

Norfolk Community Health Branch UNISON NEWS

OFFICIAL NEWSLETTER

JUNE 2026



Let's
talk Menopause *Page 13*

**BACK-TO BACK
CHAMPIONS: TWO
YEARS RUNNING!**

ONE
weekend
educate...agitate...organise...celebrate



**THE FUTURE OF YOUR BRANCH
DEPENDS ON YOU** *Page 5*

IMPORTANT!

EGM 1ST JULY

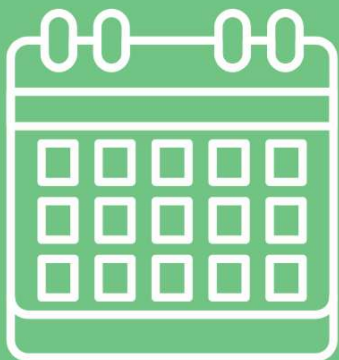
**UNISON NCH NAMED
COMMUNICATIONS
BRANCH OF THE
YEAR 2026** *Page 6*

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JUNE COFFEE-BREAK QUIZ PAGE 23



EXTRAORDINARY GENERAL MEETING

**Wednesday 1st July 2026
MS Teams 3.30pm**

On **1st April**, Norfolk Community Health and Care Trust merged with Cambridge Community Services to become the **East of England Community Health and Care NHS Trust**.

Our New Branch

On **1st July**, we officially welcome our colleagues from Cambridge to form our new branch:

East of England Community Health UNISON

Join us to formally elect our new branch officers and representatives.

Your Voice. Your Union. Your Future.

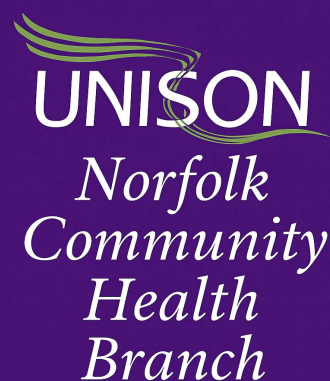
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.site/](https://norfolkcommunityhealth.unison.site/)

Your Newsletter. Your Voice. Your Union. Your Future.

A Message from your UNISON Branch Leadership Team – June 2026

Welcome to June's newsletter!

As we head into the summer months, we want to start by pausing to look back at an absolutely monumental achievement for our branch. For the second consecutive year, UNISON NCH has been officially named **Communications Branch of the Year!**

Winning this award back-to-back is incredibly rare, and it is a testament to the thriving, supportive community we have built together. To us, "good communication" isn't just about sending emails or updates; it's about making sure that every single member has a voice, that you are truly listened to, and that your real-world concerns directly drive our branch agenda.

Our membership is growing rapidly because of this culture of active listening, and we want to say a massive thank you to our tireless committee, our workplace stewards, and—most importantly—to **you**, our members, for your continued trust and engagement.

This strength in communication and solidarity has never been more vital than it is right now.

We know that navigating large-scale organisational changes, such as the recent transition into the **East of England Community Health and Care NHS Trust**, brings an inevitable period of uncertainty

and anxiety for staff. Merging services and aligning systems is hard work, and it is easy to feel lost in the shuffle of a larger trust.

Please remember **you are not alone, and your voice will not be diluted.**

As your branch leadership, our priority throughout this transition remains steadfast. We are actively at the table, ensuring your terms, conditions, and daily workplace safety are fiercely protected. If you are feeling overwhelmed by the changes, experiencing issues with system transitions (like ESR profiling), or simply need some advice, your local reps are here for you. We don't just represent you—we listen to you.

Thank you for your dedication, your resilience, and your professionalism during this busy season. Let's keep talking, keep supporting one another, and continue to look out for our colleagues as we move forward together as an award-winning team.

Wishing you all a safe, happy, and restful June.

In solidarity,

The UNISON NCH Branch Committee

eec.unison@nhs.net

CONTACT: 'Norfolk Community Health Branch'

Branch Secretary: Mrs Lesley Luscher

**Union Office, Norwich Community Hospital,
Bowthorpe Road, Norwich, NR2 3TU**

Telephone 07766 114767

Navigating Our Merger Together: Unity in Community Health

As we move through the transition into the **East of England Community Health and Care NHS Trust**, we know that structural organisational changes bring a mix of questions, anticipation, and understandable concern.

Whether your day-to-day involves clinical care, administration, or essential support services, your UNISON branch is here to ensure that your voice is not just heard but respected throughout this process.

Our Commitment to You

Our priority during this merger remains absolute: **protecting your rights.**

- **Terms and Conditions:** We are actively monitoring the transfer to ensure all Agenda for Change bandings, contracted hours, and protections are maintained.
- **Your Wellbeing:** Structural changes should never come at the cost of staff well-being. We are raising concerns regarding workload management and stress levels directly with leadership.

- **Transparency:** You deserve clear answers about base locations, team structures, and daily operations.

Have a Concern or Question? If you are facing ambiguity regarding your role, changes to your base, or shift patterns, do not navigate it alone. Get in touch with your local rep or email us directly at eec.unison@nhs.net. We are collating member feedback to bring directly to the joint consultation tables.

URGENT: The future of your branch depends on you – July EGM

*We recently held our Annual General Meeting (AGM), but we hit a major roadblock: **the meeting was not quorate**. Because not enough members attended, we were unable to formally elect the leadership team or pass the motions required to represent you. **We cannot let this happen again.***

A New Chapter: The Branch Merger

As our NHS Trusts merge, we are in the process of **forming a brand-new UNISON branch (East of England Community Health Branch)**. This is a pivotal moment for all staff at Norfolk Community Health and Care. This new branch will be the primary body negotiating your terms, conditions, and safety within the new Trust structure.

