

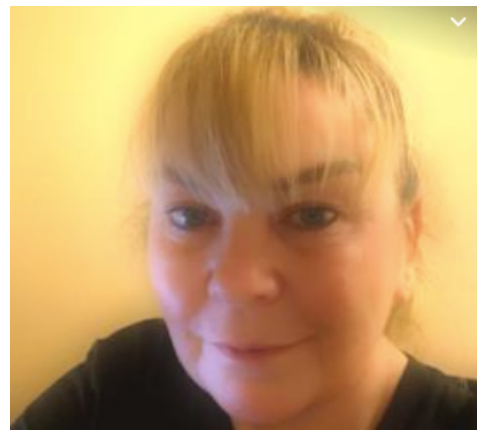
# *North West Regional Women's Lead*

## INTRODUCTION

Hello my name is **Sheila Biggins** I am the North West Women's Regional Lead Officer. I hope to pop these newsletters out every now and then to keep you informed and up to date on what's going on in our region. I have worked as a Postal delivery worker at Bolton West Delivery Office since 2003 and has been a CWU member from the start.

I am both the Equality Officer and Women's Officer for North West Number 1 Branch and have gone on to be more involved in the wider trade union movement and currently sits on the North West Trade Union Congress (NWTUC) Equality Committee.

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## Royal Mail Branded Face Masks



Face Covering/Face Mask Rules for Shops, Supermarkets including Post Offices, Royal Mail Group Customer Service Points (CSPs) become mandatory from 24 Jul. So the question was asked would Royal Mail supply their staff/our members with Branded reusable Face Masks.

Royal Mail had some safety issues concerning the introduction of Royal Mail Branded reusable Face Masks

and I was informed Procurement are looking at the different suppliers / routes to purchase / supply chain etc.

Royal Mail Branded Face Masks were handed out in packs of 5, staff were required to sign for their pack once it was supplied.

The Independent (newspaper) reports- Royal Mail has been accused of putting posties' lives at risk after issuing them with "fancy dress" face masks.

The black knitted cotton face masks have the words "Royal Mail Group" stitched onto the front

However, the manufacturer Chinese firm Dongguan City Dan Dan Garments had a printed label on each one saying: "fashion, dress up and party".

Royal Mail advice is to still wear a disposable face mask underneath the reusable mask.

## **Tony Windle**

### **Northwest Region Disability Lead- Mask Anxiety**

Many reading this may not realise the different ways which Covid-19 has and can have on our mental health.

A responsibility we currently have to help protect ourselves and others around us is to wear a mask in the workplace, and face mask anxiety is a challenge some people with mental health will be facing.

There are many reasons why someone might have anxiety over wearing face masks.

Here is a short list which is not exhaustive but will give you an idea.

- Feeling trapped, Claustrophobic feelings because your nose and mouth are covered.
- Feeling overwhelmed because their glasses steam up.
- Wearing or seeing people wear a mask may trigger a memory of a traumatic event.

Wearing a mask might trigger acute symptoms related to an existing mental health condition. These might include self harm, panic attacks or paranoia.

Under the Equality Act 2010, mental health conditions are categorised as a disability. If you are singled out or treated differently because you can't wear a mask due to a mental health condition, you may have been discriminated against.

There is plenty of help and advice out there, so don't feel isolated. And if you know someone who does suffer from a mental health condition and suffers from mask anxiety. Be supportive and don't judge them. Direct them to websites such as Mind, a Mental Health First Aider or a rep. Sometimes just a conversation can help.

Useful Links

[MIND](#)

[VictimSupport.org \(Face coverings and anxiety\)](#)

Email: [tonywindle.equality@gmail.com](mailto:tonywindle.equality@gmail.com)



### **Heart Union Week 8th-14th February**

#HeartUnions week is a chance to tell the story about why unions are vital for everyone at work, and encourage people who aren't yet in a union to join a union.

The CWU was part of TUC National

**Follow the Union Day** on Friday 12th February

<https://www.facebook.com/NWCWU/videos/1004732343384190>



## Women of Today (WoT) Events 1st-5th March

I organised these event for the run up of International Women's Day (IWD), Sadly I didn't have enough notice to integrate them into the planned CWU National Equality Month Women's Week.

### Monday - Women in our communities -

Peace Activist Professor Erinma Bell MBE, the first woman, in 150 years, to have a statue of herself in Manchester Town Hall, gave an excellent account of her own journey and extensive experience with gun and gang crime.

<https://www.youtube.com/watch?v=N2Uc1ibYSck&t=4s>

**Tuesday – Women in Public Life-** Lord Mayor of Liverpool, Anna Rothery who made political history in 2012 as the first elected member to speak at the United Nations in Geneva on Religious, Linguistic and Cultural difference and Julie Gibson, Co-Chair of the CWU NW Councillors Network joined us to share there experiences.

<https://www.youtube.com/watch?v=EEKjvaeNvDw>

### Wednesday – Women and Music

With a performance from Isabel Ingham, a passionate young singer and songwriter, Claire Moore (CWU H&S Rep) who gave an informative talk around the use of music for those with Alzheimer's and Karen Kendrick with a Brain Quiz.

<https://www.youtube.com/watch?v=bag9ALzs2rg>

### Thursday – Women in work

Alison Hughes, Assistant Director for Information and Communications Technology (ICT), Customer and Digital for Liverpool City Council and GMB Activist Lindsay England and founder of Just a Ball Game, both gave an account of their work and why it's important to have faith in yourself.

