

Bournemouth & District Lawyer

Bournemouth & District Law Society Magazine



INCLUDED IN THIS ISSUE

- Newly Qualified and Trainee Reception
- BDLS Christmas Party
- Annual Lunch
- Annual Dinner
- BDLS Lecture Programme



Bournemouth & District
Law Society

HAPPY CHRISTMAS

To All Our Members

Please note that the BDLS office will close midday on
Thursday 22 December and reopen on Tuesday 3 January 2023

WINTER 2022 ISSUE 203

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BOURNEMOUTH & DISTRICT LAWYER - Bournemouth & District Law Society Magazine

Members will receive our 'Bournemouth Lawyer' by post and email, the latter including the flyers for events, lectures etc.

Our Magazines are sent out quarterly as follows:

Spring March 2023 / **Summer** June 2023

Autumn September 2023 / **Winter** December 2023

The copy deadline for receipt at the BDLS office for the next edition – the Spring issue – will be 31 January 2023.

We welcome your firms' news and any advertisements. Please send to office@bournemouthlaw.com

FOLLOW US ON
SOCIAL MEDIA

 www.linkedin.com/groups/4374938

COVER INFORMATION

L:R Rob Leonard (3PB), Cathryn Holmes (Chadwick Nott), Emma Hamilton Cole (BDLS President) and Hannah Somers (Chadwick Nott)

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THE PRESIDENT'S COLUMN

Emma Hamilton Cole



Welcome to the Winter Magazine – and my second column. I am in fact preparing this in the weeks following the State funeral of her late Majesty Queen Elizabeth II. The impressive pageantry and spectacle of the day, and the public reaction, were testament to the steadfast commitment and service to this country (and wider world) of our late Queen. It has indeed been a quite extraordinary time. The transition now to a new monarch and 'His Majesty's Court Service' and Kings Counsel for the first time in many of our lifetimes. I have to confess to a rather nerdy over-interest in the constitutional aspects of the state funeral and pronouncement of King Charles III. I had not thought about that since year 1 of my degree which was a very long time ago now.....

On a lighter note, the Society's events traditionally have a lull over the Summer period and this year we were 'treated' to record breaking temperatures in that time. I do hope members had an opportunity to take a break from work over that period, even if only to enjoy long light evenings and weekends away from emails and the demands of the office.

As we move into the Winter, I invite members to 'stock up' on CPD with the Society's excellent and extensive lecture programme which continues throughout the coming months. I am pleased to report that the Private Client Conference and Property Law Conferences have proved as popular as ever.

Through November I represented the Society at a legal service of Remembrance on 6th November and have hosted a Newly Qualified Solicitors/Trainee networking evening at the Marsham Court Hotel, Bournemouth on 24th November with the assistance of some of our Committee (and with many thanks to them). The evening sought to provide our newest members and potential future members with an opportunity to meet



Pub Walk Group

and chat with each other -something that we were unable to do for the last couple of years owing to the pandemic. I am hoping it was helpful for those who had not yet had the chance to meet with their professional peers, as those relationships can provide valuable support in years to come.

Thank for all those who turned out for my 'pub and walk' on Saturday 19th November in Wimborne. The weather was kind to us but the rather soggy terrain claimed a couple of victims in our intrepid party! We nonetheless all made it back to the Barley Mow for a good social lunch.

In the run up to Christmas we have our 80s Night on 2nd December – with a meal and live music from the best decade of pop (well in my humble opinion anyway). I will look forward to seeing as many of you as possible there. It promises to be a fun-filled night taking some of us who are old enough to remember back to our younger years, and dance moves. Fancy dress is optional

I would like to congratulate our own Mandy Heath for her attendance at the annual opening ceremony of the Legal Year in London on 3rd October 2022 – a prize for her excellent engagement on behalf of our Society with the national Law Society engagement platform. Well done Mandy! And many congratulations also to Mandy who has now reached the milestone of 21 years with BDLs. We thank you for your hard work and commitment.

Just a reminder to all our members that annual subscriptions for 2023 are now due. We encourage all existing members to sign up and to encourage other eligible members to join - so they too can enjoy all the benefits of being a BDLs member. Please see page 8 for full details

**I wish you all
a very Merry
Christmas &
Happy New Year!**

Emma Hamilton Cole
BDLS President



Emma Hamilton Cole at the
Legal Service of Remembrance

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BDLS DIARY 2023

2023

8 February 2023	Annual Lunch at the Pavillion
21 April 2023	Annual Dinner at the Bournemouth Highcliff Marriott Hotel
19 June 2023	Annual General Meeting

Further information, including flyers, for forthcoming events can be found on the BDLS website: www.bournemouthlaw.com/events You can also make bookings on line and then would need to send payment by cheque or BACS.

All forms and lecture booking forms will be emailed to you.



