

CSR NEWSLETTER

Issue 27 December 2018

Welcome to the December edition of the CSR newsletter!



This will be a note from the editor this month in Pete's absence :)

We have not had a newsletter in a while and so this is a bumper edition showcasing a huge amount of charitable activities from all over Christmas. It is great to read what you are all up to. It is no wonder we have broken our own record and completely bypassed our target already! We give each office a

target based on head count, and add them all up to our firm wide target which is £15,700. We have collectively raised £19,104 so far this financial year !!! To put this into perspective, this time last year we had raised £11,672. It just proves what a great CSR team we have at the moment in every office.

Aside from fundraising, there has also been a huge amount of collecting much needed items for those in need too. A huge well done to the Birmingham office who were all extremely generous and were able to present their office charity Birmingham & Solihull Women's Aid with crates which were bursting with presents and everyday essentials. Also to Jennifer Powell in the Liverpool office who organised the wrapping event for the third year running where we were able to provide gift bags for the homeless to wake up to in a shelter, as well as gifts for parents to give to their children in the hostel centres. A huge well done to everyone involved.

Our **company Just Giving page** also has over £60k on which is completely blown me away. We set this up in April and I was hoping we would hit around £30k before the year was out, and so £60k is just unbelievable. I hope everyone had a great new year.

Hayley Gilroy
Internal Communications Executive

Firmwide CSR

Our firmwide fundraising target



Our Christmas card donation

Once again we made a donation to charity instead of sending Christmas cards to our clients.

This year, we donated £3,000 to Papyrus.

Papyrus provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person.

MacMillan coffee morning

Both our Liverpool and Birmingham offices baked up a storm for MacMillan this year!

Birmingham had a baking challenge of baking as much as they could fit in their ovens! The home made cakes were judged (big thanks to Bruce Ralston, Felicity Flint and Yasmin Mulla for their fantastic judging!) and the Great British Bake Off Weightmans 2018 champion was Emma Birch for her banana and chocolate chip cupcakes. (Second place went to a lemon meringue pie which was a joint venture between Fiona O'Sullivan - who made the lemon curd and Emily Sharples - who made it into a pie!). £118.22 was raised for MacMillan.



In Liverpool, staff were asked to bake what ever they liked, or pick up on the way in! Along with dress down day, Liverpool's coffee morning raised £350, topped up to £415 as Large Loss had their own coffee morning too thanks to Elaine Wilson!

Children in Need

This year we broke records (we think we did anyway) by having hundreds of people all the way from Glasgow to London, and everyone inbetween play a mammoth game of PUDSEY BINGO!

A game which has been tradition in the Liverpool office for over 10 years went national for the first time EVER!

We think it went down a huge success, the photos say it did too!

Some offices are still yet to count every penny but we do know we have gone beyond raising £2,000 for Children in Need.

A huge thank you to our bingo master Sean Crotty, and all of our CSR reps in each office. Also a huge thank you to everyone who took part.

Who is looking forward to next year already?!

If you missed our stories on Instagram we have it in the highlights. Be sure to give us a follow! @weightmans_law



Birmingham

Birmingham Baking their Mark!

The Birmingham office was baking the world a better place in September with two Bake Off challenges.

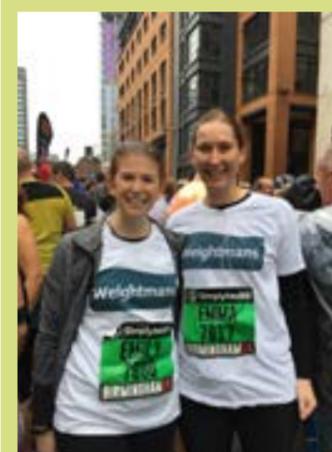
Any episode of GBBO is not complete without a show stopper challenge. On Friday 14 September we had some fantastic show stopping bakes with the Weightmans 2018 Star Baker apron being awarded to Amarit Dhaliwal. Victoria Duddles, Mat Harvey, Jasmine Armstrong and Andrew Currah did their best Paul Hollywood and Prue Leith impressions and kindly acted as our judging panel. Much to everyone's delight the cakes were sold in the office and £70.35 was raised in the final fundraising event for Birmingham Mind.



