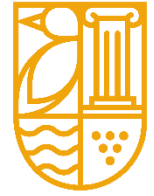


CORNWALL LAW SOCIETY

MIDWEEK UPDATE – 18th May 2023



**Cornwall
Law Society**

Find us on:
facebook

Cornwall Law Society is also on Facebook, Twitter and LinkedIn



Cornwall Law Society President, A.E. Verona Cocks is pleased to invite you to

the Annual Awards' Dinner on

Friday 16th June 2023

in Truro Cathedral

Black Tie

Welcome Drinks from 6pm

Tickets for Members - £60 per head or £600 per table of 10 (excl Vat)

Tickets for Non-Members - £65 per head (excl Vat)

Tickets sales will now CLOSE on 19th May 2023. No further extensions. Please don't wait until the last minute!

Please contact jan.long@cornwalllawsociety.org.uk to reserve your ticket(s).

Details of the Awards, their sponsors and nominees are below, and on the Events page of the website.

We are very pleased to announce that our main sponsors for the year are also supporting this Awards Dinner.



X-Press Legal Services
Your professional property partner



evelyn
PARTNERS

Cornwall Law Society Awards

Thank you to everyone listed below for submitting their applications. These are now with our panel of 5 independent judges for deliberation and shortlisting. Good luck to all the nominees!

Trainee Lawyer of the Year sponsored by



*Eliot Quevedo, Stephens & Scown LLP
Lexie Williams, Stephens & Scown LLP
Sophie Kunz, Parnalls Solicitors Limited
Alice Crosby, Parnalls Solicitors Limited
Yasin Ahmed, Coodes
Caitlin Facey, Coodes
Iynaiya Afzal, Coodes
Jenny Carter, Coodes*

Junior Lawyer of the Year sponsored by



BROOKS
FINANCIAL PLANNING

*Sophie Petrucci, Stephens & Scown LLP
Tamsin Best, Stephens & Scown LLP
David Evans, Parnalls Solicitors Limited
Clare Hall, CVC Solicitors LLP
Jack Peart, Coodes
Edward Aldis, Nalders LLP*

Commercial Lawyer of the Year

(covers commercial disputes, corporate, commercial, employment and any other practice area in the commercial arena without a specific award) sponsored by



*Laurie Trounce, Stephens & Scown LLP
Kayleigh Whitman, Coodes
Jack Peart, Coodes
Declan Bradley, Doyle Clayton
Joshua Gardner, Busby's Solicitors*

Commercial Property Lawyer of the Year sponsored by



*Jennifer Burden, Paddle & Cocks LLP
Anthony Booth, Stephens & Scown LLP
Helen Davies, WBW Solicitors*

Private Client Lawyer of the Year sponsored by



*Tamsin Bailey, Paddle & Cocks LLP
Samantha Ennor, Earl & Crocker Solicitors
Lee Naylor, Randle Thomas*

Family Lawyer of the Year sponsored by



*Stephen Robillard, Parnalls Solicitors Limited
Sarah Evans, Coodes
Julie Barr, Macmillans Solicitors
Kelly Grigg, Richard Nelson t/a Grigg's Family Law
Sarah Atkinson, Stephens & Scown LLP
Anthony Vingoe, Vingoe Family Law*

Residential Property Lawyer of the Year sponsored by



Bridging Lender

*Kate Holland, Nalders LLP
Claire Wicks, Parnalls Solicitors Limited
Anthony Earl, Earl & Crocker Solicitors
Kate Bayley, Coodes
Jo Ponsford, Busby's Solicitors
Victoria Perry, Stephens & Scown LLP
Angeline Martin, Macmillans Solicitors*

Large Firm the Year (5 or more Partners/Directors) sponsored by



*Stephens Scown LLP
Parnalls Solicitors Limited
Coodes
CVC Solicitors LLP*

Small Firm of the Year (less than 5 Partners/Directors) sponsored by



*Paddle & Cocks LLP
Earl & Crocker Solicitors
Busby's Solicitors
Vingoe Family Law*

Good Luck to everyone! Exciting times!



