

# CILEx MEMBERSHIP SERVICES



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## The CILEx Benevolent Fund

The CILEx Benevolent Fund is a registered charity which has been helping CILEx members in unavoidable financial hardship since 1965.

### What Type of Assistance Does the Fund Provide?

The Fund can provide financial help to cover unexpected or unusual bills or the purchase of something to help ease a disability. Grants are usually small one-off payments.

### Who Donates to the Fund?

The Fund relies on donations from members and branches. As a result, the amount in the Fund varies from time to time and is limited. Applicants should view it as a last resort.

### How can branches Help?

Please consider donating the proceeds of branch fundraising activities to the Benevolent Fund. It is our charity for the benefit of our members.

Each branch has a bespoke collection tin with the Benevolent Fund logo and colours for use in collecting cash. Head office will contact each branch periodically about accounting for the proceeds of any collections. If you want to send donations please contact Head Office at [info@cilex.org.uk](mailto:info@cilex.org.uk).

Based on your knowledge of local circumstances, such as firm closures which may cause unavoidable financial hardship, it may be helpful if you could discreetly mention the Fund to anyone who might need to apply for a grant.

The application form can be downloaded from the CILEx website at this link: [www.cilex.org.uk/membership/benevolent\\_fund.aspx](http://www.cilex.org.uk/membership/benevolent_fund.aspx)

### Eligibility Criteria

Applicants must be current or former members of CILEx or dependents of a current or former member. Applicants must also have been a member for a minimum of one year before applying. The Trustees expect applicants to have claimed any state benefits they are entitled to.

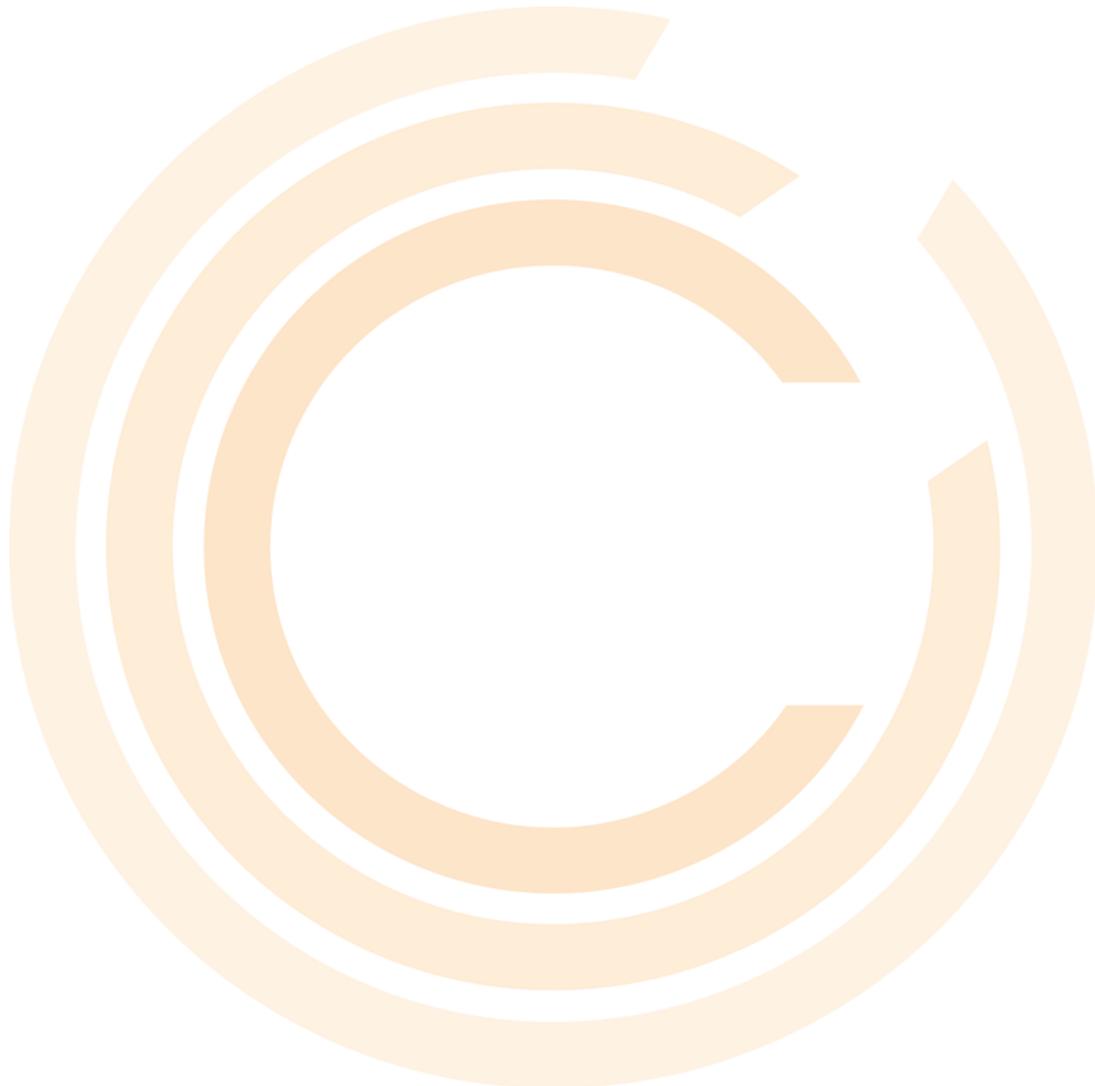
The Trustees are not able to consider applications for assistance with membership fees; student course fees; discharge of outstanding judgements; HMRC tax bills; IVA's or bankruptcy.

