



Welcome to the latest issue of VWList for 2020.

This issue is focused on supporting our members to manage their mental health and navigate their changing work, social and home environments.

VWL acknowledges the effects of the sudden shift to working from home on women's mental health, safety, financial security and family dynamics.

VWL is committed to keeping members connected and supported during these challenging times.

We have adapted our events and projects to meet our members' changing needs, and will deliver these to members digitally over the coming weeks and months.

VWL will continue its Wellbeing Event Series, hosting seminars and sharing helpful resources online. VWL will also spotlight firms and employers fostering healthy work practices, both while staff work from home and after they return to the office.

Keep up to date with our activities via our [Instagram](#), [Facebook](#) and [LinkedIn](#) page.

VWL encourages our members to contact us if we can be of further support.

NEWS



VWL PRESIDENT FEATURED ON GATEHOUSE INSIGHTS

VWL's President Deborah Kliger was featured in an unmissable episode of Gatehouse Insights.

In this video Deborah discusses the benefits of suburban practice, leading authentically and her own experience managing a high performing career and a chronic illness. We commend Deborah for her honest and uplifting account which will resonate with many.

Watch it [here](#).

SUBMISSION ON FAMILY COURT MERGER BILL

VWL has made a submission on the Federal Circuit Court and Family Court of Australia Bill 2019 (the Family Court Merger Bill).

The submission outlines VWL's concerns that the Bill prioritises efficiencies and cost savings at the expense of the safety and wellbeing of Australian families.

VWL echoes the concerns raised by numerous other stakeholder groups which oppose the dissolution of the Family Court of Australia and calls for further consultation before the Bill is passed.

You can read the submission on our website [here](#).

SUBMISSION ON PAID PARENTAL LEAVE BILL

VWL has made a submission on the Paid Parental Leave Amendment (Flexibility Measures) Bill 2020.

Whilst VWL supports the introduction of flexibility measures in accessing the Paid Parental Leave Scheme, we are concerned about a number of key issues underlying the proposed legislation.

You can read the submission on our website [here](#).

ACCORDING TO MERIT: BEYOND GENDER

VWL's Executive Committee Member, Eleanor Weir and Vice President Vanessa Shambrook discuss the importance of equality in the March edition of the Law Institute Journal.

Visit the [LIV website](#) to read their piece 'Beyond Gender'.

MEMBERS

DISCOUNTED AND EARLY BIRD MEMBERSHIP

In recognition of the impacts of COVID-19 on our members' engagement with VWL, VWL has elected to discount its membership fees by 20% for all members who will attend VWL's events via digital means only for any part of the 2020-2021 membership year.

The 2020-2021 membership year runs from 1 July 2020 to 30 June 2021. Early bird membership is available from 1 May 2020, so new members get two months' membership for free! See our discounted fees and sign up [here](#).

EVENTS



DAME ROMA - A BIG HIT!

VWL and Women Barristers' Association were proud to present the 2020 Dame Roma Mitchell Memorial Lunch in celebration of International Women's Day.

A video of the event is now available to members on our website. Log in and watch it [here](#).

THE WORLD POST MARRIAGE EQUALITY - RECAP

On 11 March, VWL and Nicholes Family Lawyers were proud to present the first event in our Diversity Series 2020, "The World Post Marriage Equality".

We were delighted to welcome a diverse panel of LGBTQIA+ advocates to discuss issues affecting rainbow families and the LGBTQIA+ community in Australia since the same-sex marriage postal survey in 2017.

A video of the event is now available to members on our website. Log in and watch it [here](#).

VWL thanks sponsor firm Nicholes Family Lawyers for hosting a fantastic event and to our wonderful panel members for an informative and engaging discussion.

SPONSORS



FAMILY LAW PODCAST

Sponsor firm Nicholes Family Lawyers has launched its own podcast on SoundCloud.

Covering topics such as Parenting in Social Isolation and Cyber Safety, the podcast aims to shed light on the impacts of COVID-19 on families.

Have a listen [here](#).

JUSTITIA

LAWYERS AND CONSULTANTS

Sponsor firm Justitia is offering a free webinar on Implementing Redundancies in the Private Sector – what employers need to know on **Wednesday 6 May 2020 at 11am via Zoom**.

Justitia Partners Magda [Marciniak](#) and Melissa [Scadden](#) will explore employer obligations when implementing redundancies including in relation to consultation, redeployment and employee entitlements.

They will also touch on the legal claims that can be made to challenge a redundancy and how to minimise your exposure.

REGISTER: Watch online via your PC or mobile device using Zoom. To find out more and to register, click [here](#).

PROJECTS



FUNDRAISING

On 29 April, VWL joined The Funding Network's (TFN) to hold a live virtual crowdfunding event.

The event inspired collective giving in support of the early intervention and prevention of mental health conditions.

VWL partnered with TFN, IOOF Foundation and Shadforth Financial Group to present this high-impact, crowdfunded event, using the online platform Crowdcast.

In an outstanding effort, attendees pledged a total of \$188,000 for the following pitching organisations:

FirstStep

A mental health, addiction and legal services hub based in St Kilda. Funds raised went towards hiring an in-house coordinator to help its most vulnerable clients achieve whole-of-life improvements.

CASSE (Creating A Safe Supportive Environment)

CASSE is an organisation helping Aboriginal communities to overcome trauma through evidence-informed cultural revival and psychological healing programs.

Funds raised went towards cultural camps for traumatised youth in the justice system and their elders.

Mindfull Aus

Mindfull Aus encourages those affected by mind and behavioural health challenges to put wellness back in their own hands so that they can lead healthy, happy and fulfilling lives.

Funds raised went towards a primary school program in high risk areas of suicide in Gippsland, Victoria.

A video of the event will shortly be available on our website. In the meantime, you can watch the event [here](#).

COMING UP

MIDWEEK MAT MOVES - Sponsored by Svenson Barristers

A bespoke 45 minute movement session each week for 4 weeks combining mat Pilates and clinical exercise. This four week program will run **each Thursday at 1:00pm via Zoom, commencing 7 May 2020**. For more information and to register, copy and paste this link into your browser and follow the prompts:

https://us02web.zoom.us/j/8272EQwvCmMEabSa_w



Other upcoming events and projects include:

- VWL and WBA's Law Student Mentoring Program;
- Return of our Professional Mentoring Program;
- Next Edition in our Wellbeing and Diversity Series;
- Family Violence Webinar for Law Week; and
- Panel Discussion on riding out the pandemic – from the employer's perspective.

WELLNESS SUPPORT

Below you'll find some advice from Clinical Psychologist, Dr Michelle Lim, on the following topics:

- [Dealing with loss of control](#);
- [Support and kindness](#);
- [Social isolation](#);
- [Routine](#);
- [Sourcing trusted information](#); and
- [A virtual care package for finding sanctuary in difficult times](#).



Victorian Women Lawyers acknowledges the traditional Aboriginal owners of country, recognises their continuing connection to land, water and community and pays respect to Elders past and present.



Victorian Women Lawyers
GPO Box 2314
Melbourne VIC 3001 Australia

P: 0473 344 065
E: vwf@vwf.asn.au
W: www.vwf.asn.au

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