If we cannot reach a quorum at our upcoming **Emergency General Meeting (EGM)**, we risk entering this merger without a democratically elected committee to fight for your interests. We need your attendance to ensure the new branch is legally recognised and ready to work for you from Day One.

No Travel Required – Join via MS Teams

We understand that everyone is busy and mindful of travel and fuel costs. To make attendance as easy as possible, **this meeting will be held strictly via Microsoft Teams**. You can join from your desk, your car, or your home—no travelling involved.

- **Date:** Wednesday 1st July 2026
- **Time:** 3.30pm
- **Location:** Microsoft Teams (Invitation link to follow)

Why Your Time Matters:

- **A Seat at the Table:** We need an elected body to negotiate how the merger affects your specific role, mileage, and pay.
- **Democratic Legitimacy:** We cannot form the new branch structure without a valid vote from the membership.
- **Strength in Numbers:** Management needs to see that we are a unified, active group as we transition into this new organisation.

Our branch is only as strong as its members. Please attend the meeting and help us reach the quorum so we can get back to the work that matters—supporting you.

Two years Running! UNISON NCH Named 'Communications Branch of the Year 2026'

*We are absolutely thrilled to share some incredible news with our members, colleagues, and supporters: for the second consecutive year, the UNISON NCH branch has officially been awarded **Communications Branch of the Year!** (see front page)*

Retaining this title for 2026 is a massive achievement, and it is a direct reflection of the incredible momentum, growth, and solidarity we are experiencing across our branch right now.

A Growing Branch Built on Listening

Our membership has been growing at a fantastic rate, but that growth didn't happen by accident. It has been built entirely off the back of strong, deliberate, and open communication.

At UNISON NCH, we believe that a union branch is only ever as powerful as the voices within it. The core mission of our branch committee has always been to ensure that **our members are truly listened to**. Whether it's facing workplace changes, regrading issues, or day-to-day safety concerns, we make sure your real-world priorities are directly reflected in the actual work our branch delivers.

"Without the branch committee's strong communication culture, the branch would not be the success it is today. Winning this award back-to-back proves that when we communicate clearly, we build a stronger collective voice."

Why Back-to-Back Wins Matter

Winning this award for two years running shows that our commitment to you isn't just a one-off campaign—it is embedded in our culture. Good communication means:

- Keeping you informed with clear, timely updates during times of workplace transition.
- Creating safe spaces for members to raise their concerns.
- Ensuring your feedback directly shapes our negotiations and branch strategy.

When workers feel heard, the branch grows. And when the branch grows, our collective voice becomes impossible to ignore.

Thank You to Our Members and Committee

A massive congratulations must go to our dedicated branch committee and workplace stewards, who work tirelessly behind the scenes to keep our communication channels vibrant, accessible, and active.

But most importantly, **thank you to our members**. Thank you for engaging with us, sharing your stories, answering our surveys, and trusting us to represent you. *This award belongs to all of us.*

Here's to keeping the conversation going, supporting one another, and continuing our growth through the rest of 2026 and beyond!

Your Pay, Your Say – Don't Leave It to Chance

Inflation may be cooling, but our bills aren't.

As of April 1st, the 3.3% offer on the table for our NHS members—and the ongoing negotiations for Local Government—simply don't close the gap left by years of austerity. We aren't just asking for a raise; we are asking for the resources to stay in the jobs we love.

Action Required: We need every member to update their contact details on **MyUNISON** today. A formal ballot is approaching, and we cannot win without a massive turnout. Check your email, talk to your colleagues, and if they aren't in the union yet—get them to join before the deadline.



Going Green for Conference Season 2026

*As part of UNISON's **Year of Green Activity**, we are changing how we handle conference materials to reduce our environmental footprint.*

 **No More Default Paper Packs** Starting with the 2026 conference season, printed information packs will no longer be provided as standard.

- **Prefer Paper?** You must "opt-in" via the **Online Conference System (OCS)**.
- **Need Adjustments?** For accessibility or reasonable adjustments, please email conferences@unison.co.uk.

 **The UNISON Conference App is Back!** Following its success in 2025, the official app is now available on the **App Store** and **Google Play**. It puts everything you need in your pocket, including:

- Live timetables and maps.
- Speaker details and fringe event info.
- Real-time updates so you're always in the driving seat.

Help us cut waste without cutting corners—download the app today!

 **HOW-TO: Manage Your Conference Materials**

Follow these steps to opt-in for paper or go digital for 2026.

Option A: Going Digital (Recommended)

1. **Download:** Search for "UNISON Conference" on the **App Store** (iPhone) or **Google Play** (Android).
2. **Log In:** Use your UNISON membership number to access your specific conference.
3. **Explore:** Your maps, timetables, and motions will update automatically—no paper required!

Option B: Opt-In for a Hard Copy (Paper) If you require a physical information pack, you must manually request one **before the deadline**.

1. Log in to [MyUNISON](#) and click the **OCS (Online Conference System)** icon.
2. Select your registered conference from the list.
3. Go to the '**Extras**' or '**Services**' screen.
4. Find the "**Hard Copy Documents**" option and ensure it is set to **Opt-In**.
5. **Save** your changes.
- 6.

Option C: Reasonable Adjustments If you need materials in a specific format (Large Print, Braille, etc.) for accessibility:

-  **Email:** conferences@unison.co.uk

Include your **Membership Number** and the name of the **Conference** you are attending.

***Moved house, changed your name or started a new job?
Remember to update your membership details
Update your details online: [Unison.org.uk/my-unison](https://unison.org.uk/my-unison)***

Help Us Grow – UNISON Needs You!

As a UNISON member you're already part of something powerful — a union that stands up for fairness, equality, and support in the workplace.

Recruit a Colleague Today!