OPENING OF THE LEGAL YEAR

3 OCTOBER – WESTMINSTER ABBEY

I was very honoured to receive an invitation to attend this year's Opening of the Legal Year. The day started with breakfast at The Law Society in Chancery Lane hosted by The Law Society President, I Stephanie Boyce, followed by a service at Westminster Abbey conducted by the Dean of Westminster, the Very Reverend Dr David Hoyle. We then proceeded from Westminster Abbey to Westminster Hall for a reception. It was a magnificent event!

The Opening of the Legal Year is an ancient tradition dating back to the Middle Ages with the religious practice of judges praying for guidance at the start of the legal term. The modern service, from 1897, includes hymns, anthems and a lessons read by the Lord Chancellor and the Lord Chief Justice. Over 700 guests attended including senior members of the judiciary, King's Counsel, overseas judges and members of the legal profession.

Mandy Heath BDLS Office Manager



L:R Peter Watson-Lee, Jennifer Powell (Liverpool Law Society), Mandy Heath, Michelle Foster (Nottingham Law Society) and Mark Brown (Cheshire Law Society)



BERKS, BUCKS AND OXFORDSHIRE LAW SOCIETY DINNER



Michael Newbold & Lubna Shuja

On 14th October I was lucky enough to attend the annual dinner of the Berks, Bucks and Oxfordshire Law Society, which was held at the renowned Ashmolean Museum in Oxford.

Like with many of other local Law Societies, this was the first annual dinner Berks, Bucks and Oxfordshire has had since the pandemic. The event was well attended and included a number of guests from other local Law Societies, as well as the newly installed BDLS Law Society President, Lubna Shuja.

Guests were able to arrive up to an hour and a half before dinner was served, which gave those that wanted to an opportunity to look

round some of the exhibits on display (I took full advantage).

The annual dinner also doubled up as an awards ceremony for the local firms who attended. I am not sure if many local Law Societies do something similar, but it certainly added to the occasion.

After the dinner and the awards ceremony had finished, guests had the opportunity to partake in some disco dancing with very loud music!

All in all it was an excellent evening and I was pleased that I was able to deputise for Emma.

Michael Newbold BDLS Senior Vice President



NEWLY QUALIFIED/TRAINEE RECEPTION

24 NOVEMBER 2022 – MARSHAM COURT HOTEL

We were delighted to host the Newly Qualified Solicitors, Trainees and Trainee Cilex drinks reception on 24 November at the Marsham Court Hotel. This was the first Newly Qualified/Trainee reception since the pandemic. It was a great success and it was good to see so many people in attendance. The evening was to enable the “younger generation” to mix and mingle with their fellow colleagues and also an opportunity for them to meet with committee members of the Bournemouth &

District Law Society. Hopefully it will be encouraging for them to become committee members themselves in the future! Membership of the BDLS is open to trainee solicitors, solicitors, trainee Cilex, Cilex, solicitor apprentices, paralegals, fee earners and anyone else authorised under the Legal Services Act

With thanks to our sponsors Chadwick Nott and 3PB.

Dawn Chisholm BDLS Events Organiser

3PB

BARRISTERS

Chadwick Nott





BDSL CHRISTMAS PARTY

2 DECEMBER 2022 – MARSHAM COURT HOTEL

BDSL members and their guests joined in the Christmas celebrations at the Marsham Court Hotel on 1 December for our 80s Christmas Party evening. Many attended in fancy dress – the legal community like you’ve never seen them before!

The band - All About 80s - put on a fabulous show keeping everyone up dancing all evening! It was great fun and a perfect start to the Christmas season.

Mandy Heath BDSL Office Manager



Amber Tarrant (Laceys) Rob Leonard (3PB) and Holly Woodhouse (Laceys)



Stephen Bowden and Alistair Hoare (Williams Thompson)



Alex Helliker (Meesons and Spurlings) with Sidney Soares and Anna Ward (Search Acumen)



L:R Elaine Nickless, Emma Crowley, Suzanne Stanton, Sue Kiteley, Mark Kiteley, Rob Nickless, Alan Stanley and Dan Stanton (Rawlins Davy Reeves)



Andy Kirby (Ellis Jones) and Theresa Mills (Meesons and Spurlings)





BDLS CHRISTMAS PARTY – MARSHAM COURT HOTEL

A huge thank you to our sponsors Search Acumen, 3PB and Paragon



Dawn Chisholm and Mandy Heath (BDLS)



L:R Michael Newbold, Neil Curtis, Joanne Curtis, Sam Linford and Tim Linford (Luff Brook Carter)

BDLS MEMBERSHIP SUBSCRIPTION RATES 2023

Membership Annual Subscriptions are due on the 1 January 2023 for the period 01.01.23 – 21.12.23. We are pleased to be able to keep the renewal fees at the same level as we have done in recent years.

The BDLS Office will be contacting all firms individually to update their membership details and request payment.

