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#91 THE WELLBEING ISSUE

CitySolicitor

THE MAGAZINE OF THE CITY OF LONDON SOLICITORS' COMPANY AND THE CITY OF LONDON LAW SOCIETY



*“Wellbeing and happiness never appeared to me as an absolute aim.
I am even inclined to compare such moral aims to the ambitions of a pig.”*

ALBERT EINSTEIN

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editor's letter



Welcome to the Spring edition of City Solicitor.

Lawyers are always under a lot of pressure; complex transactions, tight deadlines, ever changing law and regulation often mean longer hours and increased stress.

But, as we increasingly recognise that a feeling of wellbeing helps us perform better, so the quest for it becomes not just an indulgence but a necessity, not just for our happiness but for our ability to perform well.

This helps explain the upturn in healthy eating, in the ever growing interest in meditation and yoga as well as exercise, all in order to be fit for purpose in the office as well as more content out of it.

Some associate wellbeing with the spiritual; some even measure the prosperity of their nation by quantifying it.

However difficult it is to define precisely what it is, it is even harder to attain.

This issue of City Solicitor devotes itself exclusively to the subject; to differing ways of describing it, measuring it and feeling it.

So, take some time out, read and enjoy and start to feel better about life.



John Abramson, Editor





A KNIGHT'S TALE

How Temple Church has formed a unique bond with the Inns of Court ▶

We recently spent a tranquil hour in the company of Reverends Robin Griffith-Jones and Mark Hatcher to learn about the Temple Church's affiliation with the Inns of Court, its association with the Magna Carta, and its starring role in *The Da Vinci Code*.



Revd Robin Griffith-Jones
Master of the Temple
Temple Church



Revd Mark Hatcher
Reader of the Temple
Temple Church

What is the historical connection between Temple Church and the legal community?

Reverend Robin Griffith-Jones: The church was built in 1162 by the Knights Templar, and this was their HQ until 1310. The Templars' treasury was where documents for property rights and deeds, as well as treasure were kept, probably in what is the church's crypt today. Where you keep such documents you will have the lawyers who need them. In 1608 James I gave this land to the legal colleges Inner and Middle Temple on the condition that in perpetuity they educate lawyers and maintain the Temple Church, its services and its Master. Since then the two Inns have looked after this church, and they look after it with conspicuous care.

Do you think that connection is as strong today as it was in the early days?

Revd Griffith-Jones: I hope at least some people in the legal community who would never dream of coming regularly on a Sunday feel this is a place for special occasions for themselves, their families and colleagues.

How does the legal community benefit from this affiliation?

Reverend Mark Hatcher: The church and the space it occupies is a sanctuary from the day-to-day bustle of the business of

law. When you see either Robin or me standing outside, we're a visible presence of Christ in the community. That may make people pause to reflect on what's going on in their lives if they don't come regularly. This church provides space not only for worship but also for reflection.

“There is a real sense that we belong to the Inns and belong in them. We are their church, that's what we're here for. We're privileged.”

Many people who practise at the Bar go to criminal courts or family courts and sometimes have to pore over the most appalling evidence. It is quite an isolating experience. Having this space is potentially a powerful resource for people who need to reflect on their day, take time out and think about their professional practice.

City churches for years have experienced dwindling attendance and congregations. Are you experiencing a similar trend?

Revd Griffith-Jones: No, we're very fortunate. I admire City churches. They have no natural constituencies, so the churches form affiliations with City firms.

It's quite hard work. There is a real sense that we belong to the Inns and belong in them. We are their church, that's what we're here for. We're privileged. We put on a wide range of events, many with wonderful music. In most cases, practitioners can simply come in, quietly and without standing out.

What days or time of year tend to be the busiest in the church?

Revd Griffith-Jones: It starts on Remembrance Sunday and carries on until Christmas when large numbers of people come through the doors. The Church is a private chapel, but it is completely open to the public.

The Da Vinci Code put the Church on the map for many tourists.

What impact has it had on the Church and its activities?

Revd Griffith-Jones: Overall, the impact has been very positive. Tens of thousands of people came here, and were asking about Jesus. I was delighted! For a while, though, it became too busy. For a couple of years it felt like a circus with 300-400 visitors every day. I would do a talk for 150 people at a time about the book, which was great for us, but it wasn't calm. It has gone back to a much happier balance. If a member of the Bar comes in, it now feels more like a sanctuary.▶

The Church is strongly affiliated with the Magna Carta. Why is that important for the Church and its congregation?