Do you work alongside someone who isn't yet a member? Encourage them to join! Whether they're new to the team or have been around for years, Unison membership offers protection, advice, and a collective voice that makes a real difference.

Why Recruit?

- A stronger union means better representation
- More members = more influence in negotiations
- You'll be helping colleagues access support when they need it most

How to Get Involved:

- Share your experience as a member
- Point them to the Unison website or local rep
- Invite them to attend a Unison meeting or event
- All this, from only **£1.30 a month**

Together, we can build a safer, fairer, and more supportive workplace for everyone.

WE NEED YOU!



Pushing for Fair Travel: The Mileage and Fuel Pressure

For community health staff across Norfolk, a car isn't a luxury—it's an essential workplace tool. Keeping patients safe and supported at home means navigating hundreds of miles of rural roads every single week.

With fuel prices and vehicle maintenance costs remaining stubbornly high, the gap between official NHS mileage rates and the real-world cost of keeping your car on the road is hitting members hard.

What UNISON is Doing

UNISON continues to campaign both nationally and regionally for an urgent, realistic review of the NHS mileage allowance. It is unacceptable for NHS staff to effectively subsidise their employers just to do their jobs.

Protect Yourself: Log Everything

While we push for systemic change, please protect your income:

- **Meticulous Logging:** Ensure every business mile is logged accurately and submitted on time.
- **Don't Suffer Delays:** If you are experiencing systematic delays with expense approvals or payments in your team, report it to the branch immediately so we can escalate it.

Boost Your Skills This Summer with UNISON College

UNISON isn't just a safety net for when things go wrong—we are also here to help you move forward. As our trust grows and systems evolve, digital confidence and administrative skills are more valuable than ever.

UNISON College offers a wide range of free and heavily subsidized training modules designed to fit around your shifts.

Featured Courses for June/July:

- **Digital Confidence & Workplace Tech:** Master the everyday software packages being used across our updated trust platforms.
- **Everyday Maths & Functional Skills:** Great for anyone looking to fulfill prerequisites for promotion or band progression.

- **Introduction to Health & Safety:** Learn how to spot workplace risks and protect your team.

To browse the full summer list and claim your free member places, visit **[UNISON College website]** or speak to our Branch Learning Representative.

Beating the Squeeze: How 'There for You' Can Support You

The cost-of-living pressure hasn't gone away, and we know many households are feeling the strain as summer approaches. If you are experiencing unexpected financial hardship, please remember that UNISON's unique, confidential charity, **There for You**, is here to help.

Available Support Includes:

- **Emergency Financial Grants:** To help with unexpected bills, essential household repairs, or family crises.
- **Wellbeing Breaks:** Access to subsidised breaks for members and families going through exceptional stress or illness.
- **Debt Advice Partnerships:** Direct, free access to trusted partners like *PayPlan* for confidential, expert guidance on managing priority debts.

This service is entirely confidential and independent of the NHS trust. Apply securely online at **unison.org.uk/thereforyou** or contact the branch welfare officer for guidance.



The Quick-Wins Sidebar

- **Annual Leave & Enhancements:** Did you know? If you regularly work evenings, nights, or weekends, your **statutory holiday pay must reflect those enhancements**. If you suspect your holiday pay is only being calculated at your basic rate, contact a rep to check your statements.
- **Check Your Details:** With the trust merger shifting structures, it is vital that UNISON has your correct workplace location, job title, and personal email. Update your profile in less than two minutes at **my.unison.org.uk**.

WHAT IS A TRADE UNION?



A trade union is a group of working people who have joined together to achieve better pay and working conditions and a safer working environment.

Trade unions negotiate with employers on behalf of union members to agree wages, work rules, complaint procedures, rules governing hiring, firing and promotion of workers, benefits, workplace safety and other policies.

Who is in a trade union?

Ordinary working people like you – nearly seven million in the UK – are in a trade union, doing all sorts of jobs. They include nurses, school meals staff, hospital cleaners, actors, professional footballers, shop assistants, teaching assistants, bus drivers, engineers, social workers and apprentices.

UNISON represents people who work in our vital public services like health, education and local council services, keeping our children safe and caring for the vulnerable in society.

Why join a trade union?

Members benefit from the strength and security that comes from people working together to tackle problems.

In UNISON, as well as getting support when you need it at work you will have access to a wide range of help and benefits including:

- legal services for you at work and your family at home*
- financial assistance and debt advice in times of need
- our helpline open until midnight
- compensation for accidents and injuries at work
- member discounts on things like insurance and new cars – including up to 50% off holidays
- education, training and support.

Unions also campaign and lobby to persuade the public or government of their point of view.

*qualifying period and exclusions apply

WHAT IS A TRADE UNION?



Trade union successes

In recent years, unions have campaigned for and won:

- a national minimum wage
- improved parental leave provisions
- equality legislation
- laws on reasonable working hours
- minimum holiday and sickness entitlements
- health and safety in the workplace
- pension provision

...as well as many thousands of local agreements on issues affecting particular workplaces.

How do trade unions work?

Union members agree a common aim of what they want to achieve. This might be about pay or bullying at work or challenging unfairness, for example. Representatives from the union gather evidence about the issue and present it to their employer. They discuss the matter with the employer to reach an agreement.

If the employer refuses to reach an agreement, union members can broaden their campaign to win wider support in the workplace.

This may be with the public or at a national level with MPs and in government, or, as a last resort, taking strike action.

Trade unions also provide legal representation for workers, for example to win compensation in the event of an accident or injury at work. Many trade unions also provide other benefits and discounts on services for their members. You can think of trade unions as your insurance policy for work.

Find out more at unison.org.uk

In UNISON – the trade union for all public service workers even if they work in private companies – we believe in:

equality – we are all different, but we all deserve to be treated with respect and fairness. All of our voices should be heard

solidarity – we work to support each other at work and in society

democracy – our members have a right to make the decisions that shape their union

participation – we aim to share our skills, commitment and creativity to build a stronger union.