If you are a Solicitor and are not already a member, you can apply for Standard membership. Applications for Associate membership are welcome from Legal Executives, Notaries, Barristers, Fee Earners, Licensed Conveyancers and anyone else who is an authorised person under the Legal Services Act. If you would like to join, please contact the BDLS office at office@bournemouthlaw.com to request a membership application form.

TYPE OF MEMBERSHIP	
Standard Membership	£90
Associate Membership	£64
Concessions:	
Member qualified for less than 5 years	£55
Member employed but not in private practice	£55
Member employed in a judicial or quasi-judicial position	£53
Fully retired member	£42.50
Member not in employment	£15
Honorary Life Member	£0
Trainee Solicitor or CILEX	£0

Membership discounts are applicable at annual renewal in January as follows:

Fewer than 10 paying members	No discount
Between 10 and 15 paying members	12.5% discount for Standard and Associate Members
16 or more paying members	17.5% discount for Standard and Associate Members with a maximum payable of £2,250

FORTHCOMING EVENTS

ANNUAL LUNCH THE PAVILION, BOURNEMOUTH

8 February 2023

We are delighted to have secured Louise Minchin to speak at our Annual Lunch. Louise is a well-known and respected broadcaster and journalist. She presented BBC Breakfast on BBC One for 20 years. Before joining BBC Breakfast she was one of BBC News 24's main anchors. Louise has guest presented The One Show and presented the BBC One series Real Rescues, Missing Live and Crime and Punishment and appeared in the Channel 4 history series Time Crashers. Most recently, she presented Tonight: The Truth About Stalking for ITV, asking important questions on whether enough is being done to tackle the crime. Louise was thrown into the Welsh castle for ITV's I'm a Celebrity Get Me Out of Here in Autumn 2021 and also competed in Celebrity MasterChef.

Please download the flyer [here](#).

Thank you to our sponsors – Barclays, Search Acumen, Finders, Itec, Paragon and PKF Francis Clark.



BDLS ANNUAL DINNER BOURNEMOUTH HIGHCLIFF MARRIOTT HOTEL

21 April 2023

We are thrilled to confirm our Annual Dinner will take place on Friday 21 April 2023 at the Bournemouth Highcliff Marriot Hotel. We confirm our guest speaker will be Ed Boydell of Pump Court Chambers. Thank you to our sponsors, College Chambers, Index, Paragon and PKF Francis Clark. More details to be included in our Spring magazine.





THE COUNCIL MEMBER'S REPORT

Peter Watson-Lee



● **Bournemouth and District Law Society - Council Members Round-Up - Winter 2022 New President Lubna Shuja**

The Law Society's new President is a Bradford born, state educated, sole practitioner. She is also the Society's first Asian, first Muslim and seventh woman President. Importantly she fully understands the challenges of practice and is passionate about the need for the Society to improve engagement with its members.

In the current climate of politicians happily labelling Solicitors who stand up for their clients as 'lefties', she is also keen to ensure there is a full debate about ethics to help educate the public (and politicians) about the rule of law and the role of the Solicitor. I believe she is going to be excellent.

● **Law Society Sections and Network**

If you still ask the question, what can the Law Society do for me, have a look at the dozen or so Communities you could join. These have just been refreshed and renamed. Go to the Law Society webpage – click on 'Membership' in the top row and then on 'Communities'.

- **The Solicitor Networks** are free to sign up to and will provide you with updates, newsletters and events that will interest you. As well as the Junior Solicitors Network (which most of us will know under the old title JLD), there is the Women's Solicitors Network, one for Small Firms, and one that is growing significantly, which is for In-House Solicitors (now 25% of the profession).

- **The Solicitor Sections** are subject specialist and require an annual fee of around £199 to cover the premium content – modest compared with what some other providers charge for keeping you up-to-date. The big ones are the Private Client Solicitors Section, the Law Management and Leadership Section and the Property Section – and of course the really essential Risk and Compliance Section.

Do have a look and give them a try – and please send me feedback on how you find them.

● **Grants - Where does (some of) my Practising Certificate fee go?**

You maybe interested to know that around £2.50 of your PC fee goes in grants to legal charities. I know as I have just chaired the committee to decide which of the many legal charities out there should share the £380,000 that was available.

At the top of the list was a grant to LawCare (which provides mental health support to the profession), followed by LawWorks (which co-ordinates the profession's pro-bono work) and next was Young Citizens who have developed and run innovative programmes to take basic legal education into school – which otherwise would not appear on the curriculum.

Among other beneficiaries are the Access to Justice Foundation and the London Legal Support Trust (to support the organisation of the legal walks that in turn raise funds for advice centres), Aspiring Solicitors Foundation (providing small sums to help aspiring solicitors with limited funds) and the Sutton Trust (for their Pathways to Law programme).

So at least some of your P.C. fees go to good causes!

