

WESTERN COUNTIES BRANCH WOMAN'S NEWSLETTER

Welcome to this years first newsletter and we hope it won't be the last.

The Western Counties Branch has been without a Woman's Officer for sometime, so I have been filling in and attending the Regional Woman's Committee meetings, which meets four times a year. As there has been no candidates for the Woman's Office this year I have decided to stand and try and get the ball rolling and hope some of you will take and active part with in your union.

What I would like to try and set up with your help, are groups within the different postcode areas of this branch. Woman's groups who can meet up chat about what's happening in the office, work area, or even shift. It might be that there are major changes being proposed you could discuss these changes, if you aren't happy you can go collectively together and challenge the proposals. There is great strength in numbers but our female members are not being properly represented, that's because there are so few of us. In our Branch alone we have approximately 3400 members and out of that number of members, we have only two female Representatives. Which are myself and Linda Harris!

Linda is the Unit Rep in Holsworthy Delivery Office North Devon and I am the Branch Treasurer & Woman's Office based at Exeter Mail Centre.

It is my hope by setting up local groups you can give each other support and advice and hopefully speak up for the woman in your office or area. Attached is a form fill it in and return it to the branch office and we can start putting people in touch with others close by. I will give help and support to setup these groups, and if anyone would like to take things to another level there are training courses. You can go on these courses and learn how to deal with the day to day problems facing Woman in the CWU. You could also spend a few days at Alvescott Lodge the CWU training centre learning about the different types of agreements which have been agreed by the CWU and the Royal Mail Group/Post Office Counters. You might not want to take on the roll of a Unit Rep but feel you would like to get a bit more involved then become a contact.

We want you to have a voice!

We want to hear from our female members!

We want you to organise and support other woman in your area!

Get in touch by contacting either the branch office or myself we are waiting to hear from you. Make 2010 the year woman has a voice with in the Western Counties Branch.

Information

If you want a copy of a particular agreement or just a bit of advice get in touch. Copies of agreements I can get you and if you have a question that you need answering I will try and answer it for you. If I can't answer the question I will find someone who can.

The CWU also offer advice and information on a number of Women's issues such as:

Maternity Rights/Pay

Pensions

Family Friendly Policy/Attendance

Disability Discrimination Act

Advice and Information on Health problems

Domestic Violence

Menopause

Breast Cancer

Cervical Cancer

Social and support groups

Work – Home life balance

Mental health

Drink/Drug abuse

What ever your problem the CWU door is always open we are here to help not because we are paid to! Because we aren't. We do it because we care.

Contacts.

Branch Office

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St. Thomas

Exeter

EX4 1EH

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<i>Branch Secretary</i>	<i>Phil Chadwick</i>	<i>07789 904 958</i>
<i>Woman's Officer</i>	<i>Mo Back</i> <i>E-mail address</i>	<i>07958 727 853</i> <u>back.karen@sky.com</u>
<i>BA Area Delivery Rep</i>	<i>Alan Williams</i>	<i>07958 727 854</i>
<i>EX/TQ Area Delivery Rep</i>	<i>Paul Wotton</i>	<i>07799 020 109</i>
<i>TA Area Delivery Rep</i>	<i>Paul Fisher</i>	<i>07958 727 851</i>
<i>Processing Area Rep</i>	<i>Paul Barbour</i>	<i>07962 005 129</i>
<i>Dist. / Logistics Area Rep</i>	<i>Steve Coombes</i>	<i>07809 727 228</i>
<i>Recruitment Officer</i>	<i>Keith Cheese</i>	<i>07828 217 211</i>

Dates to put in your Diary.

International Woman's Day *8th March 2010*

Topuddle Martyrs' Festival *16th – 18th July 2010*

Chainmakers Festival ***18th September 2010***

(This year marks the centenary of the 1910 dispute; the Black Country Living Museum recalls the fight of the Cradley Heath Woman's Chainmakers who in 1910 went on strike for 10 weeks and were successful in winning the first ever minimum wage. The organised event includes parades, entertainment, music and theatre from local performers. If you have never been and fancy a weekend away with the family the living museum in Dudley has plenty to see.)

Well I would like to thank you for taking the time to read this letter. It is my intention to do produce a news letter every three months just after the Regional Committee Meetings so I can keep you informed as to what is happening both locally and regionally. If you have any stories or personal experience you would like to share with you fellow woman colleagues please write to me and I will try and included them in the next news letter.

Mo Back

**DON'T sit back and
let someone else
keep making the
decision for you.**

Be heard !

Please return this form to: -

***Mo Back
Woman's Officer
Western Counties Branch CWU
4 Okehampton Road
St. Thomas
Exeter
EX4 1EH***

Name: _____

Company: _____

Work Place: _____

Function: _____

(I.e. Processing, Distribution, Delivery, Logistics, etc.)

Contact Details:

Telephone number _____

Mobile number _____

E-mail address _____

Home address _____

Would you like someone to contact you about setting up a local woman's group? YES / NO

Would you like to take on a more active role within the group? YES / NO

Is there anything you would like information on or included in the next news letter?