



Big Report. 2025-2026



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A Year in Review.

This Big Report is one of The Solicitors' Charity's key impact reports. Released ahead of the Annual Report & Accounts it shows how support delivered in 2025 helped solicitors and their dependants with emotional, professional, physical and financial wellbeing.

It reflects rising demand, more complex need, and the difference timely, tailored support can make to people navigating life in the law. The figures in this report show sustained demand, growing complexity and meaningful impact.

How we measure impact: Attitudinal data is drawn from The Solicitors' Charity Annual Client Survey, completed by those who received support over the previous three years. Financial data is taken from year-end accounts for the period ending December 2025. Additional operational data was kindly supplied by partner organisations including LawCare, Renovo, Onebright, Pennysmart, Citizens Advice Manchester and Citizens Advice Cardiff & Vale.

The Solicitors' Charity offered me a lifeline at a time when I really needed it.

I will be forever grateful for the support the Charity has given, it has been life changing...

The numbers behind our work.



£1.27 million

was awarded to solicitors in 2025



Previous Financial Awards

2021
£1,024,218

2022
£962,229

2023
£972,064

2024
£1,173,440

↑ **£102,000**
more awarded
than in 2024



+ 5,600 hrs

of case manager time was spent
on direct client support



↑ **3x more**
enquiries than in 2023 (109)

↑ **113 more**
awards given than last year

83%



agreed the charity's support helped them **feel more positive** and able to cope now and in the future.

(83% agreed, 13% were neutral and 4% disagreed)

Who We Helped.

The Solicitors' Charity is proud to be supporting solicitors and their dependants all across England and Wales.