[https://www.youtube.com/watch?v=bSQtu\\_A9Zg4](https://www.youtube.com/watch?v=bSQtu_A9Zg4)

### Friday– Women in History

Author Gill Rossini gave an in-depth account of the lives of ordinary women in Liverpool throughout history.

<https://www.youtube.com/watch?v=q3GoA2klAKw>



## Women of Today

Every evening from Monday 1st - Friday 5th March, 6pm - 7pm

Zoom online event

To register email [cwunwreg@gmail.com](mailto:cwunwreg@gmail.com)

Primarily designed as women's events but all are welcome.

If you have any questions or want to know more, email, text or WhatsApp

Shelia Biggins, NW Regional Women's Lead on 07935 497021.

**Monday | Women in our communities**

A lecture by the first Peace Activist Professor Erinma Bell MBE who has had extensive experience with gun and gang crime. Erinma is the first woman, in 150 years, to have a statue of herself in Manchester Town Hall.

**Tuesday | Women in Public Life**

Including the current Lord Mayor of Liverpool, Anna Rothery who made political history in 2012 as the first elected member to speak at the United Nations in Geneva on Religious, Linguistic and Cultural difference. Julie Gibson, Co-Chair of the CWU NW Councillors Network will also join us.

**Wednesday | Women and Music**

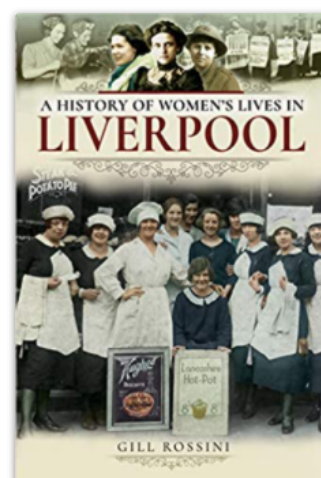
Looking at how music can help our wellbeing, this session will include a performance from Isabel Ingham, a passionate young singer and songwriter. Claire Moore, CWU Health and Safety Rep will introduce a short quiz and information around the use of music for those with Alzheimer's.

**Thursday | Women in work**

Alison Hughes is Assistant Director for Information and Communications Technology (ICT), Customer and Digital for Liverpool City Council. We will also be joined by GMB Activist Lindsay England and founder of Just a Ball Game organisation.

**Friday | Women in History**

Author Gill Rossini will discuss her book - A History of Women's Lives in Liverpool. This covers stories of the diverse and contrasting women from countless nationalities welcomed to Liverpool over the centuries.





## March- Equality Month

The CWU held a fantastic range of events, workshops and courses to celebrate National Equality Month. Disability week was held in the first week, followed by Women's Week in the second week, BAME week the 3rd and finally, but not least LGBT week was the 4th and last week.

It was in this last week the NW hosted two LGBT events for the National Equality Month.

### Wednesday 24th March-LGBT- Reaching Out Chair Karen Kendrick, Guest Speaker Gill Rossini (Author & LGBT+ Campaigner)

Again Gill gave an excellent presentation packed full of information and sign-posting, she even gave us an invaluable insight from an outsiders point of view, about our very own website on LGBT information.

<https://www.youtube.com/watch?v=pBDTVsVW05M>



### Thursday 25th March-Diversity Quiz

All of the NW Equality Leads came together to host this diversity quiz, NW Women's Lead Sheila Biggins, NW BAME Lead Peter Pascall, NW Disability Lead Tony Windle & NW Assistant Secretary (Equality Lead) Karen Kendrick stood in for our vacant LGBT Lead.

## Telecoms and Financial Services – Count Me In campaign



The Count Me in Campaign is now heading towards a ballot for Industrial action of 45,000 members in BT, EE and Openreach. If this goes ahead, it will be the first major strike since the BT engineers went out in 1987. Last week, BT announced to the press that it was offering 59,000 Key Workers £1000 in cash and £500 worth of shares in recognition of their efforts during the pandemic. This has not been received well by most CWU members as BT have refused to give a pay rise, are still going ahead with compulsory redundancies and are also pushing forward to displace masses of office-based workers due to closing buildings across the country.

Take a look at the links below to see how members reacted on a CWU Facebook live event last week

Facebook <https://fb.watch/4rh8uJtruR/>

YouTube <https://youtu.be/kwrua24SKY8>



*CWU supporting*

# WORLD AUTISM AWARENESS WEEK

29<sup>th</sup> March - 4<sup>th</sup> April 2021



 @DaveWardGS

 The Communications Union

  @CWUNews

#TheCWU

CWU.ORG

MARCH 31 IS TRANSGENDER  
DAY OF VISIBILITY #TDOV

POST THIS AS YOUR  
PROFILE TO SHOW SUPPORT  
NO MORE MURDERS. NO MORE ASSAULTS.  
NO MORE SUICIDES

## UNIONLINE

YOUR TRADE UNION LAW FIRM

HELPLINE FOR FREE LEGAL ADVICE

**0300 333 0303**

[www.unionline.co.uk](http://www.unionline.co.uk)

*CWU*  
**COUNT  
ME IN!**

 @NWCWU

 /NWCWU

[WWW.CWUNORTHWEST.ORG](http://WWW.CWUNORTHWEST.ORG)

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