



The communications union

North West Region

Disability Newsletter - JULY 2020

Hello my name is Tony Windle and I am the North West Regional Disability Lead Officer. I'm hoping to circulate this type of newsletter several times a year to keep you informed and up to date on disability issues in our region and nationally.

I work for Royal Mail at the Blackburn Delivery Office and I'm also the Equality Officer for the East Lancs Amal Branch, and also a branch delegate to my local TUC trades council.

If you need to contact me my email is:

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Deaf Awareness Week

4-10 May 2020



In recent months we have had two awareness events which were 'Mental Health Awareness Week and Deaf Awareness Week'.

Even with restrictions placed on everyone due to the Covid-19 pandemic, the NW region and CWU Headquarters managed to get out information to communicate the awareness message for both weeks. In the Region we are fortunate to have a Mental Health Network (MHN) which is a small group of people, including myself, with a genuine interest in helping those with mental health issues. Prior to the pandemic they were very active in arranging workplace visits across the region as part of mental health awareness week. Unfortunately due to the potential health implications and the 2m distance rule, they were not able to proceed with the plans.



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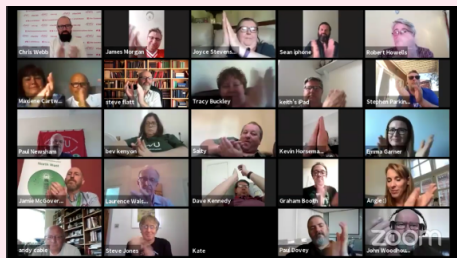
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www.cwunorthwest.org

Mental Health Awareness Q&A
 ONLINE EVENT 5pm Wednesday, 20th May 2020

SPEAKERS:
 ANGELA RAYNER MP, Deputy Leader and Chair of the Labour Party
 STEVE FLATT, Director/Psychotherapist – Working Conversations
 JAMES MCGOVERN, Regional MHFA Tutor
 SHELLY ASQUITH, TUC Health, Safety & Wellbeing Policy Officer

To register for free please email: cwunwreg@gmail.com

Despite this setback, a contingency plan was swiftly put into place. This was a live online session on Wednesday 21st May about Mental Health which was broadcast via Zoom and the CWU facebook page simultaneously. Speakers included Angela Rayner MP (Labour Party Deputy Leader), Shelly Asquith (TUC National Health, Safety and Wellbeing Officer), Steve Flatt (Psychotherapist and honorary researcher with the University of Liverpool) and our very own Branch Area Safety Rep (ASR), Jamie McGovern. MHN member and Mental Health First Aid (MHFA) accredited tutor. It was supported by 175 CWU Reps and members watching on Zoom and 3000 watching on FaceBook Live.

The CWU NW Regional team including Carl Webb, North West Regional Secretary, Mark Holt, North West Regional Health & Safety Lead and Emma Garner, North West Regional Officer and Mental Health Network Member all did a fantastic job at organising the event.



If you or someone you know is struggling with a Mental Health condition, coming together to support each other and sharing your experiences can improve your wellbeing and help you cope (observing social distancing). Your CWU is always here for you.

If you see any banner like the one shown above, take a look at them and join in as we have more online events and workshops planned.

The CWU actively promoted Mental Health Awareness Week on different Social Media platforms using the hashtags
#MentalHealthAwarenessWeek
#KindnessMatters **#ItsOkNotToBeOk.**

Why not follow the Region on Facebook and Twitter or check out our website



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