Revd Griffith-Jones: The Temple was King John's London HQ in 1214-15, and it is where the barons first demanded the King's subjection to an enforceable charter. William Marshall, First Earl of Pembroke, rescued it. He had been central throughout the negotiations between the barons and the King, and he reissued it under his own seal when he was guardian of Henry III. Marshall was buried in the Church and his effigy is in the Round - beside his son's, who was one of the Surety Barons at Runnymede.

We participated in last year's 800th anniversary. Our choir sang at Runnymede and we took the choir to Washington DC to celebrate Magna Carta. The Temple has had close links with America ever since the expeditions of the 1590s, led by members of Middle Temple. Some members drafted the early colonial constitutions; and members of the two Inns were prominent among the signatories of the Declaration of Independence and the Constitution. The Americans were more enthusiastic about the Charter last year than the Brits! We will keep last year's exhibition for the foreseeable future since people have enjoyed it. It links us to the rule of law.

[For more information about the church's link to Magna Carta: www.templechurch.com/the-temple-church-london-mother-church-of-the-common-law/]

Do you think lawyers should spend more time thinking about religion and come to the Church more often?

Revd Hatcher: I hope they would. People are cautious about discussing faith these days, which is sad. Lawyers are not unusual in that respect. There are some incredibly thoughtful, reflective and clever people around here who, once they apply their minds in the direction of faith and religion and its interaction with what they are doing day in and day out, often find it

encourages them to want to know more. I think that is to be encouraged and is part of what we're about here: to encourage people to reflect on their lives in the broadest sense, on their values and on what they are doing professionally and as spiritual beings.

Revd Griffith-Jones, you've curated exhibits and led discussions about other religions. Do you think this is an important part of your work at the Church? Does it resonate with your congregation?

Revd Griffith-Jones: Yes, we have worked hard on Islam and English Law, with discussions and a book. And we had an event last year on the 60th anniversary of the liberation of Bergen-Belsen. What happened in the concentration camps is unimaginable. There is a large Jewish constituency here at the Bar. It's not obvious we can serve them, and they aren't obviously going to come here unless there is a good reason to do so. That commemoration last year was the most extraordinary two hours. Many of the men here were wearing their kippah. We heard the story of the ghastly attempt to exterminate a nation from 1933-45, interspersed with heroically wonderful music by Jewish camp survivors, and we had two rabbis speaking. It was a privilege for us to put on the event in this space. **CS**

Revd Robin Griffith-Jones, Master of the Temple

Dr Griffith-Jones was appointed Master of the Temple in 1999. Apart from the Temple Church itself, his chief interest is in the New Testament. He has written four books: *The Four Witnesses* (about the gospels, 2000); *The Gospel according to Paul* (2004); *The Da Vinci Code and the Secrets of the Temple* (2006); and *Mary Magdalene* (2008, with the title *Beloved Disciple in the USA*).

Revd Mark Hatcher, Reader of the Temple

Mark Hatcher joined the Law Commission in 1980 before working for two Lord Chancellors in the House of Lords until 1988. Mark was Ordained in 2012 and was appointed Reader of the Temple in 2015, a role he combines with being Special Adviser to the Chairman of the Bar. He is a Bencher of Middle Temple.



Upcoming Events at Temple Church

APRIL

Thursday 14th April, 7.30 p.m.

CONCERT – MENUHIN COMPETITION LONDON 2016.

Sainsbury Royal Academy Soloists (directed by Thomas Gould, violin), The Choristers of the Temple Church Choir, Ning Feng (violin), Kerson Leong (violin). Programme to include *The Lark Ascending* (Vaughan Williams), *Introduction and Allegro, Op. 47* (Elgar) and a new commission for solo violin, choir and string orchestra (world premiere) (Rutter). Booking: <http://menuhincompetition.org/events/> Tickets: £35, £25, £15.

Sunday 17 April, 11.15 a.m.

EASTER CAROL SERVICE

Wednesday 20 April, 5.30 p.m.

EASTER CAROL SERVICE – This service is a repeat of the service on Sunday 17 April.

