



THE HONOURABLE SOCIETY OF
LINCOLN'S INN

Wellbeing and Information Resources

Contents

1. Ideas to promote wellbeing and networking
 - a. Networking Ideas
 - b. Wellbeing Activities

2. Online Resources
 - a. General Resources
 - b. General Legal Resources
 - c. Specialist Bar Associations
 - d. Circuits

This document has been produced to assist our members in finding sources of information and support during the current pandemic. It is not exhaustive and if you think we've missed something important do let us know so we can update this document. You can contact us at mail@lincolnsinn.org.uk.

I. Ideas to Promote Wellbeing and Networking

a. Networking Ideas

- Hold a Weekly Chambers ‘Virtual Tea’ on Zoom, Microsoft Teams or Skype
- If you are the member of an SBA, check their website for forums and online events
- If you are not a member of an SBA, consider joining one now
- Follow relevant legal accounts on social media to join in discussions and stay up to date on Covid-19 restrictions
- Update your LinkedIn and send out updates and messages to colleagues you haven’t connected with in a while
- Sign up for newsletters from relevant legal associations to stay up to date

- Start a weekly online catch-up with colleagues to discuss work or whatever you are enjoying outside of work

b. Wellbeing Ideas

- The Chapel team has been producing videos featuring music from our wonderful choir & Director of Music, as well as a ‘thought for the week’, until services are able to take place again. Links to some of [our recent videos are on our website.](#)
- If you would like to be kept up to date and join the Chapel Online mailing list, please email [Aleksandra Tomaszewska](#) and we will be

happy to send you our future materials as they are published.

- Consider setting yourself a challenge and then raising money to help you reach your goal. [Just Giving](#), [Go Fund Me](#) and Facebook can help you to raise money for a worthy cause
- Stay physically active with [some advice from WHO](#)
- Enjoy one of the many excellent productions now available to stream for free from the [National Theatre](#), [Southwark Playhouse](#), [The Bristol Old Vic](#), [The Royal Ballet](#), and [The Old Vic](#)

- Practise your cooking skills with [Bon Appetit on YouTube](#), finally try out [meditation with Headspace](#) or [yoga with the famous Adriene](#)
- [Tips for parenting during a pandemic](#)
- Learn a new language with [Duolingo](#) or [Babbel](#)
- Re-read a favourite novel or discover a new favourite from [this list by The Guardian](#)
- Discover [some legal podcasts](#) or [some new general podcasts](#)
- Visit your local council's website and sign up for their newsletter so that you can learn about local support and events.

2. Online Resources

a. General Resources

UK Government

- General Covid-19 Guidance:
www.gov.uk/coronavirus
- Guide for Employers and Businesses:
www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19
- Self-Employment Support Scheme:
www.gov.uk/guidance/claim-a-grant-through-the-coronavirus-covid-19-self-employment-income-support-scheme
- HMCTS Daily Update during Covid-19:
www.gov.uk/guidance/hmcts-daily-operational-summary-on-courts-and-tribunals-during-coronavirus-covid-19-outbreak
- Coronavirus (COVID-19): courts and tribunals planning and preparation:
www.gov.uk/guidance/coronavirus-covid-19-courts-and-tribunals-planning-and-preparation
- HMCTS telephone and video hearings during coronavirus outbreak:
www.gov.uk/guidance/hmcts-telephone-and-video-hearings-during-coronavirus-outbreak
- Chief Coroner's guidance:
www.judiciary.uk/wp-content/uploads/2020/03/Chief-Coroner-Guidance-No.-34-COVID-19_26_March_2020.pdf

- Educational Resources for children:
www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education
- Working safely during Covid-19 in offices and contact centres
assets.publishing.service.gov.uk/media/5eb97e7686650c278d4496ea/working-safely-during-covid-19-offices-contact-centres-110520.pdf

NHS

- General advice about Covid-19:
www.nhs.uk/conditions/coronavirus-covid-19/
- Mental health advice:
<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

BBC News

- General resources:
www.bbc.co.uk/news/coronavirus
- How to protect your mental health:
www.bbc.co.uk/news/health-51873799

MIND

- Mental health resources and advice:
www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/

Citizen's Advice

- Coronavirus advice:
www.citizensadvice.org.uk/

b. General Legal Resources

The Bar Standards Board

- General resources:
www.barstandardsboard.org.uk/resources/covid-19-statement-by-the-bar-standards-board.html

The Bar Council

- General resources:
www.barcouncil.org.uk/useful-information/coronavirus-advice-and-updates.html
- Online training courses and seminars:
www.barcouncil.org.uk/training-events/online-training-and-seminars.html?dm_i=4CGD,U9C5,4L89K7,3OKU4,I

The Barristers Benevolent Association

- Covid-19 Donations page:
www.the-bba.com/covid19-appeal-donations
- Covid-19 Hardship Fund applications:
www.the-bba.com/covid19-appeal-applications

The Inns of Court College of Advocacy

- Covid-19 update:
www.icca.ac.uk/icca-covid-19-update/
- Principles for remote advocacy guide:
www.icca.ac.uk/remote-advocacy-guide/
- Online advocacy training:
www.icca.ac.uk/events/

Wellbeing at the Bar:

- Mental Health resources:
www.wellbeingatthebar.org.uk/

Lawcare

- Helpline and webchat:
<https://www.lawcare.org.uk/helpline>
- Wellbeing tips:
www.lawcare.org.uk/workplace-hub/toolkit
- Covid-19 resources:
www.lawcare.org.uk/covid-19