Peter Watson Lee BDLS Council Member for Dorset



BDLS LECTURE PROGRAMME 2022/23

Face to Face Lectures

Live Webinars

14.12.2022	10.00 – 13.15	An Introduction to Commercial Leases Ian Quayle - Carlton Hotel
14.12.2022	14.00 – 17.15	Commercial Leases - Key Issues for Commercial Property Lawyers Ian Quayle - Carlton Hotel
11.1.2023	12.30 – 13.30	LIVE TIME WEBINAR- Managing Menopause in the Workplace Nicola Green - Zoom
18.1.2023	14.00 – 17.15	Current Issues in Will Drafting Lesley King - Village Hotel
24.1.2023	11.00 – 12.00	WEBINAR – Enquiries & How to Respond Richard Snape - Zoom
21.2.2023	11.30 – 13.00	LIVE TIME WEBINAR: Professional Negligence Update Helen Swaffield - Zoom
23.2.2023	11.30 – 13.00	LIVE TIME WEBINAR: Culture and Diversity Awareness Mindcare Training - Zoom
7.3.2023	10.00 – 12.15	LIVE TIME WEBINAR Supervision: A Best Practice Guide for Law Firms Paul Bennett - Zoom
9.3.2023	16.00 – 18.00	Networking Can Be Fun! Tips on how to enjoy and get the most out of attending events Simon Scarborough - Marsham Court Hotel
16.3.2023	14.00 – 16.15	Family Law Update HHJ Christopher Simmonds - Carlton Hotel
21.3.2023	14.00 – 17.15	Residential Conveyancing Update 2023 Ian Quayle - Venue TBC
18, 20, 25 & 27 April 2023	14.00 – 15.00	WEBINAR Mental Health First Aid Certificate Lou Larkum, Mindcare Training - Online Platform
22.6.2023	13.30 – 17.15	Older Client Update Caroline Bielanska - Venue TBC

For further details and booking forms please visit Bournemouth and District Law Society website www.bournemouthlaw.com/lectures or contact the BDLS office at Borough Chambers, Fir Vale Road, Bournemouth, BH1 2JJ, Tel **01202 587551** Email office@bournemouthlaw.com

Payment for lectures

Please be aware that payment must be received at the office before the lecture takes place. Course bookings will only be confirmed upon payment. All payments are to be paid by BACS.



SUMMARY OF UPCOMING LECTURES

**Wednesday 11
January 2023
12.30 – 13.00**

Topic:	MANAGING MENOPAUSE IN THE WORKPLACE
Speaker:	Nicola Green
Cost:	£40 Member and Associate Members of BDLS/Trainee Solicitors - £45 Non BDLS Members
Venue:	Zoom

This presentation is designed for Managers and HR professionals and will provide an insight into the importance of understanding and supporting menopause in the workplace. Nicola Green will provide knowledge, understanding and practical guidance (not legal or medical advice) to help you support employees whose working life is [directly or indirectly] impacted by menopause. The presentation will include:

- A lived experience and the impact at home and at work.
- Information and facts.
- Symptoms impacting individuals at work and practical tips to help manage them.
- Why menopause needs to be understood in the workplace.
- Supportive measures and signposting.
- How you can help support employees during this time.
- Q&A.

This session is not provided to tell managers how to do their jobs or to expect them to become menopause experts; it is to provide them with greater understanding and awareness in order to increase effective management.

**Wednesday 18
January 2023
14.30 – 17.15**

Topic:	CURRENT ISSUES WITH WILL DRAFTING
Lecturer:	Lesley King
Cost:	£95 Member and Associate Members of BDLS/Trainee Solicitors - £145 Non BDLS Members
Venue:	Village Hotel, Bournemouth

Will drafting gets no easier. This session looks at some common problems including:

- Residence nil band issues
- Minimising the risk of successful Inheritance Act claims
- Future proofing the will to best achieve the client's wishes
- The extent to which the Trust Register needs to be considered
- Some recent case law examples of poor drafting
- Grossing up issues

**Tuesday 24
January 2023
11.00 – 12.00**

Topic:	ENQUIRIES AND HOW TO RESPOND
Speaker:	Richard Snape
Cost:	£35 Member and Associate Members of BDLS/Trainee Solicitors - £50 Non BDLS Members
Venue:	Village Hotel

This area presents a perennial problem in relation to conveyancing. The course aims to look at some standard and additional enquiries and how to respond to them.

- Misrepresentation and enquiries
- The Conveyancing Protocol and enquiries
- Additional enquiries and the Protocol
- Some standard residential enquiries, including Japanese Knotweed and solar panels
- Fraud enquiries

**Tuesday 21
February 2023
11.30 – 12.30**

Topic:	PROFESSIONAL NEGLIGENCE UPDATE
Speaker:	Helen Swaffield
Cost:	£55 Member and Associate Members of BDLS/Trainee Solicitors - £80 Non BDLS Members
Venue:	Zoom

Topics covered include:

- Post Saamco developments in due of care
- Loss of a chance revisited
- The inter-relationship between the retainer and the tort
- Commonly litigated sectors: solicitors, financial professionals and valuers
- Limitation and standstill agreement traps
- Defences to damages – mitigation
- Insurance and aggregation