Birmingham

The Great Birmingham Swim Run

On Sunday 14 October, four members of the Birmingham office ran the Great Birmingham Run in aid of the new office charity, Birmingham and Solihull Women's Aid.



Running on one of the wettest days of the year so far, at times the run felt more like a swim! However, Emily Sharples (Litigation South), Emma Birch (Litigation South), Rebecca Lawrence (Healthcare) and Yvonne Hudders (Casualty) endured the pouring rain for 13.1 miles with fantastic finishing times ranging from 2 hours 16 minutes to 2 hours 35 minutes.

Fundraising for BSWA has got off to a great start with over £1,500 being raised.

There is still time to donate [here!](#)

Glasgow

Off the Beatson track

On Sunday 26 August a group of us from the Glasgow Office took part in "Off the Beatson Track." This is a 10km walk around Glasgow arranged by our office charity, The Beatson Cancer Charity. We were joined by some furry friends; Cliff and Iggy. Our youngest member of the team was Josh aged 5, who completed the whole walk! It was wet, it was cold but we did it and raised £554!



Leeds

Law Ambassador Programme

The Leeds office are delighted to be in partnership with BPP Law School as part of their Law Ambassador Programme. This scheme involves the office working in partnership with BPP and two local schools, St Mary's in Menston and Elliot Hudson in Leeds, for two years.

The school pupils will be in the lower 6th form and the scheme provides them with the opportunity to develop practical skills and gain an insight into the work of practicing solicitors at Weightmans and other firms involved in the programme. The programme is also beneficial to the BPP students involved, offering them an opportunity to work with lawyers in practice and gain skills and experience of their own. Events planned during the next two years include a Mock Trial, a tour and observation in Court and a Streetlaw Workshop presentation on a topical legal issue.

The launch of the BPP Legal Ambassador Programme is scheduled to take place at 6 pm on 15 October 2018 in the Leeds office.

In addition, the Leeds office now has around 8 fee lawyers who are signed up to the BPP Legal Advice Clinic, which is a pro bono legal advice clinic run by (supervised) students at BPP Law School. Virtually all practice areas in the Leeds office are offering support to the Clinic and BPP staff and students seemed delighted by the support from Weightmans.

The programme is a great initiative for Weightmans, with a chance to meet lawyers of the future and perhaps potential trainees or apprentices! It has also given Weightmans the opportunity to get involved in an ongoing pro bono project facilitated by BPP as part of our CSR campaigns.

Leeds

Weightmans 'sleep with Simon'

On 27 September an intrepid 23 from Leeds office slept under the stars for the office charity, Simon on the Streets. Intended to raise both money for the charity and awareness of the plight of the homeless in the Leeds area, the event took place in the Tilt Yard at the Royal Armouries. Participants were required to bring their own sleeping bags and mats etc., but no tents or other canopies. Umbrellas were permitted, and Kath made sure that a full shipment of Weightmans' brollies was available on the day. During the evening attendees had a choice of activity; either watch a presentation by motivational speaker Penny Mallory, or attend a preview performance of play "Mother Courage" at the Albion Electric Warehouse theatre (early reviews of the latter describe it as "an uplifting, crowd pleasing confection set



during the 1626 – 1629 war between Poland and Sweden"). Later on curry and coffee was available before everyone bedded down for the night at 10:30pm (average hours sleep: 2.5). Thankfully it remained dry, and during the night the temperature dropped to a positively tropical 7C, and a breakfast of sausage sandwiches followed a 6am reveille.

The team agreed that although fun the sleep out was also a challenge, and gave an insight into how tough sleeping rough must be. Simon on the Streets' sterling work improving the lives of those unfortunate enough to find themselves homeless must be lauded, and we felt that taking part in the event extremely worthwhile. Via the Justgiving page the firm raised over £2,000 for the charity, and the event as a whole a whopping £22,000.

Leeds

The Leeds Office Wears It Pink!

On Friday 19 October, the Leeds office brought a bit of colour to their day by wearing splashes of pink, all in aid of Breast Cancer Now, raising funds and awareness for this amazing charity. We had everything from an Equity Partner wearing THE most fluorescent pink shirt ever seen outside of a 90s rave (it definitely wasn't "salmon pink" Mr Daniel!), to someone semi-permanently dyeing their hair, and everything in between.