MAY

Wednesday 4 May, 5.30 p.m.

'THE SEVEN AGES OF MAN' – A CELEBRATION OF SHAKESPEARE IN WORDS AND MUSIC.

JUNE

Wednesday 29 June, 5.30 p.m.

CHORAL EVENSONG – to mark the 100th Anniversary of the Battle of the Somme (1 July-18 November 1916).

JULY

Sunday 17 July, 11.15 a.m.

BAPTISM, CONFIRMATION AND CHORAL COMMUNION:

Last Service of the Legal Year. President and Preacher: The Bishop of London.

Followed by a family barbecue.



WORK~LIFE BALANCE

Mental health in the legal profession

Solicitors face particular stresses in their everyday work. The unrelenting pressure to bill hours, secure new clients, represent clients whose futures depend on a successful outcome and argue cases sometimes under public scrutiny can take its toll.

If that wasn't enough, signs of perceived weakness – including reacting to this stress – is frowned upon. The stigma of mental health issues among solicitors has improved, but observers say it can still get better.

Ann Charlton, coordinator for England and Wales at Law Care, said: "There is much more appreciation now of the stresses and pressures that come with being a professional solicitor or at the Bar." But that wasn't always the case, she said. "A few years ago if you couldn't cope you were seen as weak and not a team player."

That's changed recently. The development is positive for solicitors as well as for clients, since people who are coping with stress or with mental illness can't provide the best service for clients. Still, The Bar Council's 2015 survey "Wellbeing at the Bar" reported that respondents found there to be a high level of workplace stigma around stress, with 63% agreeing that showing signs of stress at work indicated personal weakness. This perception can prevent individuals seeking help.

"Lawyers tend to have type-A personalities so they are driven and ambitious," Charlton says. "A-type people are so driven to succeed professionally and personally, so they have high expectations of themselves and can be prone to drive themselves on to stress-related illnesses."

Indeed, The Bar Council's wellbeing survey reported: "Rumination and self-critical perfectionism, whilst not at an unusual level for a professional services profession, are at notable levels and most respondents reported that the loss of a client affected their confidence."

Coping with stress is one of the largest issues facing the profession, and can lead to mental health or addiction problems. To cope with the challenges, solicitors sometimes turn to drink or drugs. Charlton says drugs tend to be an issue for younger solicitors while older professionals are more likely to turn to drink. Both tend to be well-hidden, however.

"The Bar Council's survey's conclusions advise raising awareness of healthy versus unhealthy perfectionism in the industry"

"People hide it as best they can," Charlton says. "They work hard so people at work don't notice it or realise how dependent they have become."

Callers to Law Care in 2015 addressed the following issues:

- 30% for workplace stress
- 20% for depression
- 12% to discuss disciplinary issues
- 5% related to financial problems
- 4% for concerns about alcohol abuse
- The remaining 29% included calls related to ethical issues, bullying, harassment, gambling, career development concerns or relationship issues.

The level of support solicitors receive at work can depend on whether they work for a large firm or are self-employed. Large firms tend to have sophisticated HR departments that offer greater support than found in small chambers, though The Bar Council's survey reported that solicitors in the employed Bar felt they had less autonomy and lower status than those who are self-employed. A perceived sense of control is correlated to psychological health and performance, the report says.

There are clear ways to support colleagues who may be suffering silently with a mental illness, but the advice from Charlton at Law Care is for people to take responsibility and admit when they need help.

"Don't be ashamed or frightened," she says. "Law Care, an HR department or the NHS will help, but people have to take personal responsibility and take control of what they are doing."

The Bar Council's survey's conclusions advise raising awareness of healthy versus unhealthy perfectionism in the industry, including tools to shift unproductive patterns of thinking. The results point to mentoring as having a significant positive impact, and suggests employers build a formal mentoring program where possible. An area it also points to is reviewing the current remuneration structure to accommodate flexible working arrangements to address work-life balance, which also impacts solicitors' self-reported wellbeing.

Howard Kennedy, for example, is considering how they might help managers recognise and manage mental health issues in the workplace. They are working on a programme to raise awareness and help employees recognise the signs among colleagues who may be having a difficult time, says Debbie Westram, HR Operations Manager at the firm.