Sex

All Clients

65%
Women

35%
Men

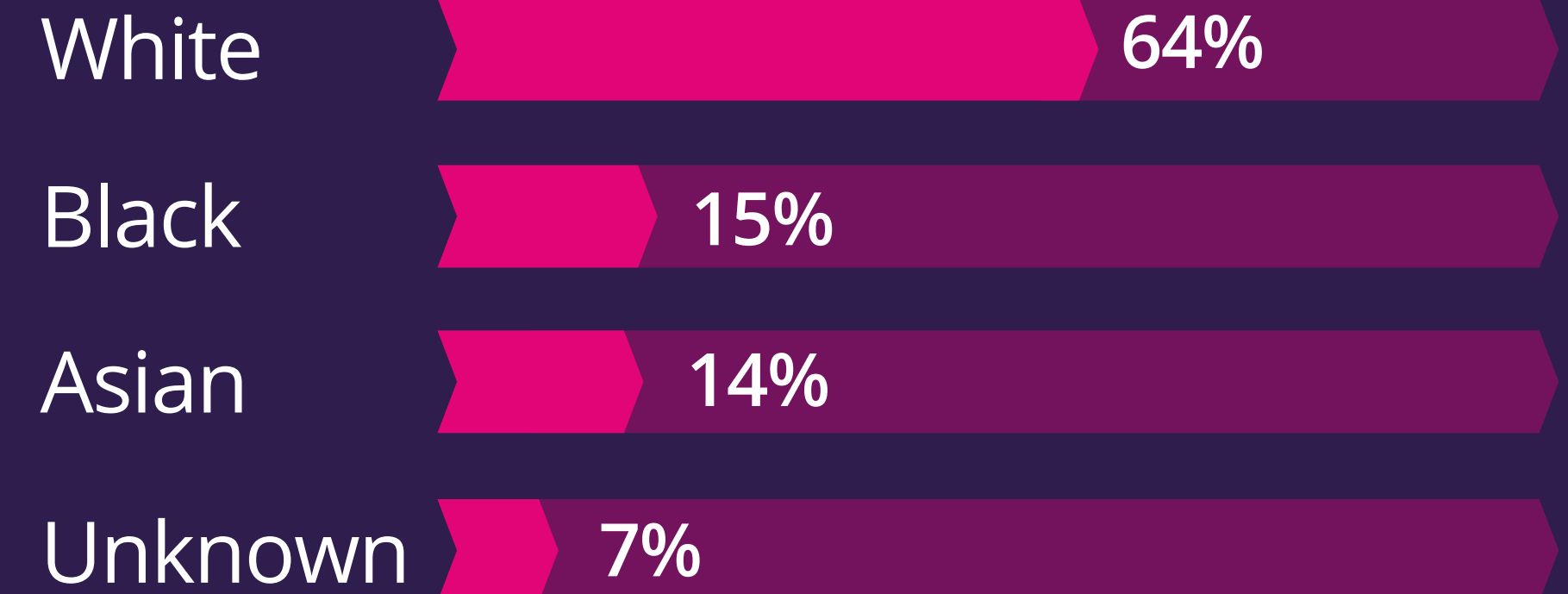


New Clients

72%
Women

28%
Men

Ethnicity



Disabilities

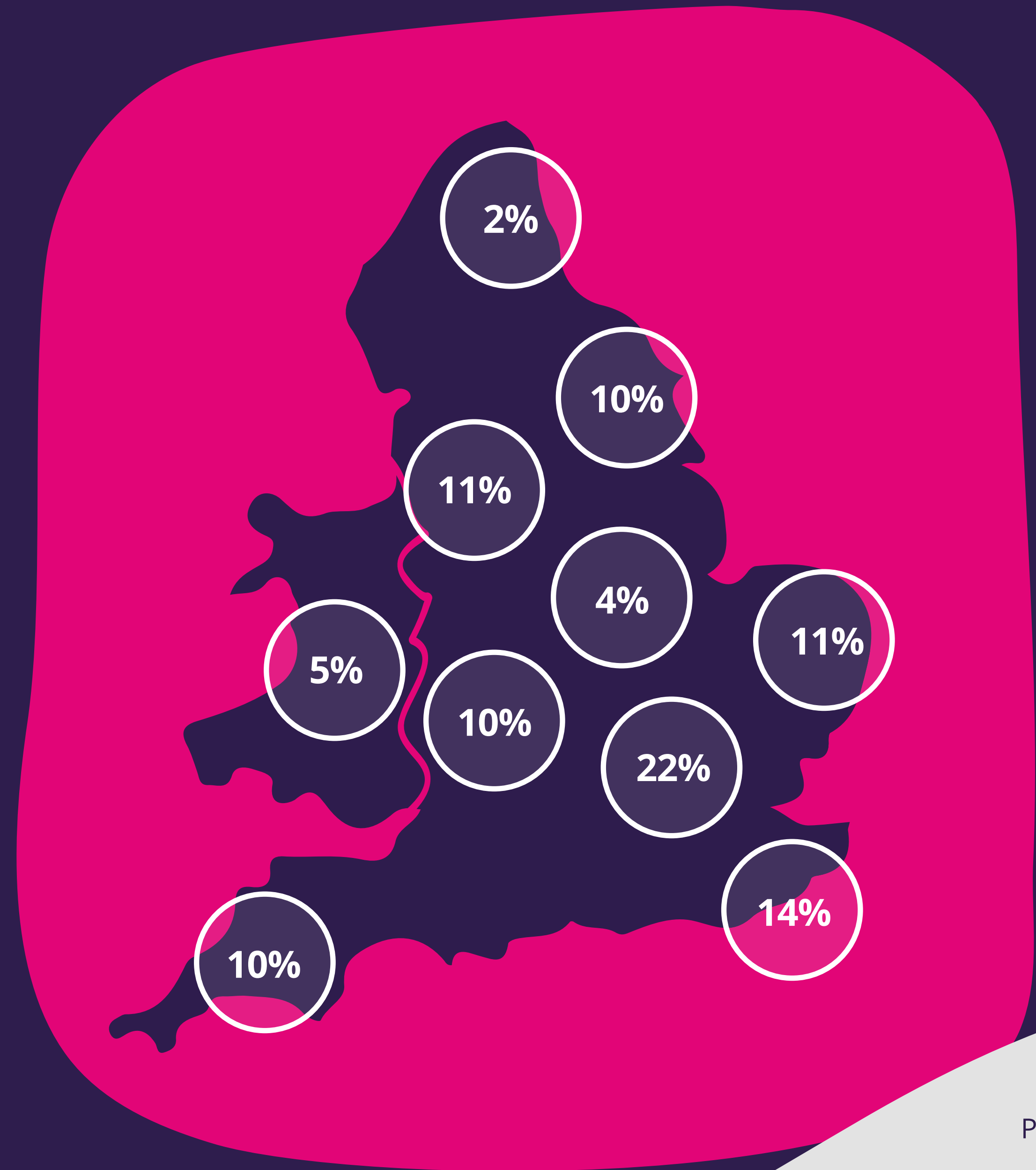


Who We Helped.

The Solicitors' Charity is proud to be supporting solicitors and their dependants all across England and Wales.

London	22%
South East	14%
East	11%
North West	11%
South West	10%
West Midlands	10%
Yorkshire & Humberside	10%
East Midlands	4%
North East	2%
Wales	5%
Other	1%

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The Big Report Foreword



My long-standing commitment to fairness, inclusion, access to justice and service is well known. I have played a significant role in shaping the conversation around diversity, social mobility and representation within the profession.