We managed to raise £79.79, with an individual prize of a bottle of pink fizz going, of course, to Kelly Myers for her now having Raspberry Pink hair for the next few weeks!



Leeds

Leeds "Sorts Out For Simon"

The Leeds office has launched its Sort Out For Simon project, in aid of raising money for their charity Simon on the Streets as well as clearing room in people's houses in time for the festive period.

Staff can bring in their old CDs/DVDs/computer games/books/vinyls and then either take someone else's "cast offs" for a donation of £1 (one man's trash is another man's treasure, after all!), or simply leave their old items. The CSR Committee then upload all the items left over onto Music Magpie, who come and take the items away for free and send a lovely cheque. Easy money. Anything that Music Magpie won't accept will be taken to a local charity shop.

Simon on the Streets = benefitted. People's houses = de-cluttered. A win win situation all round!

The donation cupboard will be open throughout the year, so if you're ever in the Leeds office and want to get rid of some of your old items for a good cause, feel free to bring them!

Leicester

Pyrenees Cycle Challenge

We have supported our nominated office charity in Leicester Bamboozle Theatre in their Pyrenees Cycle Challenge – see <https://twitter.com/BamboozleUK> and <http://www.bamboozletheatre.co.uk/70seventy/>

for further details and some photos of them with their banner (with our logo) at the top of the Col du Touramalet and at various other points on the route. They have raised over £15,000 so far.



Liverpool

Adventure Dock challenge

On Thursday 6 September 2018, a team of 10 Weightmans' employees from the Liverpool Office signed up to the Adventure Dock Challenge to raise money for the office charity, The Whitechapel Centre.

I was part of a team which included Liam McGuire, Mark Moriarty, Laura Moore, Lauren Hooligan, Sarah Lewis, Helen Mitchenson, Kerry McEwan, Giselle Drouillard and Rianne Brown. We took on the course of inflatable slides, trampolines, rafts and barriers, which are situated opposite the Echo Arena in the Albert Dock and, to our surprise, share the water with a lot of friendly jellyfish!

After a summer of glorious weather, unfortunately, the sun did not make an appearance that evening. However, we did not allow the weather to dampen our spirits and we dived into the challenge (some people head first!).

Weightmans' employees were split into two teams to race around the obstacle course as fast as possible. This included climbing inflatable ramps, crawling through tunnels and even required us to build up the courage to take on the enormous slide at the end! The event was a fantastic team building opportunity in a setting very different to the usual office environment.

Most importantly, the team managed to raise an extremely impressive £1,322.50 in aid of The Whitechapel Centre, a leading homeless and housing charity for the Liverpool region. The charity works with people who are sleeping rough, living in hostels or struggling to manage their accommodation and it is committed to helping people find and maintain a home and learn the life skills essential for independent living.



Liverpool

Clarins wellbeing event

On Monday 1 October, Clarins were in the Liverpool office providing free stress-busting facials and massages for staff as part of a wellbeing initiative. All of the spaces were full and the event was a great success. Staff enjoying the facials/massages were asked to make a small donation to the office Charity, The Whitechapel Centre, and the event raised an amazing £70!

Liverpool

Mentoring at the University of Liverpool

With 15 members of staff from the Liverpool office volunteering to mentor students from the University of Liverpool, it was decided that a mentor / mentee event would be set up on 29 November 2018.

Organised by Steve Peacock and Rebecca Driffield, the event offers a meet and greet experience, accompanied by a mini tour around the office.

The event will also include a helpful insight into the vacation scheme / training contract processes and a discussion surrounding interview techniques.

A similar event was organised last year and, following some successful feedback in how helpful it was for the students, it is hoped that this year's event can be even better in creating ongoing mentoring relationships between the staff and students.

Peter's work with The Lily Foundation

Peter Forshaw has recently been working with The Lily Foundation and would like to raise awareness of the charity and the work they do.

The Lily Foundation

The past 11 years have been incredible, raising over £4.5 million, we currently fund 7 research projects, 5 dedicated researchers and scientists in the UK and 2 specialist nurses working from dedicated mito centres.

We also support families who are affected by mito, we have a facebook group, a place for parents to be able to talk to each other, share their experiences and give and ask for advise.

We host an annual family weekend for all our families, this includes lectures for the adults, kids clubs, fun day and BBQ and a gala dinner.