**Thursday 23
February 2023
11.30 – 13.00**

Topic:	CULTURE AND DIVERSITY AWARENESS
Speaker:	Norman Beecher, Mindcare Training
Cost:	£40 Member and Associate Members of BDLS/Trainee Solicitors - £65 Non BDLS Members
Venue:	Zoom

Aims of this session:

- To gain an understanding why diversity and cultural inclusion is important
- To be curious about and challenge our own assumptions about cultural differences
- To raise awareness of the mental and emotional impact of being excluded
- To promote the recognition of diverse individuals, their unique qualities, strengths, and needs

Session outcome:

- Recognise and reflect on our own cultural biases
- Be open to exploring new and unfamiliar cultural territory
- Be aware of practical ways we can become culturally competent

Price of Lectures

In person lectures of 3 hours
members £95
non-members £145

Webinars
1 hour – members £35 – non members £50
2 hour – members £70 – non members £100
3 hour – members £95 – non members £145



JUNIOR LAWYERS DIVISION



News

Our busy Autumn schedule kicked off with a night of gentle competitive fun with our Quiz on 6 October 2022 at Revolution Bournemouth. Organised by our Charities Officer Rosemary Drew with assistance from our Social Events Officer Georgia McWilliam, our Treasurer Conor Maher then treated us to his quizmastery, taking us on a whirlwind journey through what seemed like every area except sport.

Special congratulations to winning team 'Quiz Truss' and commendations to runners up 'Bad PR' and best team name 'Better Call Steele'. As a result of all profits from the event going to our charity for the year MyTime Young Carers, our total raised over the course of the year exceeded the £1,000 mark, for which we'd like to commend our members.

On 19 October our Treasurer, Conor Maher, hosted our latest Professional Development Webinar on 'How not to annoy a District Judge'. Thanks to our Guest Speaker Deputy District Judge, who dispelled some urban myths and offered sage advice for the junior litigators amongst us on what we should absolutely never do...

On 1 November we welcomed guest speakers Abbie Jackson and Megan Tomlinson from Chadwick Nott, our sponsors and specialist legal recruiters, to give a workshop on CV and Interviewing Technique at Revolution in central Bournemouth. Our attending members were afforded the chance to talk through their own CVs and interviewing technique and were able to benefit from the experience of our guests – and some industry know-how.

On 3 November 2022 we then held our AGM at which our yearly committee elections took place and I am pleased to announce our JLD Committee for 2022-2023 as follows:

President :	Florence Newton (Ellis Jones)
Vice President:	Emily Chapman (Lester Aldridge)
Treasurer:	Conor Maher (Ellis Jones)
Secretary:	Georgina Emerson (Ellis Jones)
LPC Representative:	Aisling Scott (Laceys)
SQE Representative:	Erica Leung (Laceys)
GDL Representative:	Ellie Stanton (Trethowans)
National Representative:	Maria Blanco (Rawlins Davy Reeves)
Publications and Communications Officer:	Teodora Nizirova (Lester Aldridge)
Content Officer:	Tara Jones (Lester Aldridge)
Charities Officer:	Rosemary Drew (Ellis Jones)
Educational Events Officer:	Paige Abbott (Ellis Jones)
Sports Officer:	Lauryn Thurlow (Preston Redman)
Social Events Officer:	Georgia McWilliam (Ellis Jones)
Bar Liaison Officer:	David Kemeny (3PB)
General Committee Members:	Sophie Rice (Steele Raymond), Liam Strickland (Meesons and Spurlings), Emily Thompson (Trethowans)

May I wish the new committee luck, although I doubt they will need this. I am confident the BDJLD will move from strength to strength under my successor Florence's guidance. May I also take the opportunity to thank my committee for 2021-22 for their hard work, without which the BDJLD simply could not have delivered what it has for our members.

I have no doubt the newly elected committee will announce yet more events in the near future, and hope you will continue to join me in supporting them and the BDJLD into the new year.

If you have any questions about the JLD, or any suggestions, please contact me on **alex.crabbe@rawlinsdavyreeves.com**

Alex Crabbe *Outgoing President*

NEW BDJLD PRESIDENT



I am delighted to have been elected to represent the BDJLD as President for the following year. I have thoroughly enjoyed working alongside Alex as his Vice President for the last two years, and I am sure I speak on behalf of the whole committee when I say he will be greatly missed.

Alex and I have worked hard to increase both our membership and engagement with local firms whilst we have headed up the committee. Last year we achieved the highest turn-out for an event in recent memory at our Summer Ball, with a massive 160 attendees. Our membership has increased significantly as we have widened both our geographical location within our constitution, in addition to those who are able to become members (which now includes Legal Assistants, Licenced Conveyancers, and SQE Students). Likewise, the committee has grown in numbers, and we recently struggled to seat all of those who attended at our recent AGM into the Boardroom at Ellis Jones (over 20 people turned up to make their vote count).