These themes are closely aligned with the Charity's work and values, supporting those working in the legal community through moments of personal, professional and financial difficulty. Our vision is to be here for all solicitors and their dependants, to help and support their wellbeing in times of need and beyond, so that they can thrive. And to deliver that, our mission is to provide personalised wellbeing support.

My role is to ensure we continue to be true to this and widen the collaboration with others providing support for the legal sector. By joining with others, we make our combined voices louder and our presence more visible for those seeking support. I'd encourage all that need help to reach out to us.

There is a diverse range of solicitor networks across England and Wales, from junior lawyers in private practice to those working in law and advice centres, and from business members in local law societies to local government practitioners. We would welcome the opportunity to support and engage with these groups, so please do let us know when events are taking place.

I. Stephanie Boyce, CBE
Chair



I have had a wonderful experience with the Charity, and the privilege of serving as a Trustee for ten years, and as its Chair between 2024 and 2026.

During that time significant transformation has happened in the Charity and within the legal sector itself. The challenges and pressures the profession continues to face have helped to shape the wellbeing support organisation that The Solicitors' Charity has become.

Serving more individuals in need than ever before, the Charity has geared up significantly in terms of the range of support it offers.

Like many charities, it faces challenges to find sustainable funding. Therefore, I urge leaders in the sector to support this unique and vital safety net, to raise awareness of it and to donate funds to it if you are able.

This will ensure its longevity in providing support for generations of solicitors and their dependants to come.

I'm looking forward to being invited back to celebrate The Solicitors' Charity's 170th anniversary in 2028!

Shams Rahman
Immediate past Chair & Partner
Edwin Coe Solicitors



We recognise that the need for support for the profession (both working and non-working) continues to evolve.

Increasingly, those seeking our help are of working age – particularly women – reflecting changes in the workforce and the pressures faced throughout modern legal careers and lives outside of it.

In response, we are making more awards and delivering more tailored packages of support than ever before, designed around individuals' needs. By providing timely, life-changing assistance, we help people to feel supported, rebuild independence, and move forward.

We thank all those who continue to support the Charity through featuring our updates, inviting us to events and by donating to us. If you run a law society, firm or other organisation employing solicitors, please do help raise awareness by featuring our details prominently, so that those who need our help can find us more easily.

You make it possible for us to offer this unrivalled, unique and, much needed, support to solicitors in England and Wales. Thank you.

Nick Gallagher
CEO

Wellbeing is about more than mental health.

When people hear the word wellbeing, they often think only about mental health. But life in the law is more complex than that. Pressure at work can affect confidence, health issues can disrupt both working lives and retirement, and financial worries can quickly impact every part of daily life. Often these challenges overlap.

That is why The Solicitors' Charity takes a whole-person approach to wellbeing.

Our support recognises that difficulties rarely sit neatly in one category. Instead, they often involve a combination of emotional, professional, physical, and financial pressures.

By looking at the full picture, we can provide tailored support that helps people regain stability, confidence, and independence.



Emotional Wellbeing



Physical Wellbeing



Professional Wellbeing



Financial Wellbeing

Emotional Wellbeing.



Emotional wellbeing is about having somewhere to turn when pressure builds. We provide confidential counselling, therapy and specialist services so solicitors can feel supported, clearer, and better able to cope.

91% said the charity's support helped to maintain or **improve their mental health and wellbeing.**

I was going through one of the most difficult times of my life and The Solicitors' Charity helped me more than I could have ever asked for.

93 referrals to mental health partners, **up from 78 last year.**

61 referrals to
onebright
mental health

17 referrals to
lawsight

9 referrals to
THERAPEUTIC COACHING CONSULTANCY

6 referrals to other
Mental health providers

Emotional Wellbeing.



LawCare, the mental health charity for the legal sector, provides direct emotional support (via phone, email and chat), training, information, research and advocacy.

The Solicitors' Charity provides funding support to LawCare, for their core operations and for special projects such as their regular Life In the Law research.

During 2025, 341 solicitors (or non-practising or retired solicitors) contacted LawCare for support. Some were in touch with LawCare more than once, making 465 contact occasions in total.

50 were allocated a dedicated peer supporter for ongoing support with issues like stress, anxiety and career concerns.

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LawCare

341

solicitors contacted
LawCare

465

total contacts

50

peer supporters
allocated



Physical Wellbeing.

74% said the charity's support helped to maintain or improve their physical health and wellbeing.

While smaller in number, physical referrals can provide highly tailored, life-changing interventions for some of our clients.



Physical Wellbeing.