We also raise awareness of the disease and of The Lily Foundation. We know that mitochondrial disease is not as rare as it seems, there is just very little known about it as as it can affect any organ at any time in life, it is easily missed.

We also know that Mitochondrial dysfunction has been identified as a key factor in other, more common diseases including Alzheimer's, cancer, autism, diabetes, liver disease and stroke. So the research studies we fund stand to benefit not only people with mito, but potentially millions of others too. This is why, despite being a little known rare disease, mito could be the key to one of the most important medical breakthroughs of our time.

What is mitochondrial disease?

In almost every cell in your body you have mitochondria, they provide the energy within your cell for your cells to survive. When the mitochondria fail, it causes cell failure and multiple cell failure is fatal.

It can affect any organ in the body and at any time in life.



Spooky Welly Walk 2018!

On 20 October 2018 Weightmans' Liverpool office were pleased to sponsor the Spooky Welly Walk which took place in Sefton Park, Liverpool. The event was a huge success and has so far raised over £35,000 for Roy Castle Lung Cancer Foundation. Over 6,000 people attended on the day to enjoy the many activities on offer, including fairground rides, a 'Yucky Dip', dancing zombies and even a pack of wolves! Everyone made a fantastic effort with their spooky costumes and a great day was had by all. Roy Castle are extremely grateful for the assistance that Weightmans offered and I am sure that you will agree that it is a fantastic cause to support.



Liverpool's annual wrapping event for the homeless

For the third year running, the Liverpool office held our annual wrapping event. This year we put together gift bags which would be placed at the end of the beds in a shelter based in Liverpool. Every bag contained the same items which consisted of socks, underwear and deodorant.

Pete Forshaw said:

"We are committed to raising money and awareness for causes close to our hearts and once again the staff at Weightmans have shown immense generosity, which enables us to host another gift donation event this year. Tragically, thousands of vulnerable people will be sleeping rough this Christmas and it's imperative that we support organisations such as the Whitechapel, that are working to help society's most vulnerable turn their lives around. We hope these gifts help provide a little comfort and happiness to those who receive them."

A huge well done to Jennifer Powell who organised the whole event – even whilst she is on maternity leave! That is dedication!

Below are some of our Instagram story posts which can be found in the highlights. Be sure to give us a follow @weightmans_law



Royal Parks Half Marathon for Buttle UK

On 14 October a small Weightmans team made up of Paul McFarlane, Luke Gleeson and Nicola Shand will be running the Royal Parks Half Marathon in support of Buttle UK.

Whilst they all have our own reasons for running (new dad Luke is keen to avoid a 'dad bod'; Nicola is hoping to fit into her wedding dress in November and Paul is fighting the effects of now being more than half a century old), the thing they have in

common is that they are all running for Buttle UK.

Buttle UK is a children's charity which has delivering programmes helping children and young people across the UK since 1953. With all the difficulties facing children nowadays e.g. cuts to local authority funding of youth groups; managing social media; violent crime etc. Buttle UK work is needed now more than ever.

Please see the link below to their donation page. Any contribution you can make would be greatly appreciated.

<https://uk.virginmoneygiving.com/NicolaLukePaul>

London

Whitechapel Mission breakfast and clothing challenge

On 1 October 2018 Emily Welsh, Laure-Helene Glodkowski and Andrea Hayes from the London office volunteered to help the Whitechapel Mission homeless charity as part of a group of people from the Royal Mail Group. Andrea took part in the breakfast challenge which started at 5:45am and helped feed approximately 300 people, her entry is below. Emily and Laure-Helene took part in the clothing challenge sorting and hanging donated clothes which will be sent to third world countries.

Andrea's Mission Breakfast

What is the saying? "the early bird catches the worm". For me, I wasn't up early to catch the worm, I was off to help out at the Whitechapel Mission at the breakfast challenge. It certainly was a challenge getting up at 4am on a Monday morning in order get to the Whitechapel Mission for 5.45am so that I could help cook and serve food to the homeless people in and around the Whitechapel area. I wasn't even sure the first train out from Essex would get me there so I arranged a car parking space and off I set at 4.45am. The drive was easy at that time in the morning and I found the Whitechapel Mission with ease.

The staff there are very friendly and funny, with jokes being played on the volunteers throughout the morning.