While she agrees there is still a stigma about mental health in the legal industry, it isn't different than most professional services sectors.

Reducing that stigma "is about education," she says. Addressing mental health "is definitely a concern among lawyers and we know it's important," she adds. **CS**

The Bar Council's report on Wellbeing at the Bar can be found here:

http://www.barcouncil.org.uk/media/348371/wellbeing_at_the_bar_report_april_2015__final_.pdf

PUTTING ON A SHOW

Firms across the City are putting support for the arts at the centre of their CSR programmes ▶



Les Liaisons Dangereuses, Donmar Warehouse, 2016

What attracts companies to the venues they support varies depending on the company, their objectives and their creativity, says Stephanie Dittmer, Director of Development at the Donmar Warehouse, where Simmons & Simmons is a corporate sponsor. Though wildly popular, the Donmar relies heavily on sponsorship, like many arts venues.

Simmons & Simmons' "sponsorship is a huge element of what we need to keep our doors open," Dittmer says. "They can take pride in knowing the work we do is only possible thanks to their support."

The Donmar Warehouse boasts consistently compelling seasons, which helps it attract Hollywood A-listers to perform in their productions and means the Donmar is considered a prestigious organisation with which to be affiliated.

Colin Passmore, Senior Partner at Simmons & Simmons, says the firm has reaped great benefits from its association with the Donmar for its employees, who have access to tickets, for business development opportunities and for meeting educational objectives in its CSR programme.

"Of all the events we put on for clients, these are by far and away our most popular. Not only do we get fantastic seats for top productions, but it's easier for clients to bring their partners to these events rather than the usual dinner or drinks," he says.

Famous names often attract potential corporate sponsors to the Donmar, but it is the diversity of its productions that keeps them there, Dittmer says. At the time of writing, Dominic West, who has appeared in *The Wire* and *The Affair* TV programmes, was starring in the Donmar's production of *Les Liaisons Dangereuses*.

Simmons & Simmons started working with the Donmar six years ago when Rachael Weiss starred in its production of *A Streetcar Named Desire* because they wanted to invite clients to see the famous actress in a well-known play.

"In my own philanthropy and business endeavours, I have seen the critical role that the arts play in stimulating creativity and in developing vital communities.... the arts have a crucial impact on our economy and are an important catalyst for learning, discovery, and achievement..."
– Paul G. Allen, Microsoft

More recently, the firm brought members of its employee LGBT group to see *Teddy Ferrara*, a production devoid of marquee names about a LGBT university student group and a tragedy involving one of its members, which was inspired by the suicide of a university student in the US.

"Our partnership [with Simmons & Simmons] started as one thing and flowered into something completely different," says Dittmer. "We don't care if it takes an A-lister to get a supporter in the door as long as they are imaginative over the long term."



Damien Hirst, Pharmaceutical Wall Painting, Five Blacks. Courtesy of Simmons & Simmons.

I bet 'Teddy Ferrara' was more impactful for them than taking clients to a glitzy event."

Dittmer praises Simmons & Simmons for thinking about engaging their employees with their sponsorship in addition to clients. "They consistently look at ways to use our artistic program to strengthen their internal employee messages. That is best practice, but some groups aren't as imaginative. Simmons & Simmons thinks about the conversation they want to have internally and externally."

Simmons & Simmons has a history of working closely with the arts. It has an art collection started by a former partner, who remains the firm's art curator, and supports the English National Ballet, London Frieze, among others, in addition to pro bono work for the arts.

Passmore says, "Who wouldn't want to be involved with the arts. It's such a vibrant part of London," and the business development opportunities realised through the firm's associations are an important benefit. "It all joins up."

After 2008, many companies were eager to demonstrate their strong CSR and philanthropy credentials.

"The market has definitely changed [since 2008] and potential sponsors are asking more questions than they used to," Dittmer says. "Which is good, because they should know what they are spending their money on."

Measuring success is now a critical component of any corporate philanthropy programme, so it means once a

corporate sponsor has chosen an organisation to partner with it tends to stick with it. In previous years, companies would rotate their causes. Today, given the work that goes into choosing a preferred donation recipient and the time it takes to demonstrate success, these relationships tend to be longer term. For example, Simmons & Simmons recently extended its relationship with the Donmar for another four years, for a total of 10 years.

