



## Winter/Spring Newsletter

Taking your feedback on board, we're going to send these emails less often but they'll include more information. We'll still send individual reminders about our upcoming events though to ensure you don't miss out.

### Welcome from the Chair

Spring is almost upon us and it's time for new beginnings! Whether you're looking towards qualification, starting your Training Contract or hunting for that elusive break to secure your TC, the Bristol JLD are here to help - see our Careers Section for more details.



Our social events are provided to assist you in networking with other junior lawyers in Bristol, Bath and the surrounding area - developing contacts that will be invaluable later in your career. Make the most of this by looking out for our February Drinks advert.

We're also here to help - If you have any questions or concerns regarding developments in the legal sector or issues at your firms, please contact me at [info@bristoljld.co.uk](mailto:info@bristoljld.co.uk) and I will aim to raise any issues with the relevant bodies. You can have your voice heard and get the answers you need through us.

I hope to see you all at one of our events very soon!

Nicola Cunnington  
Chair of the Bristol JLD

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Here's what we have planned for the next few months:

### Social Events

February - Drinks **social**, details to follow soon!

March - Drinks **social**.

April - Our ever popular spring **charity quiz** for teams of 4.

May 17th - Our annual **Charitable Ball**. Put the date in your diary! If you have a good idea for a theme, we'd love to hear from you.

## Careers Events

February 21st - **@ the workplace event**.

Join us at House of Fraser in Cabot Circus for an event focussing on dealing with stress and feeling confident in the workplace. We have a speaker from Law Care, a jewellery stylist from Stella & Dot selling goodies, and a team from House of Fraser's Clarins range to make you look and feel beautiful with makeovers and tips! If you would like to attend this event, please email [careers@bristoljld.co.uk](mailto:careers@bristoljld.co.uk).

March - **NQ Careers event**, kindly sponsored by *Chadwick Nott*.

April - **CV clinic**, kindly sponsored by *Hays Recruitment*.

## Charity Events

As you will probably know, our wonderful Charity of the Year is *Children's Hospice South West*. Here are some of the ways you can help them out, whilst also boosting your CV and guaranteeing your spot in heaven!

April 14th - **Skydive for CHSW**. If you raise £395 in sponsorship you can jump for free! Visit [www.chsw.org.uk/skydive](http://www.chsw.org.uk/skydive).

May 5th: **Bristol 10K**. Don your running shoes and join Team CHSW. All runners will receive a fundraising pack and CHSW running vest as well as some great support on the day from our cheering squad positioned on the route. Email [kate.fisher@chsw.org.uk](mailto:kate.fisher@chsw.org.uk) to find out more.

May 28th: **Bluebell Walk** at Charlton Farm, Children's Hospice South West. Enter the walk with your friends or family, or come and help volunteer on the day. See [www.chsw.org.uk/bluebell](http://www.chsw.org.uk/bluebell).

June 7-9th: Ride for Precious Lives across the South West. Only 100 places available in this fantastic **200 mile cycle event** starting at our Cornwall hospice, via our Devon hospice and finishing at our Bristol hospice - see [www.chsw.org.uk/rfpl](http://www.chsw.org.uk/rfpl).

September 15th: **Volunteers** needed to be one of 200 marshals at Bristol Half Marathon. Email [bristolhalf@chsw.org.uk](mailto:bristolhalf@chsw.org.uk) to register your interest.

## South West Legal Support Trust

The Charity Walk this year will be held on Monday 3 June so save the date!

### Raise Your Profile and help the cause!

The South West Legal Support Trust are seeking volunteers from law firms and chambers in the South West to join a fundraising group that assists in organising and promoting projects throughout the year. You will need to be available to attend an introductory evening on Thursday 28 February from 6pm. In order to get a wide spread of firms involved / represented within the group, numbers may be limited to one/two employees per firm, on a first come, first serve basis. This opportunity is ideally suited to Trainees, but other members are welcome to apply.

To apply, or for further information on SWLST and the walk please email [ncunnington@dacbeachcroft.com](mailto:ncunnington@dacbeachcroft.com).

Don't forget you can also get involved with us through the following social media links:

- [Facebook](#)
- [Twitter](#)
- [LinkedIn](#)
- [Our Website](#)

We'd love to hear from you!

*The Bristol JLD Committee*