Three simple ways to join UNISON today and get essential cover wherever you work



Join online at
joinunison.org



Call us on
0800 171 2193



Ask your UNISON rep
for an application form



Menopause

– it's a workplace issue,
so it's a UNISON issue





The Midlife “Engine Overhaul” and Why We shouldn’t Have to Jump Through Hoops

It’s that time again, and my body continues to amaze me, how is sweating around your vagina a thing, especially if it’s not had any sort of workout?!

Now I know we have loads of sweat glands but what the actual heck, I am waking up thinking I have wet myself at times and trust me it’s not because I am having wet dreams.... menopause messes with the brain... remember!

“You would think with the sheer volume of investigations I’ve already had, there wouldn’t be a nook or cranny left to examine.”

Melanie Ainsworth

The GP Obstacle Course

I have an appointment with the GP, I wanted to go back on HRT, to try another form, either gel or a patch, I have had the smear, removal of fibroids and polyps, breast screening, bloods all normal, so I was expecting a quick email, and I would just get a prescription.

But no, he wants a physical examination!!

You would think with the sheer volume of investigations I’ve already had, there wouldn’t be a nook or cranny left to examine. Is there anything else they actually need to see? Or did the consultant leave something up there on my last visit that the GP feels the need to retrieve on the QT? I am *not* having another internal. A conversation is okay, although personally, I think it could easily be a telephone call.

A Full Engine Overhaul

Whilst some women are still jumping through hoops to get heard, I can't complain really as I have had not just a full MOT: I have had an engine overhaul, yes overhaul and yet I still feel like an old banger! Don't get me wrong, I am not expecting to function like a Porche or BMW...but a nice Ford or Mini (excuse pun) would be just fine.

I don't like comparing men to women, but I passionately believe that if they dealt with these symptoms the NHS would have a seamless pathway in place. Women seem to have to fight for all reproductive health support issues.

This is proven by advertising, you see many about the erectile dysfunction on platforms like the TV, radio, TikTok, FB etc and to be fair it feels that society are interested in women when they are able to reproduce as I have seen many an advert about tampons and pads, as soon as the 'M' word appears not much is said about what women can do to mitigate the massive list of symptoms... (oops, one must step off one's soapbox for a moment!).

Good News on the Horizon

On a positive note, East of England Community Health now has an official menopause policy! The merger has brought us this brilliant win and we are thrilled that the Trust is implementing it as a merged policy.

So, look out for it on the intranet, read through it, and check out the resources available to you.

Until Next Time,

Mel X

Melanie Ainsworth

UNISON NCH Chair

Menopause

– it's a workplace issue, so it's a UNISON issue

What does UNISON do?

As the union of a million women in public services, we take the menopause seriously. It's a workplace issue – nearly 8 out of 10 menopausal women are in work.

UNISON campaigns to help employers understand the effects of the menopause. While everyone experiences it differently, 45% of women say their symptoms have had a negative impact on their work.

Our trained reps negotiate practical policies with employers to keep you healthy and safe, promote the benefits of a supportive and flexible environment, and help to protect you from discrimination.

UNISON calls for meaningful workplace support for anyone experiencing the menopause. Younger women can experience symptoms too through early menopause, or medical or surgical menopause. Trans people, including non-binary people, can also experience the menopause.

What can I do?

The menopause is an issue for everyone who cares about fairness in the workplace, not only those who experience it directly.

- Speak to your colleagues about what would make your workplace more supportive of those experiencing the menopause, from smaller practical adjustments to wider cultural change. Feed your ideas back to your UNISON rep who can help to take them forward with your employer.
- Ask your regional education team about our popular member learning courses and activist workshops. Find out more at learning.unison.org.uk
- Get involved in a range of other UNISON campaigns on issues that particularly affect women, including sexual harassment and the gender pay gap. Find out more at unison.org.uk/women

Not in UNISON yet?

Join 1.3 million public service workers today at joinunison.org, or call **0800 171 2194**.

The UNISON Environment Officer and local 'Green Rep' role - guide

Why does Our branch need an Environmental Officer and Green Reps?

Half of UK carbon emissions are produced by work activity – in our energy-intensive industries, power stations and manufacturing plant. But all workplaces have a 'carbon footprint'. Public Services directly emit around 8% the UK's greenhouse gases and that excludes public transport. When you add in their influence on procurement, construction, social housing etc the impact is even bigger, and the government recognises that Public Services have a huge role to play in meeting our climate commitments by 2050.



So, our workplaces are an excellent place to start tackling climate change.

Just as unions and employers work together to improve health and safety in the workplace through safety committees, UNISON Branch Environmental Officers (or EnvO for short) should be elected to champion environmental issues. They can raise awareness and ensure that green issues are included in the negotiating or bargaining agenda at work.

What's the difference between the Branch Environmental Officer and the Green Rep roles?

The Branch Environmental Officer is a formal, rule book, branch position that is elected to - there is only one position per branch and they lead on all climate change / environment related issues within the branch. They would also liaise with, co-ordinate and organise local Green Reps within the branch.

However, while there is only one EnvO per branch, there can be any number of local Green Reps to support the EnvO, create a network for sharing ideas and to provide a local focal point for green activity. This is particularly useful where a branch covers many employers or geographical locations or even just at a local departmental level.

This is intended to mirror the successful model for the Branch Health and Safety Officer and Health and Safety Reps.

The main concern of a branch Environmental Officer and for local green reps is to agree a joint approach to 'greening the workplace'.

Organisations are far better placed than individuals to install cost-effective green measures and agree collective ways to change our behaviour at work – such as through recycling schemes.

