

“Always on your
side”
17/01/2024

GMB NEWSLETTER: NEW YEAR NEW NEWS. Living Wage Crisis.

Plato

“The greatest wealth is to live content with little.”

Living Wage

With sky high inflation becoming increasingly common, the UK is facing the worst cost of living crisis in half a century. For the 4.8m workers earning a wage no longer meets actual living costs. The nations low paid are going without essentials and falling behind with their bills at a large rate than ever before, including the Covid-19 pandemic. The areas most impacted by the current bout of inflation are also areas workers are making the most severe cutbacks. The biggest being utility/energy bills. The rate of workers falling behind on household bills and unable to heat their homes over the past 12 months increasingly dramatically, Food is another area in which low paid workers are struggling.

GMB are committed to helping aid our members and our representatives. We are happy that after our Living Wage Campaign that our new Wandsworth Labour Administration has agreed to this for all our contractors in Wandsworth. Money may fluctuate but we as a branch are dedicated to being consistent in our support.



Abraham Lincoln “If we command our wealth, we shall be rich and free. If our wealth commands us, we are poor indeed”

Money and Mental Health

GMB Wandsworth supports our colleagues and our members and always ensure to aid anyone with daily challenges.

Financial stress can increase the risk of poor mental health. With the issues surrounding living wage in the UK. As reported by the mental health foundation, almost one third of adults (31%) felt anxious due to their financial situation, following a national survey completed in November 2023.

GMB is aware that thinking about money can be emotionally taxing and can affect the ways in which you handle finances. Getting to know these feelings and emotions surrounding money might help to spot patterns in your behaviour and feel more in control.

It may help to keep a diary of your spending and your mood, to record what you spend and why or feelings prior to spending and after spending. This could potentially help you understand habits and patterns around money more so. Knowing these could help you plan ahead for difficult times.

GMB Offers one of the best manuals for supporting the household and tips for helping members and representatives. Some of these incentives include GMB credit union, budget planning, money saving, mobile and internet services and several schemes to help with utility bills. To access this manual, you can get it via the GMB website under the tabs GMB Extra under the label ‘GMB Member Benefits’.

Borough/Local Support:

Food bank Wandsworth

Monday: St Michaels’s church Southfield SW18 5TT *12am-2pm*

Tuesday/Friday: St Mark’s church Battersea rise SW11 1EJ *12am-2pm / 10am-12pm*

Wednesday: The Yard Putney SW15 3BD *10am -12pm*

Thursday: Mitcham lane Baptist church SW16 6NT *10am-12pm*

Friday: Roehampton Methodist church SW15 4EP *2pm-4pm*

Saturday: Shaftesbury Christian Centre SW11 5JP *10am -12pm*

If you’re able to donate: Local action group daily stall:

Sainsbury’s 147-151 Balham high road SW12 9AU

Sainsbury’s 2-6 Werter Road, SW15 2LJ Putney

Food banks Richmond

Monday/Thursday: The Vineyard, Richmond TW10 6AQ *12.30pm -4pm*

Tuesday: YMCA White House, Hampton TW12 3RN *9.30am-4pm*

Friday: Whitton Community Centre, TW2 6JL *9.30am – 12.30pm*

Castelnau Community Centre SW13 9AQ *9.15am - 11.15 am*

Wandsworth and Richmond Council also offer support for parents and free school meals which can all be accessed via their government website.

Post COVID-19

New COVID variants Pirola BA.2.86 and JN.1

There are no covid-19 restrictions in the UK.

Most people cannot access free COVID-19 tests. You can buy tests in shops but you cannot report the result to the NHS.

Please be mindful with weather changes a common cold could be COVID, please carry anti-bacterial gels or wipes, especially whilst travelling and for extra precaution a spare face mask is always useful.

Protecting people who are at higher risk

You should give extra consideration to people who may consider themselves to be at higher risk and to workers facing mental and physical health difficulties. You might also have other workers who are at higher risk and for whom additional precautions, advised by their doctors, should be considered.

Consider providing support for workers around mental health and wellbeing. This could include advice or telephone support.

GMB Job Vacancies

For more information on these vacancies, click on the link: <https://www.gmb.org.uk/jobs>

Learning opportunities through GMB

GMB learning are offering new learning opportunities this year in 2024. For anyone interested you can find this on the GMB website. <https://www.gmb.org.uk/lifelong-learning>

For the reps, log into MyGMB to access further development opportunities available

TUC courses: TUC offer courses across the country through UnionLearn. Bursaries are also offered for further education related to industrial relations.

Contact Support:

Sonya Davis Monday-Thursday 8am-6pm

Email: sonya.davis@gmbactivist.org.uk

Charmaine Weston-Porter Thursday-Friday

Email: Charmaine.weston-porter@gmbactivist.org.uk

Mental Health/ Wellbeing for Representatives.

Our very own representatives Maria Charles and Spencer Barnshaw are producing wellbeing sessions for our representatives. A safe space and an open forum for discussions/ aiding and supporting one another throughout the year.

Equalities

If you are interested in Equalities and would like to be invited to meetings and events. Please email Michelle Gordon At GMB Southern on michelle.gordon@gmb.org.uk

GMB Branch Meeting Dates 2024

Wednesday 28th February (All Members)

Wednesday 25th May

Wednesday 27th July

Wednesday 25th September

Wednesday 30th November

All meetings 1pm Via Zoom.

Please email if you are unable to attend

2023 Branch achievements

The Branch were extremely busy during 2023 supporting members in both Richmond & Wandsworth.

In addition to restructures, pay talks, casework the branch met with members to campaign for Living Wage, also highlighting and challenging Health & Safety concerns raised from members. We have noticed an increase volume of people with stress related issues which we are highlighting at forums. Please note if you are unsure of what to do please ask your Manager or contact your Local Representative.

GMB Richmond & Wandsworth goal for 2024

To continue supporting and making our members concerns be heard



If you wish to attend any of the Branch Meetings, please email sonya.davis@gmbactivist.org.uk for the invite link