

LawCare News

Welcome

to the summer edition of *LawCare News*.

Summer is well and truly here and it's been a busy few months for us at LawCare.

We had a fantastic Mental Health Awareness Week, with events in Leeds, London, Bristol, Birmingham, Edinburgh, Manchester, Cardiff and Liverpool focusing on how we can create mentally healthy workplaces, and lots of media and social media coverage. Thanks to everyone who spoke at and attended these events and to everyone who shared information, leaflets and posters for us during the week. Our blogs and videos went down well and we even had a special message from our patron the **Lord Chief Justice**. We've got big plans to roll out a new initiative for World Mental Health Day in October so keep your eyes peeled.

I've personally spoken at some great events over the last couple of months including the Getahead festival, a panel discussion at ASOS, dinner with the President of the Law Society of England and Wales to discuss mental health, the Legal Cheek Education conference and many more. It's great to see mental health and wellbeing firmly on the agenda and the conversation is starting to shift, with more emphasis on what we can practically do to change the culture in the law to better support wellbeing. At a recent event I attended someone came up to me and said 'LawCare saved my life' and shared their story of a difficult time. It's always so rewarding to speak directly to someone who we have helped and who is now thriving in the law. It makes everything we do worthwhile.

Our trustees have also been busy with our trustee John Guerin speaking on mental health and regulation at the IBA conference in Budapest in June, and our chair Bronwen Still talking on the same topic at the Legal Futures regulation conference. We were delighted to benefit from the Association of Regulatory & Disciplinary Lawyers dinner which raised £4,000 for LawCare and we have also received donations from the CILEx Bristol & Bath dinner, and the Thames Valley Family Lawyers Society dinner. Thanks to you all for choosing LawCare as a beneficiary.

We are looking forward to the CILEx National Awards in September, which includes a new mental health and wellbeing award this year. They are the first professional body to recognise wellbeing in their annual awards so we are thrilled about this.

July saw the launch of our new webchat service which the team have been working hard on over the past few months. More and more people in the legal community are reaching out to us for support every year so it is vital we expand our support service. We also know that many young people are more likely to seek help online than pick up the phone. Our webchat service will allow anyone working in the legal profession to contact one of our trained team members online for emotional support on any issue that is troubling them.

Finally, for those of you going on holiday this summer can I take the opportunity to wish you a well-deserved break. Legal professionals who contact us have often been working evenings and weekends for months at a time and are in desperate need of some time off – sleep, good food, fresh air, time with our families, time to relax are all crucial our wellbeing. Think about leaving your work phone and laptop at home so the temptation isn't there to check in with the office, you will be better able to manage your work responsibilities if you return to work refreshed and well rested.

Elizabeth Rimmer, CEO



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Webchat launch

We're thrilled to have launched our new webchat service this month. Webchat will be piloted during the following times: Monday 9am - 1pm, Wednesday 1pm - 5:30pm, Friday 9am - 1pm at www.lawcare.org.uk and www.lawcare.ie



London Legal Walk

We fielded our biggest ever team at this year's London Legal Walk, with 23 walkers raising nearly **£7,000**. You can still sponsor the team [here](#) - a huge thank you to everyone who took part. if you'd like to walk with us next year [email admin@lawcare.org.uk](mailto:admin@lawcare.org.uk)



Mentally healthy legal workplaces booklet

Our new booklet on creating mentally healthy legal workplaces is now available to [download here](#), or you can order hard copies by emailing admin@lawcare.org.uk. It's packed full of practical tips on ensuring good mental health and wellbeing in your legal workplace.



The London Wellbeing for Lawyers Conference, September 17

This ground-breaking event is organised by the Wellbeing Work Alliance. It is chaired by barrister and coach James Pereira QC, has a fantastic programme of speakers drawn from private practice, in-house, consultancy and the charitable sector. LawCare receives a donation for each delegate that attends.

[Find out more here](#) and use code **1979** to book.



Anxiety research

Professor Richard Collier's research on anxiety and wellbeing amongst junior lawyers was released last month. The research suggests pressures and concerns relating to anxiety are shaped not only by the stage of life and career of junior lawyers but also the understandings of legal professionalism that shape the distinctive habitus of the practice areas in which these lawyers work. You can [read the full executive summary here](#).



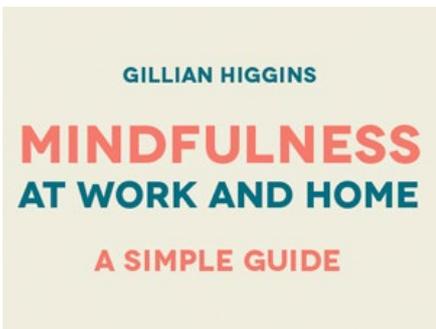
Study into lawyer wellbeing and personality

Lorna Clayton MSc in Psychology at Roehampton University is undertaking a research project to support better mental wellbeing in lawyers by carrying out a study of lawyer wellbeing and personality. Lorna is looking for participants to complete two questionnaires, one on wellbeing at work and the other is a personality questionnaire looking at temperament and character (the TCI). Sign up to the study to be provided with more detail and to give informed consent [here](#)



Supporting Solicitors

The Law Society, the Solicitors Regulation Authority (SRA), LawCare, SBA The Solicitors' Charity, and the Solicitors' Assistance Scheme (SAS) have launched a joint campaign; **#SupportingSolicitors**, to make sure solicitors in need of help can easily find the support available to them.



Mindfulness at Work and Home

A new book written by an international barrister Gillian Higgins is now available to pre-order ahead of the September publication date. Gillian uses mindfulness in all aspects of her life, and leads mindfulness programmes for individuals, institutions and businesses. The book is a down-to-earth beginners' guide to mindfulness, referencing the latest scientific research. [More information here.](#)

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