

What is FRU?

FRU has been providing representation in social security and employment tribunals since 1972. We help people who are not eligible for legal aid and cannot afford lawyers. Our work is done by volunteers, mostly law students and junior lawyers. All FRU's representatives are trained and supervised by our legal officers.

Can FRU help you?

FRU provides representation in:

- Employment tribunals (and the Employment Appeal Tribunal);
- Benefit appeals in the first-tier tribunal (and Upper Tribunal);
- Criminal injury compensation cases in the first-tier tribunal (and Upper Tribunal).

We can only assist you if:

- You have a hearing date at a tribunal in London and the South East (or Nottingham); and
- Your case is referred to us by one of our referral agencies; or
- Your case is suitable for self-referral.

How do I get my case to FRU?

Referral Agencies

All social security and most employment cases need to be referred to us by a registered referral agency, usually a Citizens Advice Bureau or Law Centre. A list of referral agencies is available at www.thefru.org.uk/get-advice/list-of-agencies.

Employment Self-referral

To be eligible for self-referral your case must be:

- An Employment Tribunal claim
- Listed for a final hearing of up to two days
- Being heard in London or the South East

If you think your case is eligible for self-referral please telephone us for an appointment to bring in your papers. We will need:

- Your ET1 claim form
- The ET3 response (if this has been filed)
- The notice of hearing from the tribunal

For more information visit www.thefru.org.uk/Employment-Self-Referral

What happens next?

Unfortunately, because we are dependent on our volunteers' availability, we cannot represent in every case which is referred to us. Unless and until you hear from us, your safest course of action is to assume that you will have to represent yourself.

We take on as many cases as we can and represent around 500 clients a year, making us one of the largest providers of pro bono services in the country.

If we can take your case, a volunteer will make direct contact with you. Your volunteer will help with all the case preparation as well as representing you at the hearing.

Contact Us

Free Representation Unit
5th Floor Kingsbourne House
229-231 High Holborn
London
WC1V 7DA
[Office entrance on Gate Street]

020 7611 9555
www.thefru.org.uk

What our clients say

“Highly recommended - Rep excellent, all your staff were very helpful and supportive. Excellent service - thank you all again.”

“She knew her stuff and presented the case very well. She explained everything to me.”

“Absolutely excellent service, everything I needed, he did for me.”

Client Survey Results

- 98% would recommend our service to others.
- 98% were pleased with the service they received. 84% were very pleased.
- 80% were either very happy or happy with the outcome of their case.



Can the Free Representation Unit help you?

Providing free legal representation in employment and social security tribunals

