

# NoWW!



*Karen Bosson, NW Regional Womens Sec.*

**Hello ladies,**

**Welcome to the 2<sup>nd</sup> edition of NoWW, the newsletter for the North West Women of the CWU.**

**In this edition, you'll find information about how to keep safe in the sun, as it's often too easy for us to forget that we still need sun protection when we're at home as well as abroad.**

**There's also a report from Jacqui Stewart on her experience of being a driver on one of the CWU's Humanitarian Aid convoys.**

**This year's North West Women's Forum will take place on the afternoon of Saturday 1<sup>st</sup> November starting with a FREE lunch at 1pm & it will cover a range of subjects from Women's Pensions to the stories of some significant times in history when we women showed how determined & strong we can be! This event is FREE to CWU members & if last year's is anything to go by, we'll all have some fun! Please see the attached Timetable for the event. It is intended that there will be lots of different stalls with information about Equality issues, women in engineering, Education, legal services, membership benefits.**

**The North West Regional Women's Committee meet every 3 months to discuss many issues affecting women & if you would like to know more about what we do or attend a meeting, please let me know or contact your Branch Women's Officer or Equality Officer. We welcome new faces & fresh viewpoints.**

**The next meeting will be held in Liverpool on Wednesday 15<sup>th</sup> October at 11:00.**

**The committee & I look forward to meeting you at this year's Forum if not before.**

*Karen Bosson*

## **Northwest Women's Forum 2008**

**The room is hired, guest speakers confirmed and lunch is ordered, all we need now is for you to register to attend this years Women's Forum.**

**We hope that all female members will find something of interest at this years event. Remember this event is not just for union reps, it has been organised for ALL female CWU members!**

**The running order of the event is listed below. Along with the guest speakers there will be a number of stalls and stands where you may find some useful and interesting information.**

### **AGENDA**

<b>13:00</b>	<b>Lunch</b>
<b>14:00</b>	<b>Introduction/Domestics</b> <b>CHAIRPERSON</b>
<b>14:15</b>	<b>Ladies First</b> <b>GRACE MITCHELL, CWU</b>
<b>14:45</b>	<b>Jobs for the Boys?</b> <b>SARAH CLEMENTS</b> <b>(UK Resource Centre)</b>
<b>15:15</b>	<b>Break / Tea &amp; Coffee</b>
<b>15:30</b>	<b>Women's Pensions</b> <b>Guest speaker VERA KELSEY</b>
<b>16:00</b>	<b>Just for a Laugh!</b>
<b>16:30</b>	<b>Review &amp; Close</b> <b>CHAIRPERSON</b>

**Your Union Branch may be able to help you with the cost of travelling to this event, please call your local branch for more information.**

**If you are would like to attend this event please register your interest by contacting Karen Bosson on 07894 423892 or [nwwrc@btinternet.com](mailto:nwwrc@btinternet.com).**

**For any further information or help, contact Karen Bosson or Alison Williams, see contact details on page 4.**

## **CWUHA CONVOY REPORT**

Last September I had the opportunity to go on my second Humanitarian Aid Convoy to Eastern Europe and dragged along my sister Elaine, who is also a CWU member and works for BT.

This convoy had 5 women drivers still only 25% of the convoy, but one of the biggest contingents of females this meant we had some good support and could fend off the jokes about the 'skills' of women drivers.

It was Elaine's 50<sup>th</sup> birthday year and it was a challenge to do something so different, hard work both mentally and physically but worth it to seek the reward of helping people less fortunate than ourselves.

It all starts with the massive fund raising at least a year before departure as you need to raise at least £2500 for the ferry crossing, subsistence and goods . Then you also have to beg, steal and borrow to fill your wagon with much needed aid. We were lucky to have the support of family, friends and colleagues to achieve our goal and managed to raise nearly £4000.

The build up is very stressful especially when you get your 'wish list' of goods and a short time scale to load the 7.5 ton BT truck.

On route and away for the total round trip of 6000 miles and it's the camaraderie and the brilliant help from our male co drivers that keeps us going and gets us through the enduring long days behind the wheel.

Of course it's a bit different for us ladies especially when you need to pay a visit you cannot just jump behind the nearest tree. We also had to make sure we could plug in our hair dryer and straighteners and re apply our makeup!

During the convoy you experience every kind of emotion and the conditions you find are heart rending but the CWUHA is making lives better and delivering aid direct to where it is most needed.

You return exhausted and thinking never again but on reflection when you realise the help that you have given all the hard work fades into insignificance and you are planning the next one.

### **Support the CWUHA**

JACQUI STEWART  
CLERICAL SECTION SECRETARY  
CENTRAL & WEST LANCS BRANCH

## Stay safe in the sun

Summer has finally arrived, and we all feel better when the sun is shining, but these days the potential dangers of prolonged or even short-term exposure to sunlight are well known.

In strong sunshine the sun's ultraviolet (UV) rays can quickly burn and blister skin, and during the peak summer months the UV rays are strong enough to cause damage even on cloudy days.

Sunburn is always uncomfortable, but does heal. However, regular exposure to the sun greatly increases the risk of skin cancer later in life. This type of cancer is generally treatable but it needs to be caught early. Too much sun also speeds up the ageing of your skin, making it leathery, mottled and wrinkled.

There is nothing wrong in enjoying the sun, providing you take a few simple precautions.

So, what can you do about it?

- § Be aware of the damage that the sun can cause, and protect yourself from direct sunlight, particularly during the three to four hours around the middle of the day when the sun is most intense.
- § Ultimately the best protection is to keep covered up, long sleeves and trousers or a long skirt will stop most of the sun's UV rays.
- § Wearing a hat will help protect the top of your head.
- § Use sunblock cream (Sun Protection Factor SPF 30) to protect those parts of your skin which you cannot cover up, e.g. your face and forehead, the back of your neck and the back of your hands.
- § Drink plenty of water to avoid dehydration.

Look out for unusual skin blemishes

With skin cancer, the first warning sign is often a small scabby spot which does not clear up after a few weeks. Look for changed or newly formed moles or any skin discolouration. If you notice any of these things check them out with your doctor. The smaller the spot the easier it is to cure so don't delay going to the doctor when you know you should!



### Committee Contacts

**Karen Bosson**  
NW Regional Women's  
Committee Secretary  
CWU office  
R/O Rusholme  
Telephone Exchange  
54 Dickenson Road  
Rusholme  
Manchester  
M14 5HA

Phone: 0161 231 4999  
Mobile: 07894 423892

Email:  
nwwrc@btinternet.com  
Or:  
karenb356@hotmail.co.uk

**Alison Williams**  
Assistant Secretary

Phone 07918 141 388

E-mail:  
alison.williams13@btinter  
net.com

### Date of Next Committee Meeting

15<sup>th</sup> October 2008  
Room 513  
Lancaster House  
Old Hall Street  
Liverpool  
L3 9PY