With many employers facing tight budgets in the coming years, union action to green the workplace can help ensure that financial savings from resource and energy efficiency ease the pressure on other costs and helps to

protect jobs. The need to strengthen the link between sustainable workplaces and sustainable jobs has never been more urgent.

What can I do – what will the Environmental Officer role entail?

The Environmental Officer can be a significant player on the Branch Committee, and you may be ready and raring to go on all aspects of the role. But if you are new to the role you don't have to start big. It may be that at first you may just want to be a point of contact and information for the branch on environmental issues. This may involve distributing leaflets and reporting any concerns.

But, over time, and as you gain confidence, this role can expand into negotiating and organising on all Green issues.

Unions are best placed to:

- monitor the effectiveness of environmental policies and provide staff input
- gain staff support for changes to workplace practices
- use existing union structures and procedures to influence and develop members' thinking and actions
- raise staff awareness and encourage behavioural change
- improve operational procedures.

Appointing a Branch Environmental Officer

A rule change at the 2022 UNISON National Delegate Conference ensured that our rules changed to add the role of Environment Officer to the list of formal Branch officer positions. This means that each branch should seek to elect a rep at each election cycle, or in-between election cycles if the role is currently vacant.

Is there training?

There are training materials and courses available right now on Green Skills and for general awareness raising. We are developing new specific training modules all the time. Contact your local UNISON learning rep to discuss what's available. See further down for some useful links to resources.

Is there facility time / time off to undertake this role?

Many employers will give reasonable time off for these duties just as they would with other trade union roles. However, currently they don't have to. This is a relatively new role for employers to deal with and the law hasn't caught up with the need to recognise its importance. UNISON is committed to campaigning for facility time for this role but one of the first actions you might take, in conjunction with senior branch officers, might be to negotiate with your employer for facility time in line with other union roles.

Negotiating on a green agenda

If your employer has no local or national agreement on union environmental reps (check with your union), you'll need to convince them that green reps have a role to play. Consider:

- checking for any existing environmental policies in your organisation
- finding out if existing policies make reference to staff engagement or involvement
- identifying a range of points that could be put to management to illustrate why involving the union is the best way to achieve better environmental standards, highlighting how unions can help the employer to manage risks
- using examples of where union involvement has improved environmental and business performance – if you can't find anything for your industry or company, take a look at the case studies in Cutting Carbon, Growing Skills and contact your own union for examples of best practice.

This is all new to me, where do I start?

Speak to your UNISON Learning rep to find out what training is available but there are also many good resources for first steps in greening the workplace available on our Green UNISON webpages.

Check out our Green UNISON campaign pages and make sure you join the Green UNISON Network.

Year of green activity

Events Calendar for the 2026 UNISON Year of Green Activity

Jun	National Delegate Conference	Look out for a chance to encourage your branch to support Green UNISON related motions
Jun	International Refugee Week	 Look out for an opportunity to take part in a social media solidarity message for International Refugee Week using this image (permission kindly given by the artist Katherine Anteney). We will also be sending a greeting card of this image to every MP with our own solidarity message.
	UK Great Big Green Week	An opportunity to join with multiple local and national organisations across the UK to mark the UK Great Big Green Week
	LGBT+ Highlight	Highlighting Climate Change impacts on the LGBT+ community during Pride Month – a webinar
	Clean Air day	An opportunity to link with this important anti-air-pollution campaign
Jul	Invest in public transport engagement	Join us in asking MPs to demand an improved public transport offer to combat climate change
	Young members / retired members highlight	Discussing the intergenerational impacts of climate change as they affect our young and retired members particularly – a webinar.
Aug	Extreme Heat / Max Temp Health and Safety campaign highlight	Join us in demanding the government set legally binding maximum workplace temperatures and come and join our webinar to find out more about why this is so important

Sep	Green UNISON Week  	Film festival – 1. The Man Who Mends Things (short) – an award winning and very powerful short animation about climate change and fixing things – available all month to run in branches locally. 2. 2040 - Exploring an optimistic view of what 2040 could be like if the right choices are made. 2 ticketed virtual screenings (dates to be confirmed) The Line We Crossed (documentary) – exploring the recent draconian attacks on protest rights and the targeting of climate defenders. 2 ticketed virtual screenings (dates to be confirmed)
	Environment Agencies / Water Highlight	Find out more about how our members working in the Environment Agencies and Water Industry are being directly affected by the climate crisis – a webinar.
Oct	Black History Month	Join our webinar to find out more about how climate change disproportionately affects Black people both globally and here in the UK
	Build up to COP31 (held in November)	3. The annual global conference where 198 nations discuss collective action on climate change. UNISON is privileged to have held one of only 2 UK observer delegate places as part of the International TUC delegation – watch out for information on UNISON engagement, member mobilisation opportunities and what will be at stake.
Nov	COP 31 (likely Australia)	Reports back from COP and opportunities to support Global mobilisations in the UK to mark at COP31
	Global Supply Chains and Human Rights and the Environment	Find out more about what our International team do to campaign for ethical sourcing of vital climate related materials – Join us in asking our MPs to sign up to the Business, Human Rights and Environment Act
Dec	Disabled Members Highlight	Join our webinar to find out more about how climate change impacts disabled people and what needs to change to make sure disabled members are not left behind in the move to Net Zero
All Year	Background work and organising	• Public services as social infrastructure • Sign-posting Citizen scientist opportunities. • Campaign to fill the EnvO role in branches. • Support bargaining for local facility time. • Research pieces and policy work. Promote Newsletter sign up!

Please sign up to our [Green UNISON Newsletter](#) to get regular updates and notifications for registering to attend any of these events.

Keep Your Details up to Date with My UNISON

Want to stay in the loop with news, updates, and support tailored to your role? Make sure your membership details are current!