Compliance Meetings

We would like to thank everyone that attended the event last night, either virtually or in person. It was great to facilitate lawyers sharing knowledge and supporting one another.

We will be publishing the date of the next meeting in due course and so please sign up for the next event.

These events are open to anyone working in compliance, including compliance officers, managing partners and IT specialists.

To register to attend future events, please contact Jan Long on jan.long@cornwalllawsociety.org.uk

Courses

20th June 2023 – Commercial Property Update 2023 by Hannah McKinlay at the St Austell Conference Centre



X-Press Legal Services®
the search is over

Sponsored by

Booking form has been circulated. In you need a copy, let me know, or you can book through *Eventbrite*.

Contact jan.long@cornwalllawsociety.org.uk for further information, or to book your place

13th September 2023 – Private Client Update 2023 by Lesley King, Alverton Hotel. To be followed by a networking event with The Law Society's Sarah Moore, Private Client Section.

Sponsored by Kin Probate and Evelyn Partners.



evelyn
PARTNERS



The Law Society
of England and Wales

The booking form has been circulated. If you need a copy, let me know..

The seminar will run from 10am to 3pm, with registration at 9.30am. Sarah Moore will then briefly address the delegates. After a rest break, the networking event with drinks and canapes will commence at 3.30pm in the Courtyard Lounge.

20th September 2023, 1pm – 5pm – St John's Chambers' Property Roadshow will be returning to Truro at the Innovation Centre, Treliske, Truro TR1 3FF.

Save the date. More details and a booking form to follow in due course.

19th October 2023 – Residential Property Update 2023 by Davide Keighley, St Austell Conference Centre

Sponsored by X-Press Legal Services. (Booking form to follow in due course.)

15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety

LawCare

Supporting the Legal Community

Mental Health Awareness Week 2023 is all about anxiety. We have invited a panel of legal professionals to share their stories of coping with anxiety.

Join our webinar on Thursday 18th May 2023, starting at 12:30pm.

<https://www.eventbrite.co.uk/e/lets-talk-about-anxiety-tickets-619743338007>



We all know what it's like to feel anxious from time to time. It's a normal human response to feel tense, nervous and perhaps fearful at the thought of a stressful event or decision you're facing. However, if your feelings of anxiety are very strong, or last for a long time, it can be overwhelming. You might find that you're worrying all the time, perhaps about things that are a regular part of everyday life, or about things that aren't likely to happen. You may regularly experience unpleasant physical and psychological effects of anxiety, and maybe panic attacks.

Our panel understand what it is like to live with anxiety and how it can affect (or be exacerbated by) the pressures of life in the law. The webinar is an opportunity for you to hear how anxiety affected them, and what strategies helped them to manage their symptoms.

Get help!

Angus Lyon, LawCare volunteer and former solicitor who now works counselling lawyers online, writes about anxiety in the legal profession for Mental Health Awareness Week.

There's an old New Yorker cartoon by Danny Shanahan. Panel 1 shows Timmy floundering in a fast-flowing river. His dog sees him from the bank. Timmy shouts, "LASSIE! GET HELP!!" In panel 2 Lassie is lying on a shrink's couch having therapy. Who knows what happened to Timmy? There's the implication of a sinister ending, but let's just assume Lassie played her part in his rescue and then needed trauma counselling herself.

Lawyers' workloads can be overwhelming, deadlines barely attainable, costs targets continually ratcheting up, office politics draining, anxiety levels rising and rising, and ...

And sometimes it can feel like we're drowning. And sometimes we need to look after ourselves.

This year, from 15 May, the theme of the Mental Health Foundation's Mental Health Awareness Week is 'anxiety'. Working with stressed out lawyers over the years, I have seen that unbearable anxiety in its many forms is at the core of most of their experience. Anxiety describes feelings of unease, worry and fear. It incorporates both the emotions and the physical sensations you might experience when you are worried or nervous about something. If your feelings of anxiety are very strong, or last for a long time, it can be overwhelming. The statistics tell us that in England at least one in four people will experience a mental health problem of some kind each year and that one in six reports experiencing a common mental health problem (like anxiety and depression) in any given week*. That's a lot of people. And many of them are lawyers. Maybe you? Maybe your staff?