I am hopeful that the above will pay dividends and we will be able to have another successful year on the BDJLD. In the meantime, we look forward to welcoming both members and non-members to our Christmas Drinks and Canapés event on 16 December at the Marriot Hotel.

Florence Newton *BDJLD President*



Articles

INTERNATIONAL MEN'S DAY

19 NOVEMBER 2022

LawCare
Supporting the Legal Community

NEW RESEARCH INTO WHY MEN IN LAW DON'T SPEAK UP ABOUT MENTAL HEALTH

Legal mental health charity has today released the findings of its all male focus group to understand the needs of men in law in relation to mental health support in the workplace. The aim of the focus group, a diverse range of barristers, partners, mid-level and junior associates, in house lawyers as well as those in support roles, from across the jurisdictions, was to understand the mental health experiences of men in law, the barriers to seeking support and what needs to change to encourage more men to seek support. Despite the increased awareness and understanding of mental health in legal workplaces, there remain significant barriers to men seeking support.

'Men feel a palpable expectation that they should be strong, not display vulnerability, and be able to shoulder the burden of personal problems themselves without recourse to others. Working as a lawyer adds additional pressure to this sense of needing to appear perfect to the outside world. Generally, men often don't have the emotional vocabulary to understand or express their experiences effectively and a lack of male role models in positions of responsibility in law, adds to that pressure to remain stoic' said Nick Bloy, Founder of Wellbeing Republic, the report author and focus group facilitator.

The charity, which offers free, confidential, emotional support to anyone working in the law including support staff and law students, has undertaken this research following an analysis of its support contacts last year, of which 35% were men. Only 25% of respondents to LawCare's Life in the Law study last year were men.

Elizabeth Rimmer, Chief Executive of LawCare, said: "The recommendations of this report make it clear that there needs to be a joined up and concerted effort across the profession to challenge the stigma that prevents men from speaking up about their mental health and seeking support. We will continue to champion positive change and encourage more male role models to inspire men to seek help when they need it'.

- LawCare is the mental wellbeing charity for the legal profession. We offer free, confidential, emotional support, peer support, and resources to those working in the law in the UK, Channel Islands and Isle of Man. We promote mental health and wellbeing best practice in legal workplaces and drive culture change in education, training and practice.
- We've been supporting legal professionals for over 25 years, and we understand life in the law.
- We are here to help all branches of the legal profession: solicitors, barristers, judges, Chartered Legal Executives, paralegals, trademark attorneys, patent attorneys, costs lawyers, notaries, licensed conveyancers, support staff and concerned family members.
- Our support spans the legal life from student to retirement.
- If you need support contact our helpline on 0800 279 6888, email support@lawcare.org.uk or access online chat and other resources at www.lawcare.org.uk



Wellbeing & Diversity

DIVERSITY AND CULTURAL INCLUSION

We are delighted to announce that Mindcare Training will be presenting a webinar on "Culture and Diversity Awareness" on Thursday 23 February 2023.

Their training is very much based around moving beyond a place of tolerance or tick boxing and rather into a space of celebrating difference. They introduce the term Allophilia, derived from the Greek words for "liking or love of the other". It is a wonderful word that inspires having a positive attitude for a group that is not our own. To embrace diversity and become more culturally inclusive, we must begin to develop curiosity; to look beyond what we can see on the surface and explore the hidden values and ecosystems beneath the surface..

This webinar will be a celebration of diversity and cultural difference and an encouragement to deep dive and get to know our fellow humans better. The great thing is it makes us better too.

For further information and to book on this webinar, please visit our website <https://www.bournemouthlaw.com/bournemouth-district-law-society-lectures>

BDLS MENTAL FIRST AID TEAM

BDLS are running a Mental Health First Aid Certificate course in Spring 2023. The course will run over 4 x 4 hour sessions on 18, 20, 25 & 27 April. Delegates are required to attend all 4 sessions in order to pass. Full details are on our website www.bournemouthlaw.com/bournemouth-district-law-society-lectures or please email mandy@bournemouthlaw.com to book.



The following at BDLS are available to talk through any worries you may have. All information will be treated confidentially and without judgement.

Robin Watson
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TWO OF THE CONURBATION'S LEADING LAW FIRMS HAVE MERGED

Rawlins Davy and Jacobs and Reeves joined forces on October 1 to become Rawlins Davy Reeves.

The branch network now includes the landmark premises Beechurst in Poole High Street, together with offices on Richmond Hill in Bournemouth, in Wimborne and in Old Town Poole. Mark Kiteley of Rawlins Davy, Managing Director of the new look company said: "This is an excellent move for both firms. "It enables investment in even stronger legal services and in our combined team of excellent, experienced, ethics-driven lawyers."

Rawlins Davy is the oldest legal practice in Bournemouth, founded in 1832 and Jacobs and Reeves was established in the 1970s, so together they have around 240 years of experience.