The easiest way to do this is by registering with **My UNISON**. You'll need your membership number, which you can find:

- On your membership card
- Or at the bottom of any email from UNISON

☒ **Update your details so we can keep you updated.**

Visit my.unison.org.uk to register or log in today!

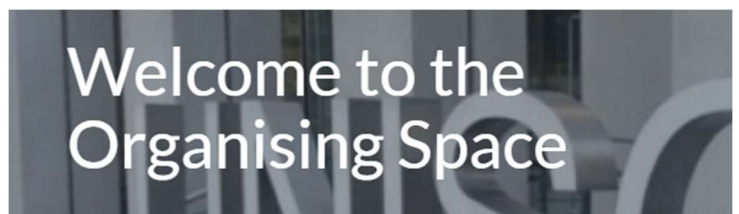
Organising Space

Organising Space is a secure, supportive online platform created to empower UNISON's activist and organising communities.

We understand that organising can sometimes feel challenging or disheartening. That's why UNISON developed Organising Space—to help build stronger connections, share knowledge, and learn from each other's experiences.

This dynamic space enables members to:

- **Share innovative and creative content**
- **Engage in meaningful discussions**
- **Ask questions and get advice from experts**
- **Find encouragement and support from fellow activists**



Whether you're looking for inspiration, collaboration, or practical tools, Organising Space is designed to be flexible, interactive, and responsive to your needs.

 **Join the community:** www.organisingspace.unison.org.uk

What is UNISON College?

UNISON College is your gateway to learning, development, and empowerment—offering training and education opportunities for all members across the union.

Whether you're looking to boost your confidence, learn new skills, or grow as an activist, UNISON College has something for you. With over **1,000 courses, workshops, webinars, and events**, you can explore topics like:

- **Excel and spreadsheets**
- **Interview preparation**
- **Financial wellbeing**
- **Mindfulness and stress management**
- **And much more!**



Learning That Fits Your Life

Courses are delivered in a variety of formats—**in-person, online, blended, and self-study**—and take place in regional offices, workplaces, learning centres, or online. They're run by UNISON staff or trusted external providers.

Open to All Members

Your regional learning team organises local opportunities, and you can also access national courses open to members and activists across the UK.

Ready to learn something new?

Visit [Member learning | UNISON College](#) to explore what's on offer.

UNISON Knowledge Base: Your Go-To for Trusted Information

*Need reliable advice on your rights at work or support with everyday issues? The **UNISON Knowledge Base** is packed with up-to-date, legally checked information on employment rights and key topics affecting you at work and at home.*

 Whether you're looking for guidance on contracts, pay, leave, or workplace safety, it's all just a click away.

 Visit: unison.org.uk/get-help/knowledge

Or speak to your local branch rep for more support.



The Great June Coffee-Break Quiz



Take five minutes out of your busy day, grab a cuppa, and test your knowledge on summer folklore, history, and traditions!

The Questions

1. June is named after Juno, an ancient Roman goddess. What was her primary role in mythology?

- **A)** Goddess of the summer harvest and agriculture
- **B)** Goddess of marriage, family, and protector of the state
- **C)** Goddess of the ocean, rivers, and running water
- **D)** Goddess of wisdom, strategy, and handicraft

2. The Summer Solstice occurs in June, marking the longest day of the year. Approximately how many hours of daylight does the UK receive on this day?

- **A)** Around 12 hours
- **B)** Around 14 hours
- **C)** Around 16 to 17 hours
- **D)** Exactly 20 hours

3. June features a unique floral distinction. Along with the Honeysuckle, which classic, fragrant bloom is the official birth flower of June?

- **A)** The Sunflower
- **B)** The Lavender
- **C)** The Daisy
- **D)** The Rose

4. The famous, high-energy theatrical showtune "*June Is Bustin' Out All Over*" is a celebratory anthem from which classic musical?

- **A) *The Sound of Music***
- **B) *Carousel***
- **C) *Oklahoma!***
- **D) *Singin' in the Rain***

5. In British folklore, a famous weather proverb ties mid-summer weather directly to a saint's day in July. According to the legend, if it rains on this specific day, it will rain for the next forty days. Which day is it?

- **A) St. Jude's Day**
- **B) St. Swithun's Day**
- **C) St. George's Day**
- **D) St. Andrew's Day**

The Answer Key

(No peeking until you've tried them all!)

1. **B) Goddess of marriage, family, and protector of the state.** As the queen of the gods, Juno was highly revered, and because of her ties to weddings and families, June remains one of the most popular months of the year to get married.
2. **C) Around 16 to 17 hours.** Depending on how far north you are in the UK, the sun will rise well before 5:00 AM and set after 9:15 PM on the solstice, giving us our longest stretch of daylight.
3. **D) The Rose.** The quintessential British garden favorite is the primary birth flower for June, symbolizing appreciation, love, and gratitude.
4. **B) Carousel.** Written by the legendary duo Rodgers and Hammerstein for their 1945 musical, this song is all about the sudden change from a dreary spring to the burst of summer.
5. **B) St. Swithun's Day.** Falling on July 15th, the traditional rhyme warns: "*St. Swithun's day if thou dost rain, for forty days it will remain; St. Swithun's day if thou be fair, for forty days 'twill rain nae mair.*"



- **Movie:** *Star Wars: The Mandalorian and Grogu*
- **Release Date:** Out Now (Released May 22nd)
- **Run Time:** 132 minutes

If, like me, you've spent the last few years completely charmed by the adventures of a silent, helmeted bounty hunter and his tiny, green, space-frog-eating apprentice on Disney+, your patience has finally been rewarded. The galaxy's favourite adoptive father-son duo has officially made the leap from our living rooms straight to the big screen.

The Plot (No Spoilers!)