But anxiety is good for us. It warns and protects us from real danger. The problems come when it's imagined or exaggerated or unrealistic. It's as old as mankind. Around 2,500 years ago Hippocrates, then later on Cicero and Seneca and others, were identifying and distinguishing forms of anxiety. And they developed CBT-type remedies for it.

"Men are lords in riches ... and yet, within the home, they still have the anxious heart which vexes life unpausingly with torments of the mind", wrote Epicurius. Times may change but the human condition remains a constant. Thoughts and emotions and bodily responses can knot us up inside and money is a poor medicine. So, what can we do?

When I first started researching lawyer wellbeing over a decade ago there were few good resources around. Now we're spoilt for choice. But the wealth of available guidance can be overwhelming. So, where do we start? Well, maybe try here:

1. LawCare, the mental wellbeing charity for the legal profession, offers help in many ways:

Confidential emotional support via telephone helpline, online chat, email and peer support,

A free 20-minute presentation for organisations,

[Fit for Law](#) – 2 free online courses,

Online resources,

Training, and

Help with the cost of professional therapy where appropriate.

And on 18 May, during the awareness week, LawCare is running a [lunchtime webinar](#) on lawyer anxiety.

2, The *Mental Health Foundation's* site has more practical and evidence-based [resources](#).

3, In late 2019 *The Law Society* published its [Guidance for best practice in supporting wellbeing in the workplace](#). It's free and I suspect was largely overlooked by the distractions of lockdown. If you are looking for a practical and comprehensive way of creating a healthier, happier workplace just download it and ransack it.

Help is out there for you and your staff. You don't need to drown.

Angus Lyon

Angus Lyon practised as a solicitor for almost 40 years and now works counselling lawyers online at [restart-one.com](#). He is the author of *A Lawyer's Guide to Wellbeing and Managing Stress* (Ark Group 2015).

*Reference: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/statistics-and-facts-about-mental-health/how-common-are-mental-health-problems/>



It was a great honour to be invited to be part of the Plymouth Junior Lawyer Ball at the Duke of Cornwall last week. The evening created opportunities for the Cornish JLD to meet their counterparts and forge links moving forward. Thank you to the PJLD team for the evening and for making us feel welcome.





Are proud to celebrate 100 years of Women in Law and to do so
we invite you to attend a talk with

Are proud to celebrate 100 years of Women in Law and to do so we invite
you to attend a talk with

A. F. Verona Cocks, Joint Managing Partner, Paddle & Cocks LLP
Solicitors

Charlotte Davies – Barrister and Deputy District Judge

Wednesday 24th May 6.00pm

Coodes, Truro office

Elizabeth House, Castle Street, Truro TR1 3AP



If you would like to attend, please email Clare Hall
chall@cvc-solicitors.co.uk We look forward to seeing you
there!

If you are interested in joining Cornwall Junior Law Division, contact Clare
at Chall@cvc-solicitors.co.uk.

SRA Asks Solicitors for more as budget soars by £10m

By John Hyde (appeared in the Law Society Gazette 10/05/23)

The Solicitors Regulation Authority will ask solicitors to pay 7% more in practising fees to help fund a £10m hike in the regulator's annual budget.

The regulator said today its costs for 2023/24 are likely to be around £97.8m, up from £87.3m in the current year. The increase is subject to a six-week consultation.

The SRA's portion of the individual practising certificate fee for next year is set to rise from £151 to £162, as the regulator's contribution from the profession increases from £60.5m to £67.5m. Firms, who contribute around 60% of this total, will continue to pay a proportion of their turnover. Representative body the Law Society has yet to finalise its own proposed call on the PC fee for 2023/24.

As well as increasing PC fees, the SRA's budget will also be topped up by an expected increase in income from the Solicitors Qualification Examination, from £12.7m to almost £14m.