The company will recognise the heritage of Jacobs and Reeves by retaining the brand for its legal aided family practice.



Helen Henson and Mark Kiteley



COLES MILLER - DOUBLE CELEBRATIONS

It's a double celebration for Coles Miller Solicitors where Ruth Elkins and Chris Whittle are both toasting 25 years at the Dorset law firm. Residential conveyancing Partner Ruth Elkins originally joined Coles Miller as a paralegal back in 1997. She qualified as a solicitor in 2002, was appointed a Partner in 2007 and helped Coles Miller to become the 100th firm in the country to be accepted on the Conveyancing Quality Scheme.

Chris Whittle joined Coles Miller as a paralegal in 1997, qualifying as a solicitor in February 2001. Chris was made a Partner in May 2008.



Ruth Elkins & Chris Whittle



STEELE RAYMOND WELCOMES NEW PARTNER AND HEAD OF PROPERTY LITIGATION

South Coast solicitors Steele Raymond have announced the appointment of specialist property litigator David Crockford. David, joins Steele Raymond as a partner and head of property litigation after four years at Foot Anstey in Southampton. David joins associate solicitors Laura Offer and Hannah Dare.



Solicitor Laura Offer; Partner and Head of Property Litigation, David Crockford; and Partner, Hannah Dare

TANGO TRIUMPH: COLES MILLER'S KERRY WINS BUSINESS COME DANCING

Coles Miller Solicitors are celebrating after Kerry Houston-Kypta tangoed to victory in this year's glittering Business Come Dancing contest. Coles Miller commercial property solicitor Kerry and her professional dance partner Marek Lynch wowed judges with their Argentine Tango.

Business Come Dancing took place at the Bournemouth Highcliff Marriott Hotel on the West Cliff. Ten local business people took to the floor with their professional dance partners. The event was organised by the charity Pavilion Dance South West.

Pavilion Dance South West is dedicated to transforming communities through dance. Business Come Dancing is the main annual fundraiser for the charity which supports many communities including:

- people living with long-term conditions such as Parkinson's Disease
- young people struggling to access the curriculum due to mental health barriers
- care home residents
- families with financial barriers to accessing dance and the arts
- schools and colleges
- arts performers.

For this year's Business Come Dancing, Pavilion Dance South West partnered with #Willdoes, a charity dedicated to introducing young people to sports and other activities to help them:

- connect and engage socially
- develop coping mechanisms to help manage anxiety and emotions
- increase self-awareness, developing trust and relationships.

Kerry's fundraising for Pavilion Dance South West has far exceeded her original £250 target.



LESTER ALDRIDGE EXPANDS PERSONAL INJURY TEAM

Lester Aldridge is pleased to welcome two new lawyers to its Personal Injury and Medical Negligence team.

Melanie has been practising clinical negligence law for over thirty years. She has handled a varied clinical negligence caseload and complex matters including cerebral palsy, birth injury cases, brain injury, spinal injury, misdiagnosis, delayed diagnosis of cancer as well as complex orthopaedic injuries. In addition to this Melanie has acted for a number of vulnerable mentally disordered clients.

Helen has over 10 years' experience advising clients on a wide variety of personal injury claims including industrial disease, employers' liability, public liability and road traffic accidents. She has also has experience of dealing with clinical negligence cases, including birth incidents, delayed diagnosis and/or treatment.



Senior Associate, Melanie Lidstone,
and Land and Associate, Helen Clement

NEW PLOT SALES TEAM AT LESTER ALDRIDGE

Allison Fuller, Director, and Sarah Harris, Senior Plot Sales Executive, have joined the firm to head up this specialist area. They deal with all aspects of plot sales at sites of varying sizes for national and regional housebuilders, PRS scheme providers and developers of more bespoke and luxury, smaller developments.

Allison has a wealth of experience in all aspects of residential property transactions, specialising in plot sales. Her clients value her understanding of housebuilders' expectations and requirements. She also has previous experience in plot purchases, giving her a unique understanding of both sides of the transaction.

Sarah has over 20 years of experience in dealing with a vast array of residential properties and land including inner city and rural and agricultural properties, with both registered and unregistered titles.



Allison Fuller & Sarah Harris

CONGRATULATIONS AS 4 TRAINEES QUALIFY AT LESTER ALDRIDGE

Congratulations to Jessica Slater, Beth McCarthy, Aneta Zaitlikova and Emily Curtis-Bennett who qualified as solicitors on 5th September 2022 after completing a two-year training contract at Lester Aldridge.

Managing Partner Matthew Barrow said: "On behalf of the partnership, I would like to congratulate them on their achievement. They have worked hard and have each demonstrated incredible commitment to our clients. I wish them every success as they continue their careers at Lester Aldridge."



L:R Emily Curtis-Bennett, Jessica Slater
Beth McCarthy and Aneta Zaitlikova.