Crown Prosecution Service

- Coronavirus guidance:
www.cps.gov.uk/covid-19-crown-prosecution-service-planning-and-preparation
- Coronavirus impact on victims and witnesses:
<https://www.cps.gov.uk/victims-witnesses>

Advocate

- Coronavirus guidance:
weareadvocate.org.uk/coronavirus-update.html

Women Barristers

- News and information about Covid-19:
www.womenbarristers.com/news/

Institute of Barristers' Clerks

- Information on remote hearings for the business and property courts:
www.ibc.org.uk/news/information-from-the-business-and-property-courts-re-remote-hearings/
- Online events including seminars and information about cyber security:
www.ibc.org.uk/events/

Chartered Institute of Legal Executives

- Impact of Covid-19 on legal services survey:
www.surveymonkey.co.uk/r/D35TL8G
- CILEX benevolent fund:
www.cilex.org.uk/membership/benevolent_fund

- Online events including ‘Making the most of time on furlough’ webinar:
www.cilex.org.uk/membership/events

Judicial Appointments Commission

- Coronavirus update and remote guidance:
www.judicialappointments.gov.uk/news/covid19-coronavirus-update-jac-selection-exercises-proceeding-remotely-last-reviewed-11-may
- News including Covid-19 updates:
www.judicialappointments.gov.uk/news

Courts and Tribunals Judiciary

- Covid-19 advice and guidance:
www.judiciary.uk/coronavirus-covid-19-advice-and-guidance/

The Law Society

- Covid-19 support and services:

www.lawsociety.org.uk/support-services/coronavirus/

- Covid-19 information for members:
www.lawsociety.org.uk/support-services/advice/articles/coronavirus-covid-19-information-for-members/

Legal Practice Management Association

- Covid-19 guidance and news:
www.lpma.org.uk/news-155/
- Online events including mental health in the workplace and risk management:
www.lpma.org.uk/events-153/

Legal Services Board

- Covid-19 priorities and support:
www.legalservicesboard.org.uk/covid-19-our-response-and-support

Serious Fraud Office

- Covid-19 update and guidance to victims, witnesses and legal representatives:
www.sfo.gov.uk/2020/05/07/covid-19-update/

c. Specialist Bar Associations

Administrative Law Bar Association

- Covid-19 Guidance:
adminlaw.org.uk/covid-19-important-guidance-from-administrative-court/

Bar Association for Commerce Finance and Industry

- Online events including- 1st July- 'Applying to Become a Judge':
www.bacfi.org/diary.htm

Solicitors Regulation Authority

- Coronavirus update, support and guidance:
www.sra.org.uk/sra/news/coronavirus-update/

Chancery Bar Association

- Coronavirus Protocols and Practices:
www.chba.org.uk/news/coronavirus-protocols-and-practice-directions
- Coronavirus and Wellbeing:
www.chba.org.uk/news/wellbeing-during-the-coronavirus-pandemic
- Coronavirus Members' Forum (requires membership log in):
www.chba.org.uk/

The Commercial Bar Association

- Events and News:
www.combar.com/news-and-events/news/
- Civil Justice Council Covid-19 review:
www.combar.com/news/civil-justice-council-covid-19-review/
- High Court Judicial Assistant Scheme:
www.combar.com/news/high-court-judicial-assistant-scheme-2020-21/

The Criminal Bar Association

- Covid-19 resources and news:
www.criminalbar.com/covid19-updates-for-the-profession/
- Mindfulness Sessions, Tuesdays at 8pm:
www.criminalbar.com/events/mindfulness-session-tuesdays-at-20-00/

Family Law Bar Association

- News and Events including Wellbeing workshops:
www.flba.co.uk/news

FDA

- Free webinar: How to run effective virtual meetings:
www.fda.org.uk/home/Supportingyou/Free-webinar-How-to-run-effective-virtual-meetings.aspx
- News:
www.fda.org.uk/home/Newsandmedia/Latest-from-the-FDA.aspx

The Planning and Environment Bar Association

- PEBA's coronavirus guidance:
www.peba.org.uk/wp-content/uploads/2020/03/PEBA-Coronavirus-Way-Forward.pdf
- Planning Appeal Hearing and Inquiries Video link Technology guidance:
www.peba.org.uk/wp-content/uploads/2020/03/PINS-Procedure-Note.pdf
- Guidance on the use of video conference facilities for virtual inquiries, hearings and examinations:

- www.peba.org.uk/wp-content/uploads/2020/03/Video-Conferences-Technical-Note.pdf

Personal Injuries Bar Association

- Covid-19 guidance:
www.piba.org.uk/covid_guidance?utm_campaign=2020_04_20_chair_s_update&utm_medium=email&utm_source=piba

d. Circuits

Midland

- Midland Circuit hardship fund:
www.midlandcircuit.co.uk/hardship-fund/

Northern

- Covid-19 guidance and news:
www.northerncircuit.org.uk/covid-19/

North Eastern

- Question sessions and Pupil Supervisor training online:
www.northeasterncircuit.co.uk/events/
- Covid-19 guidance (requires members log in):
www.northeasterncircuit.co.uk/

South Eastern

- Coronavirus updates and guidance:
www.southeastcircuit.org.uk/news/1305
- Online events including wellbeing courses:
www.southeastcircuit.org.uk/events

Wales and Chester

- Circuit information:
www.walesandchestercircuit.org.uk/index.php

Western

- Covid-19 guidance and advice:
www.westerncircuit.co.uk/category/covid19/
- Online training including New Practitioners Training and Pupil Supervisors Training:
www.westerncircuit.co.uk/category/events/