Set during the fragile days of the New Republic, the film skips the complicated political drama of previous Star Wars trilogies and jumps straight into an old-school adventure. Din Djarin (the Mandalorian) and young Grogu are hired by the Republic to hunt down a lingering Imperial threat. However, the mission takes a chaotic detour when they run afoul of the criminal underworld and end up tangled with the notoriously sluggish relatives of Jabba the Hutt.



What I Loved

- **Grogu Steals the Show (Again):** He isn't just hitching a ride in a floating pram anymore. The movie gives Grogu real independence, using his powers in surprising, heroic, and incredibly sweet ways to look out for his armored dad.
- **A Throwback to Classic Sci-Fi:** Directed by Jon Favreau, the film feels like an affectionate nod to 1960s creature features. It is packed with giant monsters, alien droids, and spectacular space dogfights that absolutely deserve to be seen on the biggest cinema screen possible.
- **The Incredible Score:** Composer Ludwig Göransson returns to deliver a booming, western-infused soundtrack that will have you humming all the way out into the cinema car park.

While it's a massive amount of fun, the film plays it quite safe. If you are expecting earth-shattering plot twists that completely alter the Star Wars universe, you might leave feeling a bit underwhelmed. It essentially plays out like a high-budget, action-packed double episode of the TV series.

The Verdict

The Mandalorian & Grogu doesn't try to reinvent the wheel, but it doesn't need to. It's a fast-paced, heartwarming, and visual spectacle that offers the perfect 2-hour escape from reality.

💡 UNISON Money Saver: > Don't forget that as a UNISON member, you can get **discounts on cinema tickets** (including ODEON, Vue, and Cineworld) through **UNISON Living or Health Service Discounts**. Check the website before you book to save up to 40%!



GET LEARNING WITH UNISON

Does that promotion look a million miles away because you're stuck in a rut at work?

Do you want to give your confidence a boost?

Are you interested in learning new stuff?

Well, what are you waiting for?

Now is the time to get learning with UNISON.

We have a range of opportunities for members, ranging from short workshops and one day courses, to 12 weeks on our award-winning Return to Learn and Women's Lives courses.

All our free courses aim to build your confidence and give you a range of skills and knowledge to help you, not only at work, but outside too.

So, whether it's stress management, assertiveness, improving your reading and writing skills, or continuing professional development to get you that promotion at work, UNISON has it covered.

Or maybe you are interested in studying for that qualification you never got when you were younger through a non-UNISON course?

As a UNISON member, you can often get discounts on courses from many different organisations and our learning grants can also help towards the cost of these courses as well as the cost of text books and exam fees.

Get learning with UNISON

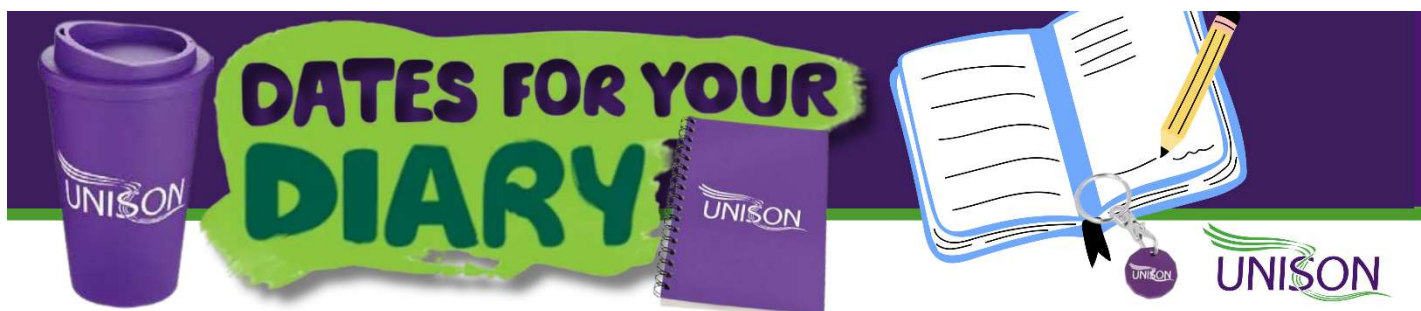
Interested?

A good place to start is by speaking to the union learning rep in your UNISON branch who can point you towards learning opportunities. They can also organise informal learning in your workplace and speak to your employer about providing high quality training for staff.

You can also go to **learning.unison.org.uk** where you will find loads of information about what's on offer and how to access it – including study with the Open University or the Workers' Educational Association. It doesn't matter if you are studying full time or part time, on line or face to face – you'll find useful information on our website.

Not in UNISON? Join today at **join.unison.org.uk** or call us free on **0800 0 857 857**.





June & July 2026

June 2026

Month-Long Observances

- **Pride Month** — Celebrating LGBTQ+ history, identity, and the ongoing push for equality.
- **National Smile Month** (*Runs mid-May to mid-June*) — Focus on oral health and its link to overall physical well-being.

Weekly & Specific Dates

- **1st – 7th June: Volunteers' Week** — Celebrating the massive contribution of volunteers across healthcare and local community groups.
- **8th – 14th June: National Carers Week** — Raising awareness of the challenges faced by unpaid carers and highlighting the support available to them.
- **8th – 14th June: Bike Week** — Promoting the health, financial, and environmental benefits of cycling.
- **15th – 21st June: Learning Disability Week** — Focusing on building inclusion, rights, and breaking down barriers to accessible healthcare.
- **15th – 21st June: Loneliness Awareness Week** — Highlighting the impact of social isolation on physical and mental health.
- **18th June: National Clean Air Day** — The UK's largest environmental health campaign, focusing on practical actions to cut air pollution.
- **21st June: Summer Solstice** — The longest day of the year in the Northern Hemisphere.
- **22nd June: National Windrush Day** — Honouring the British Caribbean community and the lasting contributions of the Windrush generation to public services like the NHS.