Dittmer likens the relationship between a sponsor and a non-profit to a marriage: "The first year you're getting to know each other, the second year is better and by the third year you hit your stride."

Companies often want to support education through multiple channels to meet their CSR programme goals. The Donmar has adapted its offerings to support its sponsors with this objective.

"We can offer schemes to help young people get a job later, which can include us going into a school our [corporate sponsorship] partner supports to give public speaking lessons and help students with their confidence," Dittmer says.

Simmons & Simmons has enjoyed supporting the Donmar's educational efforts as well as the expansion of some of its productions into the US, says Passmore.

"Most of all, it is a great way to do something different outside of the office. It adds a bit of glamour and sparkle to us City lawyers," he says with a chuckle. **CS**



SPITALFIELDS MUSIC IN SUMMER

SPITALFIELDS MUSIC SUMMER FESTIVAL

Spitalfields Music's 40th Summer Festival is coming in June with a diverse schedule of concerts across multiple venues in the City and East London.

The festival kicks off with William Byrd's Great Service performed by the Odyssean Ensemble in the Chapel Royal of St Peter ad Vincula in the Tower of London.

Other events include Playspace, where kids and adults can listen to music while exploring creative activities in Shoreditch Church gardens, and concerts by Royal Academy of Music musicians throughout various locations in Spitalfields.

A reworking of Henry Purcell's (1659-1695) semi-opera King Arthur at Wilton's Music Hall is scheduled, as is a performance, Depart, in Tower Hamlets Cemetery Park with music, circus performers, choral singers and other entertainers.

2 — 26 June 2016
Various locations in and around Spitalfields.

FIRST TIME IN LONDON

IMRAN QURESHI AT THE CURVE

Award-winning Pakistani artist Imran Qureshi has created a new body of work for The Curve. Qureshi presents Where the Shadows are so Deep, a series of miniature paintings, drawing upon The Curve as a motif in this tradition. Beginning with gentle scenes of nature, the sequence of works gradually introduces darker elements, subtly implying the uncertainty of what lies around the bend.

18 February 2016 - 10 July 2016
Barbican The Curve gallery

MUSIC IN APRIL

HANDEL'S DRAMATIC SAUL AT THE BARBICAN

James O'Donnell conducts the BBC Singers in Handel's dramatic Saul. Composed at white-heat in the summer of 1739, and a triumphant comeback for Handel after months of poor health, Saul

was the longest, largest, most powerfully theatrical English stage work to date. The story of the Israelites' quest for a king includes the tales of Goliath, the Witch of Endor, and the passionate relationship of David and Jonathan, leavened with murderous jealousy, terrible pathos and tragic greatness – all illuminated by Handel's finest music.

15 April 2016, 19:00
Barbican, Milton Court Concert Hall

MIXED MEDIA

GEORG BASELITZ AT WHITE CUBE GALLERY

White Cube Bermondsey is pleased to present a major exhibition of works by Georg Baselitz, including new large-scale paintings, sculpture and works on paper. This exhibition draws together two familiar strands within the artist's practice: portraiture and the process of 'remixing', whereby images are repeated and reinterpreted over time using different techniques and mediums.

27 April – 3 July 2016
White Cube Gallery, Bermondsey



BHÜTTAN

THE PURSUIT OF HAPPINESS

AN INDIVIDUAL QUEST OR EVERYONE'S RESPONSIBILITY?

For some, the pursuit of wellbeing is an elusive concept, an almost unattainable state of mind. For most, it is personal and has little connection with businesses or organisations, even less so with governments.

But nothing could be further from the truth in Bhutan.

In 1971, Bhutan controversially refuted GDP as the only way to measure progress. Instead it put in place a whole new system, which measures prosperity through formal principles of Gross National Happiness (GNH), measuring the spiritual, physical, social and environmental wellbeing of its citizens and natural environment.

Bhutan's king at the time, Jigme Singye Wangchuck, said: "We are convinced that we must aim for contentment and happiness. Whether we take five or 10 years to raise per capita income and

increase prosperity is not going to guarantee that happiness—a lot of things go into it including political stability and social harmony, and the Bhutanese way of life, as well as economic development. We have seen many countries which have done economically very well, but none which has a modern society and kept a strong tradition and culture. We have seen examples of cultures being eroded with extreme modernization."