Physical wellbeing is about maintaining independence when changes in health begin to affect how you live or work. We help make everyday life more manageable, providing practical support such as funding for assessments, rehabilitation, specialist equipment, and home adaptations where needed.

I felt like someone understood what was happening and that they wanted to help.



We funded support including:

- Rehabilitation
- Mobility adaptations
- Posture management
- Practical health-related adjustments



5 referrals to

The
OTPractice
EXPERTS IN THERAPY

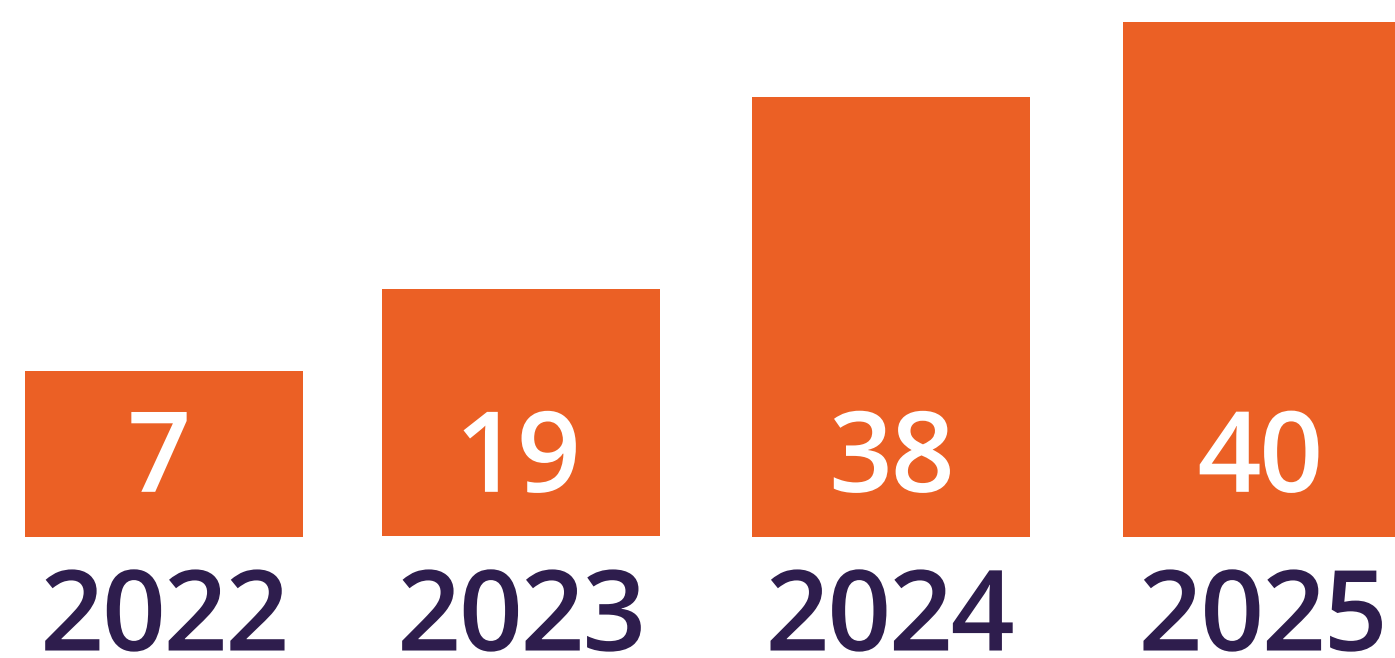
1 referral to

**Paediatric
assessment**

Professional Wellbeing.

Professional support referrals have been steadily rising over the past three years.

More solicitors are seeking structured career support.



Professional Wellbeing.



Professional wellbeing is about confidence in next steps. Through career coaching and practical guidance, we help solicitors navigate redundancy, change and transition with clarity.



Professional Wellbeing.



Professional wellbeing support helps people rebuild confidence and move forward in their working lives. These figures show the outcomes achieved by those who completed the programme.



Secured employment or career break.



Achieved their desired outcome.



I was at a low point and seriously considering leaving the law. The role I have now is a much better fit for me. It uses my experience as a lawyer and barrister and taps into my knowledge of many different areas of the law. I finally feel this is the place I was meant to be.



Financial Wellbeing.



Financial wellbeing is about restoring stability when money worries begin to affect everyday life. Through grants, specialist advice and practical support, we help solicitors regain control and move forward with greater security.

In 2025, we made 88 referrals for specialist money management and benefits advice. While overall referral numbers reduced slightly, the situations people were facing were often more complex.

In response, we strengthened our support by working with specialist partners to ensure clients received the right advice for their circumstances.

88

referrals were made for money management advice and benefits services.

