



## #WorkLifeWeek Charlotte Cooper Paralegal in the Criminal Department

I have been lucky enough to work at Allington Hughes for a whole year now and have loved every second of it. When considering work/life balance it is often something that can be difficult, even more so in the legal profession and even more so within criminal law due to the 24/7 lifestyle that it entails. With that, the support received is great.

Allington Hughes as a firm has various incentives to promote a healthy work/life balance. Friday's are welcomed with a 4pm finish which puts your weekend off to a lovely start. As well as this, hybrid working is available to all staff members with the laptop and phone provided to make the access to this lifestyle even easier.

Within the criminal department, hybrid working isn't as simple as set days a week spent from home. This being said, the ability to attend a Police Station interview at 1pm and spend the rest of your working day from home or working from home the morning of a Court hearing really makes your day feel calmer and that little bit easier.

As we offer assistance in the Police Station 24/7 you may think it is difficult to balance work and home life. Although we work out of hours, there are benefits to this. Bank holidays and Christmas period callouts allow for time in lieu to spend other days doing whatever you wish whereas evening and weekend call outs allow for a little extra pocket money which is always a positive.

Every department is different but Allington Hughes ensure that options for flexible working and a balanced life are available depending on everyone's individual needs. One thing that is always available at Allington Hughes is lots of support.

## WE'RE RECRUITING

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