Thakur Singh Powdyel, Bhutan's Minister of Education, said at the time: "It's easy to mine the land and fish the seas and get rich. Yet we believe you cannot have a prosperous nation in the long run that does not conserve its natural environment or take care of the wellbeing of its people, which is being borne out by what is happening to the outside world."

People always ask how can you possibly have a nation of happy people? But this is missing the point. GNH is an aspiration, a set of guiding principles through which we are navigating our path towards a sustainable and equitable society. We believe the world needs to do the same before it is too late."

Perhaps it is not wholly unexpected that a country where prayer flags and Buddhism are commonplace values wellbeing above material wealth. What is more surprising is that similar views were

expressed as far back as 1968 by Robert Kennedy. "Our Gross National Product...counts air pollution and cigarette advertising... special locks for our doors and the jails for those who break them. It counts the destruction of our redwoods and the loss of our natural wonder...It measures everything, in short.....except that which makes life worthwhile."

That wellbeing should be perceived by a nation as more important than material growth initially seemed absurd to many, and economists will complain it is difficult to measure. But, of late, "wellness" and "mindfulness" are regularly heard discussed in

"The General Assembly today [sic] called on United Nations Member States to undertake steps that give more importance to happiness and wellbeing in determining how to achieve and measure social and economic development."

boardrooms. At the same time, the debate over climate change rages, by most measures inequality is on the rise and the financial systems that were once considered unshakeable collapsed. It makes Bhutan's warning that the rest of the world is on a path of economic and environmental suicide ring true.

This new way of looking at the world resonated so much so that a UN panel was appointed to look at ways of how GNH can be replicated all over the world. The panel reported in 2011: "The General Assembly today [sic] called on United Nations Member States to undertake steps that give more importance to happiness and wellbeing in determining how to achieve and measure social and economic development."

In a resolution adopted without a vote, the Assembly invited countries "to pursue the elaboration of additional measures that better capture the importance of the pursuit of happiness and wellbeing in development with a view to guiding their public policies." It seems where once we laughed at what appeared to be a quirky initiative with little relevance for the more developed world, we are finally realising that the wellbeing of people and the world we live in is fundamental to our survival. **CS**

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lightcentremoorgate.co.uk



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A Diary of our Livery Events

THE CITY OF LONDON SOLICITORS' COMPANY'S ANNUAL SERVICE

Join us on 16th May, 6.30pm, for the Company's Annual Service, which has gratefully been held in the Chapel Royal of St Peter-ad-Vincula in HM Tower of London for over 60 years. As in previous years, the service will be led by the Company's Honorary Chaplain, the Reverend Canon Roger Hall MBE, Chaplain to Her Majesty The Queen and the Tower of London and will feature the magnificent Choir of the Chapel Royal.

Dating from 1520, the Chapel Royal has great historical importance within the Tower. Three queens of England, Anne Boleyn, Catherine Howard and Jane Grey, and two saints of the Roman Catholic

Church, Sir Thomas More and John Fisher, are buried there. Attending the Service offers a unique opportunity to visit after the tourist crowds have departed.

The service is followed by a reception and supper at nearby Trinity House and is open to all Liverymen, Freemen and their guests. If you have not previously attended, look out for details on the Company's website www.citysolicitors.org.uk or contact the Clerk at mail@citysolicitors.org.uk.



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CITY OF LONDON SOLICITORS' COMPANY BANQUET

The highlight of the Company's calendar, the Annual Banquet, took place on 16th March 2016 in the spectacular surroundings of the Mansion House. We were hosted by our own Master, Alderman Dame Fiona Woolf, DBE who also represented the Mayoralty for the evening and delighted to welcome Caroline Docherty, Deputy Keeper of HM Signet at the WS Society in Edinburgh, as our guest speaker.



The Master & Wardens



The magnificent Egyptian Hall



The Company's Cadets, the 71st Detachment of the London Irish Rifles



The Guest Speaker, Caroline Docherty, Deputy Keeper of HM Signet, WS Society



The Master's Procession



The Ceremony of the Loving Cup

Images: Gerald Sharp Photography

MEET THE CADETS!

