

# LawCare News

## Welcome

to the Spring edition of *LawCare News*.

It's been a great start to the year for LawCare as we start to roll out our new strategy – we have ambitious plans for the next few years, including expanding our support offer and developing our training for legal workplaces, and our plans for Mental Health Awareness Week are well underway.

We were thrilled to welcome four new trustees in January to our board - joining LawCare are Alexandra Marks, Helen Whiteman, Paul Nevin and Kayleigh Leonie. Each brings a wide range of new skills to our board which will prove invaluable over the coming years.

We released our caller statistics in January for 2018, we received our highest ever number of calls with calls about bullying and harassment nearly doubling. This is not to say that more bullying is taking place, it's more likely that there is greater awareness about unacceptable workplace behaviour. The legal community needs to come together to stamp out bullying and we hope to focus on this over the coming year.

I have been delighted to represent LawCare at a number of events for organisations including Women in Law, GSK, the Intellectual Property Office and was pleased to contribute to a Radio 4 documentary on the challenges of life at the criminal bar. The LawCare team have also been out about delivering training on vicarious trauma and giving talks to firms, chambers and legal organisations. If you are interested in LawCare talks, training or materials please do get in touch.

We would also love to hear from you about your experiences with mental wellbeing working in the law – if you would like to tell us your story, write us a blog or tell us what steps your organisations is taking to promote a mentally healthy workplace then do drop us a line, we'd love to hear from you.

Finally if you are interested in fundraising for LawCare, or choosing us as your charity partner, please do drop me a line for more information. We are grateful for your support in enabling us to run our helpline, peer support programme and therapy support fund.

**Elizabeth Rimmer, CEO**



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## Mental Health Awareness Week 13-19 May

Mental Health Awareness Week is 13-19 May this year and gives us all an opportunity to spread the word about mental health. If you would like leaflets, posters or copy/digital images to use within your organisation to promote the week email [gmatthews@lawcare.org.uk](mailto:gmatthews@lawcare.org.uk). You can order green ribbons at <https://www.thelordmayorsappeal.org/a-healthy-city/the-green-ribbon/>. Keep an eye out for our blogs, social media and events during the week - and please share our content and help us reach as many people as possible. You can also fundraise for us during the week.



## New wellbeing e-learning course

Wellbeing for Lawyers is a brand new interactive e-learning course created by Central Law Training, for the legal profession and includes real-life perspectives of lawyers who have struggled with poor mental health. Wellbeing for Lawyers offers a confidential way to gain support and provides practical advice how to support colleagues who are struggling. For further information and a free course preview please email [paul.sweeney@clt.co.uk](mailto:paul.sweeney@clt.co.uk).



## Join us for London Legal Walk

The London Legal Walk takes place on Monday 17th June- we'd love you to join our team and help raise funds to support our work. Over 300 teams are taking part in the 10k walk which is always great fun. You can even bring your dog to walk with us! Email [abuttimore@lawcare.org.uk](mailto:abuttimore@lawcare.org.uk) to join us at the biggest event in the legal calendar.



## Creating a mentally healthy workplace

We were delighted to launch [www.lawcare.org.uk/workplace-hub](http://www.lawcare.org.uk/workplace-hub) on Time to Talk Day, which is packed full of useful advice and tips on creating a mentally healthy workplace and a great video. We will be adding lots more content to this area over the coming year. You may also like to check out MHFA England's new guidance on how to implement mental health first aid in the workplace.



## Legalex 2019

LawCare was delighted to be an official charity partner of Legalex 2019, the UK's leading event for law firms and legal professionals who are looking for business growth and professional development. Thanks to everyone who came to see us on our stand, it was fantastic to meet you all.



### Tell your story

Have you been through an experience with mental health in the law that you would like to share? Has LawCare helped you in the past? If you would be happy to share your story (you can do this anonymously) please email [gmatthews@lawcare.org.uk](mailto:gmatthews@lawcare.org.uk). You can also leave us a Facebook review. We are particularly interested in hearing from anyone who has experienced post or pre natal depression, menopause, or has any interesting hobbies they feel contribute to their mental wellbeing.



### Research into solicitor wellbeing

Solicitor Lucinda Soon is carrying out some research into factors which could improve employee wellbeing in the workplace as part of her Masters in Psychology. You can take part in the research at

[uelpsy.ch.eu.qualtrics.com/jfe/form/SV\\_eliq4XpNrSAf7GR](https://uelpsy.ch.eu.qualtrics.com/jfe/form/SV_eliq4XpNrSAf7GR)

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