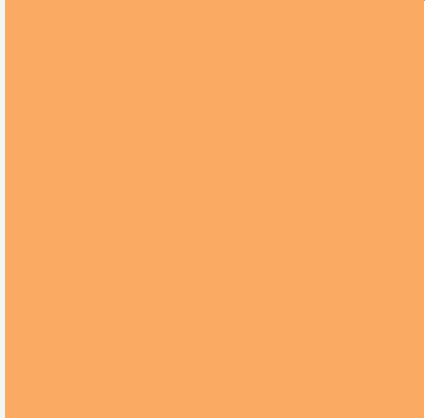
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