At the end of February, Liverymen and Freemen spent an evening with the Cadets from the Company's affiliated Unit, the 71st Detachment of the London Irish Rifles, who are based in Camberwell. Twenty cadets and their Unit Leader, Victor Acquah, joined the Master and other members of the Company at CMS Cameron McKenna LLP for a "speed-dating"-style social event, to meet all the cadets individually and to learn more about their plans and aspirations for the future.

As well as providing a valuable opportunity for the Company to think about how it might develop its support for the Unit, the Cadets also had a fascinating introduction to the range of work undertaken by City solicitors and the opportunities available in the Square Mile.



DATE FOR YOUR DIARY

WHAT: The City of London Solicitors' Company AGM & City of London Law Society AGM and Champagne Party

WHEN: 13th June 2016, 17.30

WHERE: All Liverymen & Freemen are invited to attend the Annual General Meeting at Tallow Chandlers' Hall, Dowgate Hill, London EC4. Look out for details and a booking form at

www.citysolicitors.org.uk.

A Tribute to Sir Christopher Walford

1935 - 2015, Master 1993-94

Sir Christopher Walford, former Master of the City of London Solicitors' Company, former Lord Mayor of the City of London, former Allen & Overy partner and longstanding local politician, died on 21st October 2015. He was 80.

Sir Christopher was born in London, went to prep school in the Midlands and then to Charterhouse. He played football and hockey and performed in musical and dramatic productions at school. Christopher won a State Scholarship to Oxford to read modern languages at Oriol College with plans to become a diplomat.

He enlisted for National Service in the Royal Artillery in 1954, in which his father had served during World War I and was discharged in 1956. He became a member of the Honourable Artillery Company, rising to Battery Sergeant Major. He was awarded the Territorial Efficiency Medal. At this time Sir Christopher decided to read law.

He joined Allen & Overy in 1959 as an articled clerk and became a partner in 1970. From 1979-1989 he was head of graduate recruitment and worked in the firm's Corporate Group.

Sir Christopher was active in local government starting in 1962, when he was elected to Kensington Council. He was Deputy Mayor of the Royal Borough of Kensington and Chelsea in 1974-75 and Mayor in 1979-80.

His participation in local government extended to the City, and in July 1982 he stood for Alderman in Farringdon Within, the City Ward where Allen & Overy had its office. He was elected, served on numerous Committees and represented the Corporation on the Council of the City and Guilds of London Institute and the Joint Consultative Council of the London Court of International Arbitration. In 1990-91 he was installed as the Aldermanic Sheriff and became Lord Mayor of London in 1994-95. During his year of office his theme was "The City - Heart of the Nation".

Sir Christopher became a Freeman of the City of London Solicitors' Company in 1972 and a Liveryman in 1983. He served as Master of the Company in 1993/4.

Charities that he worked with included Campden Charities; Morden College, Blackheath; the Foundations of St Paul's Cathedral Choir School and the Guildhall School of Music and Drama; the Corporation of the Sons of the Clergy; Bridewell Royal Hospital; King Edward's School Witley; and the City of London Branch of the Guide Dogs for the Blind Association. Sir Christopher was for a time HM Lieutenant for the City of London.

Sir Christopher married Anne Viggars, a school teacher, in 1967. Following her death in 2004 he married Denise Hudson, a friend from university, in 2009. He is survived by his wife and two sons. **CS**

With thanks to the Worshipful Company of Makers of Playing Cards for extracts taken from their tribute to Alderman Sir Christopher Walford.



RONNIE, JOEL AND FREDDY THE FLY

By Joel Leigh

The handing of the journalistic baton from Past Master Ronnie Fox to the author causes him to reflect on another great British motoring institution.

It's well known that Maurice Wilks drew the outline of the original Land Rover in the sands of Anglesey's Red Wharf Bay as he and his brother Spencer walked along the beach one day in 1947. The first model rolled off the Solihull production line the following year. It's less well known that their respective sons assembled the roof of the two millionth Series Land Rover and Defender model in 2015. The fact that this unique vehicle was auctioned by Bonhams for £400,000, compared to the £25,265 RRP for the 90 Station Wagon on which it was based, stands testament to both the longevity of the design and the enduring passion of the people who own them.

When Land Rover announced that Defender production would cease in January 2016 as it no longer met European

emission or safety regulations, it re-created history by building an authentic albeit temporary replica of the original production line, tickets for which sold out immediately. Today, both the Defender and its production line are gone and news of the Defender's replacement remains elusive.