The SRA says that inflation accounts for some of the budget increase – staff salaries recently rose by 5.5% - but that its increased workload has also added to costs. Headcount is expected to increase to 770 in the next year as 30 extra full-time staff are brought in to bolster the investigation and enforcement team and to work on **increased** anti-money laundering activity.

Further investment will also be required for a new 'data-driven approach to proactive regulation' and efforts to support small firms to use technology effectively.

SRA chief executive Paul Philip said keeping the profession's contributions as low as possible has been a priority, and the regulator points out that overall the individual PC fee was only £4 higher this year than it was in 2018/19. Philip said: 'We have absorbed inflation and driven efficiencies across the business while making improvements to our operations and taking on significant new responsibilities, for example in relation to anti-money laundering. However, we like everyone else, continue to face significant upward cost pressures which, even with our ongoing commitment to efficiency and cost-control, we can no longer absorb.'

The SRA set out the budget proposals as part of its 2023/24 business plan, which is published today alongside a three-year corporate strategy.

The next 12 months will see the regulator take on the management and operation of a **solicitors indemnity fund** to cover claims brought against firms closed more than six years ago. The SRA is also implementing changes to its financial penalties regime and approach to publishing regulatory decisions.

In 2023/24 the SRA will carry out its first independent evaluation of the SQE, consult on potential additions to **transparency** requirements, and deliver any changes required by the **Economic Crime and Corporate Transparency Bill**.

It also plans to publish research findings on why ethnic minority candidates **do worse** in professional assessments, and why ethnic minority solicitors are overrepresented in reports to the SRA and subsequent prosecutions.

It is estimated that staff expenditure will increase 14% to £46m, SQE costs by 10% to £13.8m, and intervention costs by 7% to £7.1m.

The SRA is currently operating at about £1m below the minimum level of reserves that it has set as a target and has committed to closing that gap over the next three years. The budget will increase over the next three years by no more than inflation plus 2%.

The extra compensation fund contribution for individuals will be unchanged at £30 in 2023/24. The required contribution from firms is £660 – a reduction from £690 in 2022/23.

The Law Society News

Share your thoughts on our plans: practising certificate fee consultation

Help shape the priorities of your professional body. **Take part in a 10-minute survey by 24 May to be entered into a draw for a £100 voucher.**

Help shape our priorities for the year ahead by letting us know what you would like us to focus on.

[Take part in the survey and share your views](#)

The Law Society is here to support you to provide the best possible service at every stage of your career – from graduation to retirement.

Our vision is to promote, protect and support solicitors, the rule of law and justice in England and Wales.

We amplify the powerful collective voice of you and more than 200,000 solicitors with your diverse experiences and backgrounds, advocating on the issues you've told us matter most.

Your opinion matters

“The income from practising certificate (PC) fees, whether paid by you as an individual or by your organisation on your behalf, determines what the Law Society can plan and undertake for you, the profession and wider society.

We want to hear the opinions of all solicitors, whatever your background or specialism. Your views matter to us.

I encourage all members to take a look at our plans and submit your responses to our consultation, to make sure your voice is heard.”



Lubna Shuja
Law Society president

[Share your thoughts on our plans: practising certificate fee consultation | The Law Society](#)

President, Verona Cocks, will be attending the Law Society's Local Law Societies' Townhall meeting on Friday 19 May. Topics under discussion include:

- ✓ Corporate strategy 2022-2025 - overview (Ian Jeffrey)
- ✓ Update on criminal legal aid and review of civil legal aid (Richard Miller)
- ✓ Key national campaigns – overview (Lubna Shuja / Louise Hanson)
 - 21st century justice
 - Ethics
 - Reframing justice
- ✓ Climate change guidance / practice notes – brief update (Lucy Dennett / Alasdair Cameron)
- ✓ Get Involved strategy – update (Louise Hanson)
- ✓ TLS bicentenary in 2025 – overview of current ideas / plans for the programme (Amy Murat)

The meeting is followed by a dinner facilitating more networking and getting the voice of Cornwall Law Societies (and others) heard by the national Law Society.

Desert Marathon Fundraiser. Click [here](#) to support.

