



IMPORTANT INFORMATION FOR THE WELLBEING OF MEMBERS, STAFF AND PUPILS

1. The **Wellbeing at the bar** site at <http://www.wellbeingatthebar.org.uk/> lists many resources. It is the best place to seek out further information on wellbeing.
2. **The Bar Council** offers a free counselling service or Assistance Programme on 0800 169 2040. It is available to members of the Bar, Barristers Clerks and Practice Managers. It is confidential. No records of conversations are kept or forwarded to the Bar Council. You do not need to give your name.
3. **LawCare** also supports mental health and wellbeing in the legal field on 0800 279 6888 between 9-1pm Mon-Fri, Wed. 1-5.30pm and Friday 9am-1pm.
4. The **CBA** and **South Eastern Circuit** run wellbeing courses. Please attend one.
5. Tea at 4pm in the members' room is positively encouraged. Please knock on doors of others and ask them to join you. Don't be offended if they say they can't. It's nice to be asked.
6. Chambers runs members evenings and hopes that you can attend these to improve the wellbeing of all.
7. The following have undertaken a course in chambers to support those who that may have difficulties in chambers:

Tony Shaw QC
Ed Vickers QC
Lucy Ginsberg

Jane Bewsey QC
Valerie Charbit

Shane Collery QC
Jane Oldfield

Please speak to any of them if you want to chat through a problem.

8. New members will be offered a pairing with an established member (an **induction mentor**). **Maternity / paternity mentors** will assist those who have been in the same position and managed the transition back to work: (a list of mentors is held by Crystal.Fernandes@18rlc.co.uk). **Practice mentors** will offer help with career progression or guidance: please contact one of the appropriate SMC heads.
9. The Wellbeing Group in chambers would like your input on how we can improve wellbeing. Please contact Valerie.Charbit@18rlc.co.uk with any ideas.
10. The Chambers intranet has a wellbeing little red book with tips from members in it. Please use it! It can be found on [Chambers Intranet](#).