

Minutes of a meeting of the Wellbeing Committee (“the Committee”) held at the Isle of Man Law Society, 13 Mount Havelock, Douglas, Isle of Man on the 9th September 2020 at 10.30.

Present: Tim Swift (Chairman)
Sara-Jayne Dodge (SJD)
Sarah Kewley (SK)
Kate Alexander (KA)
Juan Moore (JSM)

Apologies: Hannah Quinn (HQ)
Lorcan O'Mahony (LOM)

1. Opening

Tim Swift was appointed Chair and opened the meeting.

2. Survey

JSM referred to the Survey that was being conducted in the UK and led by LawCare. JSM referred to the questions, which were reviewed. JSM said that it was a multi-jurisdictional survey which would be confidential with only anonymous results shared with the Society.

It was agreed that we proceed in taking part in the survey and that JSM liaise with E Rimmer from LawCare accordingly.

3. Mindfulness

The President reminded the meeting that the Mindfulness presentation was due to be held on Friday by Mike Kewley. JSM referred to the support from the AGC on wellbeing in general and said he would speak to the AG about the work of the Committee and the Mindfulness session if SK wished. It was agreed JSM would do so.

TS told the meeting that he had not spoken to D Doyle about joining the Committee but would do so.

SJD said that she would speak to the YLA for a representative on the Committee and to encourage attendance on Friday.

It was agreed that JSM should include an item in the newsletter to make it clear that the event is open to all Advocates and support staff at law firms.

JSM was asked to see if Andy Baker would join the Committee and assisting with marketing ideas.

It was agreed that there should be food and non-alcoholic beverages laid on following the presentation.

4. Website

JSM presented a view of the website page to the meeting. JSM said that he hopes for the page to go live soon.

5. Monthly Newsletter

JSM asked if members could consider articles for the newsletter. It was agreed that Lorcan would be asked if he could prepare the first article. It was agreed there could be an update on mindfulness and link to Mike's website. Members to further consider the format/layout of the newsletter and future articles.

6. AOB

The Chairman said that he would include mindfulness in his address to members at the AGM.

7. Closure

There being no other business the Chairman closed the meeting.

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Timothy John Swift
Chairman