

# May 2026

# New Blog!



**Accolade Financial Planning May 2026 Blog**

**Financial planning after divorce: how to rebuild with confidence (including pension sharing)**



## **Accolade Financial Planning May 2026 Blog**

### **Financial planning after divorce: how to rebuild with confidence (including pension sharing)**

Divorce changes your finances, pension position and priorities. Here's a calm framework for settling, planning and moving forward.

#### **Divorce is a financial turning point, treat it like one**

Divorce is emotionally demanding and that's precisely why financial decisions can be difficult. Many choices are made under pressure: housing decisions, pension arrangements, budgeting, and "what next?" plans.

A good financial plan after divorce is not about perfection. It's about control, clarity, and rebuilding confidence, step by step.

#### **The three biggest areas that usually change**

##### **1: Housing and affordability**

A new home or mortgage decision is often the centrepiece of post-divorce life. The key is affordability over time, not just approval today. Think in terms of resilience: how does it hold up if rates rise, income changes, or costs increase?

##### **2: Cash settlement decisions**

Receiving a cash sum can feel like a relief and it can also create uncertainty. People often ask: should I invest it? Pay off the mortgage? Hold it in cash?

Before doing anything, create a sequence:

- immediate costs and legal fees settled
- emergency cash buffer
- debt and mortgage review
- new monthly budget
- then investing aligned to timeframes

##### **3: Pensions (including pension sharing awards)**

Pensions are often one of the largest assets in a marriage, but they're frequently misunderstood. A pension sharing award can affect retirement security for decades. It deserves time and careful handling. Professional financial advice can be required to transfer and re-establish a new plan and budget.

Your aim should be to understand:

- what the pension share will look like in practice
- what your retirement target is now
- how this pension fits with other assets and goals

### **The “first decisions” checklist**

Here are the decisions that often matter most early on:

#### **1: Get a clear picture of your new baseline**

What does monthly life cost now? What are the new fixed costs? What is your safety buffer?

#### **2: Protect yourself against financial shocks**

After divorce, financial resilience matters. A protection review is sensible because responsibilities and beneficiaries may have changed.

#### **3: Avoid rushing big commitments**

It's common to want to “fix everything quickly”. But rushed investments or property decisions can be costly to unwind.

#### **4: Updating the wider plan: beneficiaries, wills, and protection**

After divorce, it's vital to review:

- beneficiaries on pensions and life policies
- wills and powers of attorney
- protection levels and affordability

Even if you feel “done” once the settlement is agreed, the admin and planning updates are what convert a settlement into long-term security.

### **How advice helps**

A financial adviser can help by:

- turning your settlement into a structured plan
- rebuilding a budget aligned to your goals
- ensuring pension decisions fit your retirement target
- reviewing protection and estate planning implications
- implementing investments gradually, with risk matched to timeframe

### **A calmer way forward**

Divorce is a lot. You don't have to do all the financial decisions alone. If you'd like a clear plan explained in plain English, I can help you move forward with confidence.

***Estate Planning, wills & powers of attorney is not regulated by the Financial Conduct Authority***

***Will writing & Lasting powers of attorney is not part of the Quilter Financial Planning offering and is offered by referral. Quilter Financial Planning accept no responsibility for this aspect of our business.***