

LTB NO. 145/24

1st May 2024

Dear Colleagues,

Mental Health Workshops

We would like to draw Branches attention to the following Mental Health workshops. These are mandatory for Managers; however, we would like to encourage as many of our Area Health and Safety Representatives Senior Field Officials, Branch Secretaries/Mental Health First Aiders where available, if possible, to attend.

If any of you were at Annual Conference this week you would have heard many debates on this subject, how important it is to support our members who are suffering with mental health issues and it would be great if we could keep raising the awareness.

The CWU and Royal Mail are jointly promoting a number of events and activities via the work of the Attendance Joint Working Group which was set up as part of the BRT&G agreement reached last year

Super Hub, Academy, Rugby, Midlands	14th May, 25th June, 26th June
SE Central (Location to be confirmed)	29th May
Phoenix Centre, London	30th May, 18th June, 19th June
Warrington	Early July – date to be confirmed
Glasgow	End June – date to be confirmed
York	11th June
Bristol	4th and 5th June
Belfast	12th June

Please find below a link to a CWU Reps registration form in order for Reps to register their interest in attending:

<https://forms.office.com/pages/responsepage.aspx?id=CCEIet2QrEG-QZuP6r7i2mwnPT-1BIIBjM0yXny090RUOE11TFI4MU9GWDhETjQ1T1o4RIINUUk1WC4u>

We hope as many of you will be able to attend this important event. We apologise for the short notice in terms of the May dates, but these have only just come to our notice.

It would be extremely useful for those who do attend these sessions, if you could provide some feedback to the department as this will help us plan further events.

We will of course advise colleagues of the exact locations for the June dates when these become available and have been confirmed.

Any queries to the content of the above please contact the PTCS reference 420 email address: khay@cwu.org.

Yours sincerely,
Bobby Weatherall
Acting Assistant Secretary