Unfortunately for the volunteers on this particular Monday morning the ovens had broken down and we had to fry hundreds (yes hundreds!) of eggs, sausages and bacon. I became the designated bacon fryer, Paul from Bristows the dedicated sausage fryer and Dan from Royal Mail the egg fryer. We all helped each other out and had such a laugh whilst cooking but we all agreed we wouldn't be able to contemplate a fry up for a long while after this! Other volunteers were in charge of serving the clients either tea and biscuits, or their breakfast items, or washing up dishes. We even had an assigned mobile phone charger!

The serving of food stopped at 10am following which it was tidy up time. Tea/coffee stopped being served at 10.30/11am.

The Whitechapel Mission is such a great place to volunteer. It made me feel good that I had got up and given my time to help such a worthwhile cause (especially on a Monday morning).

The staff are a friendly bunch who give up their time for the charity. The place is run without any council support and rely on the donations of money and clothing/food from individuals or companies like Weightmans. They also rely on volunteers helping them as they are open 7 days a week. I can highly recommend getting up early one morning and doing the breakfast challenge. It will make you feel good for giving your time to help those far less fortunate than us.

Manchester Buzzy Buzzy Bees

Co-operative Insurance held a Bee Hunt Competition in Manchester City Centre with proceeds of entries and sponsorship going to 'We Love Manchester' charity in support of victims of the Manchester Arena attack. Suppliers were invited to enter a team. Neal Samarji, Simon Forster, Christa Whatmough, Mark Dunn, Emerson Wallwork and Kellie Lacey formed the Weightmans LLBee team. Mark Dunn engaged in some

excellent pre-event strategy planning as a result of which the team covered a significant distance and captured almost all of the city centre bees (ssshhhh don't mention the one in Victoria Station!).

It was a great afternoon and a chance to network with some key people in the Co-op. Although the team didn't win the overall competition we are reliably informed we were the top scoring supplier! The aim was to raise £1000 and a total of £1754.50 was achieved of which Weightmans contributed £153. If you would still like to support the event please pass any donations to Christa Whatmough in Manchester.

The link to our team's Just Giving page is www.justgiving.com/fundraising/Weightmans-LLBee

Manchester

Manchester CSR challenge

The end of Q2 also signalled the half way point in the Manchester office's CSR Challenge.

We have split the office into 6 teams and asked each team to come up with a fun fundraising idea and set about raising as much as they can for our office charity, the Seashell Trust.

It has been a brilliant first half (and a bit). We have had World Cup fun, a fantastic auction, a quiz night, multiple raffles, an advent calendar prize draw and so much cake and pizza sold the whole office is stuffed! The following scores are in...

Team 1 – Litigation - £177

Team 2 – Motor, Healthcare and People and Knowledge - £873.65

Team 3 – Large loss and EPI - £378.48

Team 4 – Real Estate and Construction - £620

The money raised from sponsorship from the Manchester run, the proceeds of the Challenge and other fundraising means the Manchester office is already 212% of their fundraising target for the year!! The CSR Committee would like to thank everyone for their generosity and time and wish the remaining 2 teams the best of luck – Casualty and Facilities are joining forces to fundraise January through to the end of Feb and the Corp/Comm team is getting together with Family and WTE to take the challenge home in March and April!

Manchester

Whitechapel Mission breakfast and clothing challenge

Three willing volunteers from the Manchester office, Simon Forster, Phil Nicholas and Helen Curry, joined three volunteers from the Co-operative Insurance (see attached photo) on 30 October to try their hand at a bit of gardening at the Seashell Trust in Cheadle. The Seashell Trust was chosen as the Manchester Office's charity this year. It is a local residential school and college for students aged 2 to 25 with complex learning disabilities coupled with significant communication problems.

It was a cold day but that did not stop us raking a huge amount of leaves! Okay, so for every 10 leaves we raked, at least 5 blew down from the trees at the same time but hopefully we made some difference to the small maintenance team who work so hard to look after the buildings and the vast land the charity occupies.

We were all hugely impressed with facilities and environment the Seashell Trust provides for so many children and families and were very grateful for the warm welcome we were given, and are looking forward to next time!