OK - Cornwall is not a desert in geographical terms. But it is recognised as an advice desert when it comes to free or affordable social welfare legal support. And yes, I admit I will be walking and not running, but it is just over 26 miles from Penzance to Falmouth and I have had two hip replacements.

On Friday, 26 and Saturday, 27 May, I will walk from Penzance to Falmouth to raise money for the **Dracaena Centre**, an innovative community hub in Falmouth where I am a Trustee. I shall take the scenic route via Marazion, Prussia Cove, Praa Sands, Loe Bar, Gunwalloe, Gweek, Constantine and on to Falmouth.

The funds raised will go towards sustaining and growing the Dracaena Centre legal advice project, particularly towards completing the funding for Cornwall's first graduate solicitor apprentice in social welfare law. The apprenticeship will be based at the Dracaena Centre and will be remotely overseen from London in a ground-breaking arrangement.

The legal advice project has now been running for over five years and, in that time, has assisted over 900 clients free of charge covering family, debt, benefits, housing and other related social welfare issues. It has done this through a small team in Falmouth and its remote back-up team at University House Legal Advice Centre, London.

We want to take this service to the next level with new home-grown talent. We need to raise at least £10,000 to move to the next stage of the legal advice project.

Please give [here](#) as generously as you can to support us.

If you would like to walk all or part of the way with me and raise some sponsorship from your own connections, please contact me to add you to the team.

Thank you for your interest.

Guy Beringer

Guy Beringer CBE

Guy Beringer is the non-executive chairman of the UKEF Board. He was appointed in January 2010.

Guy is Chairman of The Legal Education Foundation and City Music Services. He is a Director of BCKR, an Adjunct Professor at the Imperial College Business School and Co-Chair of the Bingham Centre.

Guy qualified as a solicitor with Allen & Overy, where he was Senior Partner from 2000 – 2008. In October 2006, he was appointed Queen's Counsel for his contribution to pro bono and legal services. He was awarded a CBE in January 2016.

JOB VACANCIES

Paddle & Cocks, Truro – Commercial Property Senior Associate (employed position with flexible working)

Cornwall Council, Truro – Senior Lawyer – Planning & Highways (flexible working available)

Coodes, Truro – Private Client Solicitor, Full time (Part time and/or other locations will be considered)

Coodes, Truro/St Austell/Falmouth – Family Solicitor Full time (Part time and/or other locations will be considered)

Coodes, Holsworthy – Commercial Property Solicitor, Full time (Part time and/or other locations will be considered)

Coodes, Mid-West Cornwall – Commercial Property Solicitor, Full time (Part time and/or other locations will be considered)

Coodes, Cornwall – Dispute Resolution Solicitor, Full time (Part time and/or other locations will be considered)

C Nicholls Solicitors, Bodmin – Private Family Lawyer and Duty Solicitor for Partnership

Neil Gilbert Solicitors, Helston – Probate Practitioner

Penderlaw, Truro – Various positions available, please visit their website for more details.

Walters & Barbary – Family Solicitor/Legal Executive

Parnalls, Launceston – Experienced Residential Property lawyer

CVC Solicitors, Penzance – Commercial Lawyers

Parnalls, Launceston - Experience Commercial & Residential Property lawyer

Randle Thomas, Helston – Residential Conveyancer

Randle Thomas, Helston – General Commercial lawyer

Hine Downing, Falmouth – Experienced Commercial Property Solicitor / CILEx

Merricks, Wadebridge – Commercial Property Solicitor

Merricks, Wadebridge – Full-time Residential Conveyancer

Paddle & Cocks, Truro, across county and nationally, offering flexible working – Recruiting across several sectors, Employment, Corporate, Commercial, Commercial Property, Commercial Disputes (more details on their website)

Locums are always welcome to register with CLS. It will come as no surprise to you that there is a shortage of locums. If you know of anyone working in this way, please have them get in touch with me. Thank you.

If you want to advertise on the Recruitment page of the new website you can send me more details of the vacancy, the firm, and your logo to make a bigger impact.

Email your details to: jan.long@cornwalllawsociety.org.uk