Meanwhile the Solihull plant continues to look to the future, occupying a 300 acre site employing more than 10,000 people, including 100 wounded ex-military personnel, on a three shift 24 hour schedule, manufacturing Range Rover, Range Rover Sport and Discovery models, as well as the Jaguar XE saloon and F-Pace SUV variants.

Being a Land Rover owner myself, I recently booked an 'experience tour' at Solihull, where small groups of visitors get the opportunity to go directly onto the factory floors to gain an insight into the modern engineering process. My guide, Mike, was a mine of information, gathered over decades of employment at the plant, driving me round site in a specially modified, long wheel base Defender.

First stop was stamping operations. The main press strikes five tonne dies which can be switched to produce different panels in just 15 minutes using a series of roof mounted cranes. An average of 34,500 and as many as 46,000 panels are produced per week, enough to build 1,000 standard Range Rovers. Each is struck with

a force equivalent to 8,300 tonnes and visitors watch as vehicles literally come to life, from flat metal to finished product.

This process has resulted in one of the tours more unusual exhibits, a bonnet panel imprinted with the shape of an unfortunate fly nicknamed Freddy, most definitely in the wrong place at the wrong time but luckily spotted by quality control. Incidentally, the inspiration for the oval Land Rover logo is said to originate from a pilchard tin leaving its mark on the designer's drawing board.

Next came the sub-assembly line, where the panels are turned into something resembling the finished article assisted by 328 fully automated robots, costing between £100,000 and £250,000 each. Mike informed me that for a standard Land Rover, this is achieved with 17 types of rivet totalling 3,722 per vehicle, but I declined his offer to count them all. I did snatch a photo with the first set of panels for the latest Range Rover, its bonnet signed by the production team.

The tour concluded with the trim and final assembly line, a miracle of IT and logistics involving over 1,400 separate steps. Impossible not to be impressed witnessing 26 kilometres of conveyor belts delivered the right components, to the right car, every time. Surprisingly the plant holds just four hours' worth of stock, replenished by a constant stream of articulated truck deliveries from off site.

At just £49 per person, I think the experience is well worth the money. More adventurous types can bolt on a variety of off-road experiences navigating the infamous tipping bridge, lush jungle and water wading courses and if you really want to splash the cash, you can tailor a 4x4 adventure trip, from the Ngorongoro Crater in Tanzania to the icy woods of Finland.

Whilst it's true that Ronnie's twelve years as motoring correspondent didn't quite equal the lifespan of the wonderful Defender, his contribution to this publication has been considerable and I look forward to following in his tracks. **CS**

Joel Leigh is the motoring correspondent of City Solicitor and a Partner at Howard Kennedy LLP



SEEKING SOLACE WITH THE SPIRITS

Mindfulness plays a growing role in how professionals, including solicitors, address wellbeing. Mindfulness is a practical way of reducing stress, processing emotions and being aware of your surroundings, rather than going on auto-pilot. Trying to seek solace by summoning the spirits of departed loved ones is, by way of contrast, decidedly unorthodox.

On 23 April 1863, President Lincoln took time away from the campaigns and politics of the US Civil War to attend a séance. Lincoln was a man famous for his pragmatism and he eschewed ostentatious religious devotion. So why did Lincoln allow a series of séances to be held at the White House? And did he ever attend one of them?

Lincoln's exposure to the otherworld came from his wife, Mary. She suffered a deep, traumatic and overwhelming grief over the death of her son Willie. In the midst of the Civil War, death was all around. It was given physical expression in the sombre blacks and purples of a White House in mourning.

With Mary deep in grief, she was an easy target for those who claimed they could talk to the dead. And she eventually took her husband along with her. According to Earl Schenck Miers, the President attended a séance with Mary on that day in April 1863.

Mary definitely held séances at the White House. But we don't know for sure if Lincoln attended more than the one. Kenneth J. Winkle notes that: "she held eight recorded séances in the White House and at least one in the Soldiers' Home". Perhaps Lincoln did take some time away from the troubles of this world to seek solace in voices from the other. **CS**

This article was provided courtesy of Ian Curry www.vaguelyinteresting.co.uk