Birmingham

Birmingham brimming with festive donations

Throughout the month of December the Birmingham office collected items of food, clothing, toys etc to donate to the chosen office charity Birmingham & Solihull Women's Aid. Our colleagues were extremely generous and in just a couple of weeks presented the charity with crates brimming with presents and everyday essentials, just in time for Christmas. Thank you to everyone for your generosity.



Great North Run

Matt Williamson recently participated in the Great North Run in September. He was running for North of England Children's Cancer Research Fund. The race was won by Mo Farah, Matt was considerably slower, but he can still say he ran in the same race as the double Olympian and multi-record holder!



Phil Allen ran the Great North Run for the Seashell Trust, Manchester office charity. He did it as part of a double-header with the half marathon as part of the Manchester great run in May which he also did. Collectively with this and what everyone raised from all those who did the Manchester 10K in May we have raised £1,450 plus gift aid.



It's "Gooooood Morning Vietnam!" for Becky

Rebecca Hughes, from Client Services Liverpool, has recently completed a 413km cycle from Ho Chi Minh City in Vietnam to Angkor Wat in Cambodia in aid of Love Underdogs, a dog rescue charity where three of her six rescue dogs came from.

Becky cycled between 70km and 85km every day for six consecutive days in temperatures ranging from 34 to 39 degrees with up to 80% humidity! Aside from dealing with sunburn, insect bites, chaffing and lots of off-road, gravelly, pot-holed roads, Becky said the cycling itself wasn't too bad and the miles flew by as the Vietnamese and Cambodian countryside's became a delightful distraction!

Aside from the mammoth cycle, other highlights of the trip included visiting Buddhist monasteries, a trip to the S21 prison camp and Cambodian killing fields and finishing the challenge at the world famous Angkor Wat temple.

Becky has so far managed to raise over £5,200 for Love Underdogs – a dog rescue that improve the lives of Romanian street dogs through neutering, spaying, education, building of Romanian non-kill shelters and rehoming Romanian dogs in the UK and other more animal-loving European countries. Becky has supported the charity after working voluntarily in their Romanian dog shelter and through adopting three dogs from Love Underdogs.

Becky is so grateful to everyone who has sponsored her or donated to her fundraising page.

To sponsor Becky's cycle – please donate via her Just Giving page:- www.justgiving.com/fundraising/becky-hughes11

To find out more about Love Underdogs, please visit their website:- www.loveunderdogs.com



Claire's Tickled Pink bucket collection

Claire Shields did a bucket collection at Asda Huyton, Liverpool on Saturday for their tickled pink campaign. She raised £225.37 in just over 3 hours. This money will go to Breast Cancer Care and Breast Cancer Now.

With October being Breast Cancer Awareness month it's a good time to remind everyone to check their breasts and chests (breast cancer happens to men too) and if they have any spare change to drop it in a collection bucket they may come across.

Simon Gunn helps The Whitechapel Centre with their Winter Warmer campaign



As part of The Whitechapel center's Winter Warmer campaign they put together and deliver food hampers to the most vulnerable members of the community. Simone helped with unpacking the supplies purchased, ready to be packed in to hampers tomorrow by another team of volunteers. The initiative involves numerous charities who purchase hampers to give out to those most in need and you can see the scale of the operation in the photo.

The Fire Tones

Lend your support to 'The Fire Tones' to make the Christmas number one and raise money for very good causes, by ordering the CD or MP3 of their charity single 'Do they know it's Christmas – Feed the World'. Released on 30 November 2018.

The idea was the brain child of Welshpool firefighter Chris Birdsell-Jones and after 12 months of planning, they have formed a group of 40 talented fire personnel from across the UK to come together to record the charity song in recording studios in Birmingham.

The group includes three Cheshire Fire & Rescue Service personnel. CF&RS are a client and have local connections to the Manchester office. They are raising funds for both the Fire Fighters Charity and The Band Aid Trust.

Have a listen and pre order the single [here](#).

This is the press release [here](#) in Cheshire Live showing more detail:

Please help spread the word by following and sharing on social media. Here is the link to [Facebook](#) and here is the link to [Twitter](#).

Well done Simon Goacher and Sam's slowcoaches

Simon Goacher and his friends completed the Great Birmingham half marathon in October in aid of UK Sepsis Trust.

The team raised a whopping £7,750 with gift aid! You can still donate here: www.justgiving.com/fundraising/sophie-b1