**Who Are the Trustees?**

The Trustees of The Fund are:

Paul Clark, Lay Trustee (Chairperson)  
Simon Wells, Lay Trustee (Vice Chairperson)  
Joyce Arram, FCILEx, FRSA, Honorary Vice President CILEx  
Sandra Barton, FCILEx  
Diane Burleigh, Former Chief Executive, CILEx

Decisions on applications to the Fund are entirely at the Trustees' discretion.



### LawCare – support for lawyers

LawCare is a registered charity providing information and emotional support to legal professionals working or training throughout the UK, Republic of Ireland, Isle of Man and Jersey. Since we were founded in 1997 we have helped thousands of lawyers and support staff with work related issues including stress, disputes with colleagues and alcohol misuse.

We support all branches of the legal profession and we also offer advice to friends and families. We are here to help judges, solicitors, barristers, legal executives, paralegals, costs lawyers, trade mark attorneys and patent agents, cope with the increasing pressures they face any of which could adversely affect work performance and family life. There are probably very few lawyers who have not had some experience of what it can be like when you or a colleague feels that the pressure is getting to you.

Lawyers are expected to cope with the demands of the job and not coping can be seen as a sign of weakness. Lawyers often believe that they should be able to handle their own problems, and because lawyers spend so much time resolving other people's problems, they can find it difficult to acknowledge that they themselves may need help. They can however find it easier to take this step with another lawyer, which is where LawCare comes in. Our staff and volunteers have experience of practicing law.

Our key service is our helpline, which provides a listening ear 365 days a year. Those taking calls on the helpline have first-hand experience of the pressures faced by legal professionals today. Our free helpline is impartial, completely confidential and independent of the UK's legal institutions.

We are funded by donations from UK legal institutions including the CILEx.

Last year, 75 % of our callers reported stress as the main reason for calling, with increased workloads, disciplinary issues and bullying being the main causes of this.

Our helpline offers the chance to talk your problem through, it really does help to get things off our chest, and just communicating with someone who listens and understands can clarify the way forward. And even if a solution doesn't immediately present itself, simply talking about it can be very cathartic. Many of our callers say they need no follow up support; the talk on the helpline has helped them decide what to do.

We provide reassurance, in all the years we have been operating; we've heard most things before. We can also offer extra support and can put callers in touch with a LawCare supporter. These are fellow lawyers who have experienced and overcome significant difficulties. They offer support to others on a one to one basis for as long as this is needed. We signpost callers to other support and benevolent agencies and we keep a list of counsellor and therapists with particular expertise in working with lawyers. Our website provides an overview of the support available and our range of helpful factsheets can be found there for download. We also provide training on stress management.

If you are concerned about something no matter how big or small, get in touch, we are here to help.

Helpline 0800 279 6888

[www.lawcare.org.uk](http://www.lawcare.org.uk)

### **Case studies**

George called in a very distressed state because he was being denied access to his children. His marriage had recently broken up following the post natal depression of his wife and tension in the family resulting from his wife's parents moving in, to help with looking after the children. George had moved out of the family home and started counselling. He was then made redundant and could no longer afford the counselling. LawCare suggested that he saw his GP and request an NHS referral for counselling. Family mediation was also suggested to help with gaining access to his children. George called the helpline several times, with LawCare's support and encouragement he was able to negotiate regular contact with his children and his GP referred him for NHS counselling. He subsequently found an in house position as a solicitor.

Alison called LawCare eighteen months after the sudden death of her husband as she felt she was not coping at work. Her firm had been very supportive but her work was suffering, she had made several mistakes, and with redundancies looming, she knew she was potentially a target. She had had bereavement counselling and was coming to terms with her loss, but with sole responsibility for two young children, she felt guilty being at work all day when the children had recently lost their father. She was advised to see her GP and speak to him/her honestly about her feelings. A LawCare supporter was put in place. Alison was diagnosed with depression and subsequently made redundant on a generous package. The LawCare supporter was able to provide one to one support through this difficult time. Alison found that she enjoyed spending peaceful time at home with her children focussing on her recovery.

## *How can LawCare help me?*

- A listening ear on our 365-day-a-year free and confidential helpline
- Training and seminars on wellbeing for legal professionals
- A nationwide network of lawyer supporters
- A comprehensive website with information about coping with the demands of a legal career
- A database of counsellors with experience of the legal profession

Helpline: 0800 279 6888

[www.lawcare.org.uk](http://www.lawcare.org.uk)



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