

# NOWW!



Sept 2010

Issue 4

Hello ladies,

Welcome to the latest edition of NoWW. The Northwest Regional Women's Committee have been busy again this year. One highlight has been the support we gave to the You're the Voice campaign run by Liam Moore in Liverpool to help combat gun, knife and gang crime. For more info, take a look at the website. [www.yourethevoice.org.uk](http://www.yourethevoice.org.uk).

We recently attended the centenary of the Chainmakers Festival in Birmingham which is a large event held every year at the Black Country Museum in Dudley to commemorate the success of the campaign in 1910 to get a minimum wage for the women Chainmakers of Cradley Heath.

In this issue you will find information about the Women's Events being held in Manchester, Preston and St.Helens in October and November. We have a theme this year, 'Green aGender' and will be looking at how we can save money around the house and make our own beauty products. It should be a fun evening and informative with guests from the local authorities, Climate Solidarity and LUSH, the natural beauty store. Tickets (which are also your entry into the free raffle) will be issued on a first come first served basis so please contact me as soon as possible to reserve yours.

We look forward to seeing you at the events or at one of our meetings if you would like to see more of what we do.

*Karen Bosson*

North West Regional Women's Committee Secretary.



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Committee  
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**Date of next RWC  
meeting**

**13<sup>th</sup> October 2010**

**at:  
Liverpool Clerical  
Office  
Lancaster House,  
Old Hall Street,  
Liverpool  
L3 9PY**

**Web: [www.cwunorthwest.org](http://www.cwunorthwest.org)**

**The Northwest Regional Womens Committee**  
**present's**

## **Green a-Gender**

The NWRWC would like to invite you to an informal evening where we will look at climate change, and find out more about why this issue has a greater effect on women than men.

We will also be looking at ways in which we as individuals can make a difference, reduce waste, reduce our carbon footprint and save money too!

Free entry to the event, free food and refreshments provided and all venues are accessible by car or public transport.

Raffle with free entry for all attendees, top prize at each event is a hamper

of  goodies.

Food will be available at each venue from 6pm with event starting at 7pm. Simply choose the date and location most convenient for you from the following list, then let us know that you're coming along \*.

Tuesday October 12<sup>th</sup> at  
The Mechanics Institute, Princess St, Manchester. M1 6DD

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Tuesday October 26<sup>th</sup>  
at Station Hotel, Butler St, Preston, PR1 8BN

\*

Tuesday 9<sup>th</sup> November  
at Park Inn hotel, Linkway West, St Helens, WA10 1NG

If you would like to come along to any of the venues please contact the NWRWC secretary, Karen Bosson, on 07894 423892 or e-mail [nwwrc@btinternet.com](mailto:nwwrc@btinternet.com) to reserve your place.

\* Places are limited at each venue, tickets will be issued on request and on a first come first served basis.

**NW WOMEN'S REGIONAL COMMITTEE: WORKING FOR  
WOMEN ACROSS THE REGION**

# Climate Solidarity

*for a just future*

Climate change is a gender issue. Climate change disproportionately affects the world's poor, the large majority of whom are women. The Women's Manifesto on Climate Change estimates 85% of the victims of climate disasters are women and that 75% of environmental refugees are women.

Despite growing evidence that women will continue to bear the brunt of the impact of climate change, we are significantly under-represented in the climate change debate, and largely excluded from the decision making process aimed at tackling the problem.

Women globally are much more likely than men to work in the subsistence sector and are therefore unable to take part in market-based incentives to adapt to climate change. This means they cannot access the resources and support, used as incentives in these schemes.

Women are also disadvantaged in terms of accessing new technologies. The focus generally, tends to be on large-scale technologies and does not take into account the need for new technologies to be made available on a small scale for domestic use, both to reduce carbon emissions but also to improve the lives and well being of the women that would use them.

There are a growing number of scientists and academics, who argue that unless women are well represented and their experiences properly taken into account, that it will not be possible to successfully address the problem of climate change. Their message is clear, include women fully, or the job won't get done.

There has never been a more important issue for women to organise around and there are an ever increasing number of women setting up groups to take action around the issue of climate change. The CWU has launched a new initiative called Climate Solidarity. The CWU, in partnership with NUT, UCU and PCS, together with a charity called COIN (Climate Outreach Information Network) has secured funding from DEFRA to run a project which aims to set up action groups, to tackle carbon emissions.

The project is designed to have a practical focus on personal emissions, with a view to making significant reductions, as well as saving money. Forming a group also offers participants the opportunity to learn more about climate change and join the growing number of women around the world taking action to improve their quality of life today and to protect their future.

For more information on the Climate Solidarity project, or to arrange an action group training workshop, contact CWU Climate Solidarity project worker Maeve Kennedy at [mkennedy@cwu.org](mailto:mkennedy@cwu.org) or 07590245269.

## **Bowel Cancer Awareness.**

While bowel cancer is very treatable if caught early, currently only 9% of patients in the UK are diagnosed at the very earliest stage of the disease, known as Dukes A. It is estimated that approximately 90% of these 9% of patients will survive the disease for five years or more.

**Am I at Risk of Bowel Cancer?** Although the exact cause of bowel cancer is unknown, there are certain factors that increase your risk.

**Gender and age** Bowel cancer affects both men and women. In the UK 97% of cases occur in people over the age of 50

**Family history** People with a first degree relative (such as mother/father/brother/sister/child) under 45 or with two or more first degree relatives with bowel cancer are at increased risk

**Diet and lifestyle** An inactive lifestyle and a low fibre diet can increase the risk of bowel cancer. A high intake of red and processed meat, insufficient amounts of fruit and vegetables, smoking and excess alcohol are contributory factors

**Other conditions** People with diabetes, a history of Crohn's disease in the large bowel, or ulcerative colitis, or who have had previous polyps removed, may also be at an increased risk

**What are the symptoms?** They can include

- A change in your normal bowel habit lasting four weeks or more
- Bleeding from the bottom and/or blood in your stools (poo)
- Unexplained extreme tiredness and/or unexplained weight loss
- A pain or lump in your abdomen (belly)

**Reduce your risks.** A few simple lifestyle changes can help you to reduce the risk of developing bowel cancer.

- Know the symptoms of bowel cancer
- Get to know your bowel pattern, so that you know what's normal for you
- Keep to a healthy weight through regular exercise
- Eat a diet high in fibre, including *at least* five portions of fresh fruit and vegetables every day
- Avoid processed meat as much as possible and limit red meat to no more than 500g (cooked weight) per week<sup>1</sup>
- Do not drink too much alcohol. Men should not exceed 3-4 units per day and women should not exceed 2-3 units per day<sup>2</sup>
- Don't smoke
- Be aware of your bowel cancer family history. You may be eligible for screening
- Take part in the Bowel Cancer Screening Programmes when they roll out in your area and you are invited to do so. This involves completing a simple test which can help identify whether further investigation is necessary

If you are worried about any symptoms that you think might be caused by bowel cancer, make an appointment with your GP or call the Bowel Cancer UK Advisory Service on 0800 8 40 35 40 or email [advisory@bowelcanceruk.org.uk](mailto:advisory@bowelcanceruk.org.uk)

**If in doubt, get checked out!**

**Source :** [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)