

Trustee Profile

Heledd Ainsworth | Solicitor



- **Welsh Representative & Media Officer, Cardiff and South East Junior Lawyers Division**

Describe your journey and what motivated you to take on these roles?

My journey to becoming a Welsh Representative with the Cardiff and South East Junior Lawyers Division began with attending events organised by the them, and then I went through the application process. I needed to fill in an application form, detailing why I believed I was the best person for the role and outlining my ideas for the upcoming year. This process allowed me to reflect on my qualifications and the unique perspectives I could bring to the division.

I was motivated to take on this role because I wanted to contribute to the professional development of junior lawyers in our region with an emphasis on promoting our Welsh identity. I saw this as an opportunity to share my experiences and insights, helping others navigate their early careers in law particularly those in the legal profession practising law through the medium of Welsh.

Can you describe the mission of your organisation and its impact?

Cardiff and South East Junior Lawyers Division - to provide networking and social opportunities for junior lawyers with up to five years of post-qualification experience (PQE). The committee aims to create a platform where junior lawyers can make meaningful connections and get to know like-minded people in the same profession as its members across the region. We organise events such as quizzes, dinners, and talks with senior professionals in the legal profession. [Cardiff and South East JLD](#)

What's your primary role and what skills or experiences do you bring to it?

As the Welsh Representative, my primary role is to represent Welsh-speaking junior lawyers across Cardiff and beyond. I bring a unique set of skills and experiences to this position, particularly my strong communication abilities and my experience in organising events for Welsh-speaking individuals to network. In this role, I ensure that the voices of Welsh-speaking junior lawyers are heard and that they have ample opportunities to connect with one another. My experience in planning events has been invaluable, allowing me to create engaging and effective networking events that foster a sense of community and support among our members. Through these efforts, I aim to strengthen the professional network of Welsh-speaking junior lawyers and contribute to their ongoing development and success.

How do you balance your trustee responsibilities with your professional and personal life?

Balancing my extra-curricular responsibilities with my professional and personal commitments requires careful planning and time management. I tend to schedule my Junior Lawyers Division (JLD) work around my regular work hours, often arranging meetings and activities after work. One of the main challenges I face is setting clear expectations so that both the law firm and the JLD understand what they can expect from me. This approach allows me to fulfil my professional duties without compromising my volunteer commitments.

What lessons have you learned along the way?

1

Inclusivity is so important. It's extremely significant when organising events. While many of our events include alcohol, I have come to understand that it is equally important to organise a variety of events that can attract and accommodate different kinds of people. Ensuring that our events cater to a wide range of preferences and needs has been a key takeaway from my voluntary work, and it continues to guide my efforts in planning and organising activities. By offering diverse types of events across the communities we serve, we can create an inclusive environment where everyone feels welcome and valued.

What advice would you give your younger self?

Keep an open mind.

It's important to stay open to new experiences and opportunities, as they can have a significant impact, even if it doesn't seem that way at first and that becoming a Welsh Representative will make more of a difference than you think.

Every effort you put into organising events and supporting your community contributes to a larger positive change. Embrace the journey and trust that your contributions, no matter how small they may seem, are valuable and impactful and to remember that any little event you help organise is making a difference.

What are your hopes for the future of your charity? How do you see your role evolving?

I assisted with organising the first-ever Welsh-speaking event under the Junior Lawyers Division (JLD) for junior lawyers. My hope for the future is that this aspect will become an integral part of the JLD, fostering a strong presence of the Welsh language within the legal community in Cardiff.

By continuing to organise and promote Welsh-speaking events, I aim to ensure that the Welsh language gains greater recognition and appreciation within the legal profession. Over the coming years, I hope to see a thriving community of Welsh-speaking junior lawyers who feel supported and connected through these efforts.