July 2026

Month-Long Observances

- **Disability Pride Month** — Celebrating the visibility, culture, and achievements of people living with physical and neurological disabilities.
- **Plastic Free July** — A global initiative encouraging everyone to reduce single-use plastic waste to protect the environment.
- **Good Care Month** — Celebrating the dedication of the social care and health workforce.

Weekly & Specific Dates

- **1st July: Branch Extraordinary General Meeting** – Join us to formally elect our new branch officers and representatives.
- **5th July: NHS Birthday** — Marking 78 years since the foundation of the National Health Service in 1948.
- **6th – 12th July: Alcohol Awareness Week** — Raising awareness of the health impacts of alcohol and promoting safe, healthy choices.
- **15th July: St. Swithun's Day** — The classic British folklore date that traditionally predicts forty days of rain or shine.
- **18th July: Nelson Mandela International Day** — A UN day dedicated to social justice, community activism, and public service.
- **24th July: International Self-Care Day** — Highlighting the foundational importance of everyday self-care, mindfulness, and personal well-being.
- **28th July: World Hepatitis Day** — A global healthcare awareness drive focused on prevention, testing, and eliminating viral hepatitis.

UNISON Welfare – There for You

*We understand that life can bring unexpected challenges—both at home and at work. That's why **UNISON's There for You** service is here: to offer **confidential advice and support** exclusively for members and their dependents.*

Whether you need practical help or just someone to talk to, our professional staff and trained Branch Welfare Officers are ready to support you.

Who Can Access Support?

- Current UNISON members
- Partners and immediate dependents of members
- Partners of deceased members may also apply

If you're unsure about your eligibility, contact: 

Carol Ring, Branch Welfare Officer –

lgbranch@sheffunison.org.uk

 **There for You** – 020 7121 5620

 thereforyou@unison.co.uk



What 'There for You' Support Is Available?

- **Financial assistance** tailored to a range of circumstances
- **Debt advice** – call 0800 389 3302 for immediate help
- **Wellbeing breaks** – for recovery after illness or hardship
- **Information and practical support** on a wide range of issues

All services are **completely confidential**.

Stay Connected with Us

 **Facebook**

facebook.com/NorfolkCommunityHealth

 **Twitter (X)**

[@UNISONnchc](https://twitter.com/UNISONnchc)

 **Branch Info Page**

[UNISON Branch Finder – Norfolk Community Health](#)

CONTACT: 'Norfolk Community Health Branch'

Secretary Mrs Lesley Luscher

**Union Office, Norwich Community Hospital, Bowthorpe Road,
Norwich, NR2 3TU**

Telephone 07766 114767

Unison Campaigns & Updates

As a union, our strength lies in our collective voice. This June, UNISON is pushing forward with major national campaigns that directly impact our workplaces, our local communities, and the future of the healthcare services we deliver.

Here is what we are fighting for right now—and how you can get involved locally.

1. 2026: The UNISON Year of Green Activity

The climate emergency isn't a distant issue—it actively impacts public service workers, our communities, and the environments we work in. UNISON has designated **2026 as the Year of Green Activity** to embed sustainability and environmental justice directly into our union organizing and workplace bargaining.

For community health staff traveling across Norfolk, green issues are directly linked to our daily operations. We want to work constructively with employers to establish realistic, fair, and sustainable workplace policies.

Our Focus Areas:

- **Green Travel Plans:** Pushing for cleaner, subsidized, and cheaper transport options for home care and community workers who rely on vehicles.
- **Adverse Weather Protection:** Negotiating robust commitments on workplace standards to protect the safety and welfare of staff facing extreme weather events, from heatwaves to winter floods.
- **Building a Green Rep Network:** We are looking to establish dedicated **Green Reps** within our branch to help audit workplace sustainability and influence trust climate policies.

Want to make a difference? You don't need to be a seasoned environmental activist to help out. If you're interested in becoming a Green Rep or simply want to learn how to start a constructive "green conversation" in your team, contact the branch office.

2. Fighting the False Economy: The "Stop NHS Cuts" Campaign

Nationally, the NHS is facing staggering financial deficits, and the government has ordered eye-watering budget cuts across England. UNISON research reveals that over 20,000 NHS posts are under threat, with trusts resorting to vacancy freezes and stripping back essential administrative, support, and planning roles.

UNISON is clear: **We cannot cut waiting lists by cutting essential staff.**

Slashing support roles doesn't save money; it simply shifts a crushing administrative burden onto already stretched clinical colleagues, directly impacting patient dignity and care standards.

What We Are Demanding:

- An immediate halt to arbitrary vacancy freezes that leave frontline teams short-staffed.
- Investment in NHS admin and infrastructure staff to keep systems running safely and efficiently.
- The breathing space required for trusts to deliver long-term care improvements without sacrificing their workforce.

How You Can Take Action:

1. **Spread the Word:** We have campaign leaflets, posters, and stickers available at the branch office. Grab some to display on your staff room noticeboards.
2. **Share Your Story:** Are vacancy freezes or staffing shortages making it harder for your team to deliver community care safely? Report these pressures to your local UNISON rep so we can evidence the real-world impact to trust management.

See you in August!

That's all for this edition—thank you for reading and staying connected with your UNISON Norfolk Community Health Branch.

We'll be back with our **next issue in August 2026**, bringing you more updates, support, and stories from across our healthcare community.

The deadline for anything to be included in the next issue is **27th July 2026**.





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supporting our charity **There for You**



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support our charity
There for You**



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of up to £1,000. Plus, it's a powerful way to
support There for You, the charity that helps
UNISON members through tough times.**

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