41 referrals to

Pennysmart
Financial Wellbeing is Our Business

34 referrals to

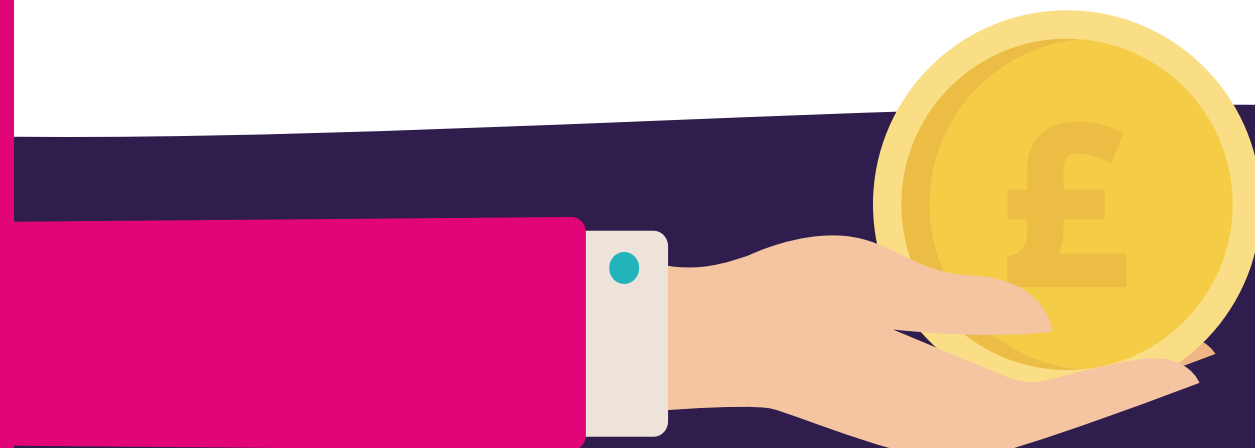
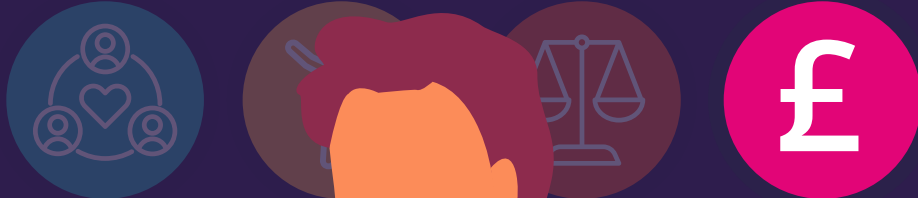
citizens advice Manchester

13 referrals to

cyngor ar bopeth citizens advice Caerdydd a Bro Morgannwg Cardiff & Vale

Financial Wellbeing.

84% said the charity's support helped to maintain or improve the financial health of their household.



£17,641

debts written off



£206,182

secured in statutory benefits



£926,692

negotiated in debt arrangements



How we are funded.

Together, you help us be there when solicitors need it most.

The legal profession has long looked after its own and our wellbeing work exists because of the generosity of the profession. Thank you to every firm, individual, and organisation that supported us through unclaimed balances, donations, trusts, and legacy gifts.

Unclaimed Balances

£1,048,368



Legacies

£60,695



Individual Giving

£29,664



Trusts, Foundations + Charities

£25,510



Donations from Firms

£13,255

GiftAid Claimed

£9,056

Local Law Society Donations

£2,700

Life Subscriptions

£700

Play Your Part.

The Solicitors' Charity exists because the profession supports its own. As demand grows and cases become more complex, that collective support matters more than ever. Whether you are an individual or part of an organisation, there are simple, meaningful ways to get involved and make a difference.

As an individual, you can:

- Organise your own fundraising event
- Help raise awareness across the profession
- Make a personal donation
- Share your experience to support others

As an organisation, you can:

- Partner with The Solicitors' Charity
- Support or sponsor fundraising activity
- Promote wellbeing and support services
- Encourage colleagues to get involved

Find out more and play your part

Every contribution helps ensure that support is there when it is needed most, helping people regain stability, confidence and independence.



THE SOLICITORS' CHARITY.

Supporting you, since 1858

We hope The Big Report has given you a clearer picture of how we support solicitors across England and Wales and the impact we deliver. We invite you to get involved and explore more on our website.

To learn more about our work or to seek support, visit: thesolicitorscharity.org

The Solicitors' Charity is the operating name of The Solicitors' Benevolent Association a charitable company limited by guarantee, registered in England & Wales. Company number 6601907. Registered Charity number 1124512.



Big Report.

2025-2026



Together, we make a difference.