SARAH LIGHTFOOT-WEBBER JOINS FRETTENS' FAMILY TEAM

Sarah specialises in all aspects of family law, including divorce, finances and children matters. Sarah deals with all types of agreements, including pre and post-nuptial agreements, and cohabitation agreements.

She has a particular interest in matters involving SEN children, and ensuring their needs are considered and met when a family separates and is also a member of Resolution.

Sarah started working in law thirty years ago as an office junior and worked her way up, finishing her CILEx studies in 2007 and working as a family lawyer since that time.

FRETTENS WELCOME MORE NEW FACES FROM BOURNEMOUTH UNIVERSITY

August saw the arrival of three more Bournemouth University students or graduates at Frettens, adding to the recent influx of legal talent from BU.

James Privett (left) joins the firm's commercial property team, whilst Zak Khan (middle) and Gregory Cooke (right) join the firm's placement programme.

Zak and Greg will work in the Commercial Property and Residential Property departments respectively on a one-year work placement before returning to BU to complete the final year of their studies.

Managing Partner Matthew Fretten on graduate opportunities at Frettens: "There are now more routes into a career in law than ever before. As a growing and ambitious firm, we understand that the traditional route of completing a post-graduate LPC followed by a two-year training contract may not be for everyone. We support a number of routes into practicing law alongside the traditional one, including CILEX, CLC and the new SQE. Many of our most senior lawyers qualified through 'non-traditional' routes and started with the firm as paralegals, secretaries and assistants.



James Privett



Zak Khan



Gregory Cooke



NEW HEIGHTS FOR LEGAL TEAM

On Saturday 22nd October, a team of Preston Redman employees took their careers to new heights – 886 metres to be precise. In preparation for attempting the 3 Peaks Challenge next year in aid of the Dorset Air Ambulance, they tackled the Brecon Beacons "four peaks", walking a total of 23km. Well done team Preston Redman!





ELLIS JONES

SOLICITORS

LEGAL EAGLES AT ELLIS JONES HAVE BEEN FLYING HIGH TO RAISE THOUSANDS OF POUNDS FOR CHARITY

The intrepid fundraisers also came back down to earth as they successfully completed a skydive in aid of Julia's House, raising £4,611 for the Dorset-based children's hospice charity.

The spectacular stunt took place at Netheravon, base of not for profit organisation the Army Parachute Association (APA), near Salisbury. Following training, they jumped from a modern Cessna Caravan aircraft at 13,500 feet – or two miles – above the Wiltshire countryside, with freefall taking about 45 seconds at speeds of up to 120 mph. The tandem jumping team was in the safe hands of association military instructors who have had parachuting experience in some of the most challenging environments in the world, and all landed safely.

Included in the team was Partner & Head of Dispute Resolution Lauren Day and Marketing & Events Manager Georgina Wright. Also taking the plunge were Legal Placement Student, Howard Hasan, Legal Assistant Sandra Dakanyte and Admin Assistant, Sam Smith, alongside two friends and family members in Sian Smith, wife of Ellis Jones Managing Partner, Nigel Smith, and Chris Holt.



Lauren Day, Chris Holt, Georgina Wright, Sandra Dakanyte, Howard Hasan, Sam Smith and Sian Smith

SEVEN UP FOR ELLIS JONES

Ellis Jones has made seven promotions as it shapes the next generation of its senior team.

It has appointed four new Associates:

- **Ian Daly** – criminal team
- **Asya Panchalieva** – family
- **Louise Sutton** – wills, trusts and probate
- **Diane Vincent** – wills, trusts and probate

Three promotions to Senior Associate have been made:

- **Jacqueline Batchelor** – residential conveyancing
- **Nicola Hall** – wills, trusts and probate
- **Katy Sewell** – wills, trusts and probate



Back L:R Asya Panchalieva, Ian Daly, Nigel Smith and Jacqueline Batchelor. Front L:R Diane Vincent, Katy Sewell, Louise Sutton and Nicola Hall.



SITUATIONS VACANT

HK Humphries Kirk
solicitors and arbitrators

HUMPHRIES KIRK

Humphries Kirk is a well-established South Coast law firm with a great reputation for providing professional legal services locally, nationally, and beyond.

We can offer you:

- *A competitive salary and package including, contributory pension, life assurance, occupational sick pay, and discretionary bonuses.*
- *Flexible working opportunities*
- *A friendly and supportive working environment*
- *Generous annual leave allowance*
- *Health Cash Plan*
- *Opportunities for self-development and career progression*
- *A positive work-life balance*
- *A great location in which to live and work*

We are always open to hearing from accomplished lawyers seeking their next career move and are particularly keen to hear from:

- *Qualified Company Commercial Lawyers*
- *Qualified Commercial Land Lawyers*
- *Qualified Residential Land Lawyers*

For details of our current opportunities, please [Click Here](#).

Alternatively, contact the HR Team via 01929 552141 or send an email with your CV to recruitment@hkclaw.uk and one of the team will be in touch!

No Agencies Please