

GMB NEWSLETTER 2025

MENTAL HEALTH AND WELLBEING

“Always on your side”



HEALTH AND WELL BEING

In 2025 mental health and wellbeing is significantly impacting the lives of many in the UK. Mental health and weight loss is currently one of the most prevalent public health concerns in the UK. Following the pandemic and the rise in the cost of living, effects of war, civilians are still feeling the impact on their mental wellbeing.

Despite the rise of new weight loss drugs as well as artificial intelligence being integrated into healthcare there ‘seems’ to be a shift and focus on improving oneself.

However, we are still seeing cutbacks being made to important services surrounding health and mental well-being, especially with the strain on public services and the rise in mental illness as young people enter the workforce with 75% of mental disorders materializing by age 24.

It is important to always look after yourself and to be aware that **you are not alone**.

GMB are committed to helping aid both members and representatives. Our very own representative and Equalities officer Maria Charles has been hosting virtual wellbeing sessions for our representatives. A safe space and open forum for discussions and aiding support for one another throughout the year. Please keep an eye out for any emails she may put out if you feel this is something necessary and supportive for you.

Your issues matter.

Here are some mental health helplines that offer support, advice and training on a range of mental health issues

“Mental health problems don’t define who you are, it is something you experience. You walk in the rain, and you feel the rain, but you are not the rain”

HOPELINES UK (UNDER 35): 0800 068 4141

MIND: 0300 123 3393

SAMARTIANS: 116 123

FEELING BETTER WITHIN



Wellness has become an essential daily personal practice for many. Richmond and Wandsworth are offering a range of services that target physical, mental, emotional, spiritual and social activities

Physical activities (Individual and group)

- Active lifestyle (Wandsworth)
- Walk Wandsworth



Healthy eating (Tips for eating healthy on a budget)

- Better health
- British Heart Foundation
- NHS Food scanner app



Emotional and Mental support (Group/individual)

- Talk Wandsworth
- Good Thinking
- Shout

Spiritual activities



- SOMA Wandsworth (Yoga/Meditation. Etc)
- The Mindset clinic Richmond (Hypnotherapy)

APCOA – PARKING

- APCOA Traffic wardens have been pushing for better contractual pay conditions for Wandsworth and Richmond. Traffic wardens are currently in pay talks with Management. These staff deserve the pay increase in line with their neighboring borough Lambeth who are also under the same contract. Our support and solidarity with APCOA members and GMB Representatives

GMB RACE CONFERENCE

There is an upcoming GMB Race conference taking place on 4th October 2025. If you are ethnically diverse (Black, Asian, Minority Ethnic) and are interested in attending the event please let your branch secretary know ASAP or contact Michelle Gordon at Southern Region on: 020 8397 8891

A RECENT SUCCESS

Congratulations to our Branch Secretary Sonya Davis and newly elected Vice President of GMB union.

Sonya Davis joined GMB in 2010 following a hardship at work. Which led to her being a representative in 2011.

By 2015 she became the branch secretary of Wandsworth and for the last 10 years has used her influence to truly get the best outcomes for all members

Her courage, hard work and dedication has never wavered and continues to make great strides

GMB CONGRESS

GMB congress took place in Brighton this year from the 8-12th June.

The annual event tackled issues on representation & accountability, education & training, political strategy, equality & inclusion and most importantly your rights at work.

Most importantly there was an election for the National President and the Vice president.

We would like to Thank the previous Vice President Malcom Sage for all his hard work and his contribution to the union for the past few Years.

A huge congratulations to the re- elected president Barbara Plant who will serve in her role for another 4 years. This will be her 7th year as our GMB president since being elected from 2018.



New Vice president experiencing her winning the election

BRANCH MEETING

The next virtual branch meeting will take place on 27th August 2025 at 1pm.

A Zoom invite will be sent to your email address or if you would like to be invited, please email Sonya Davis requesting an invite into the branch meeting on sonya.davis@gmbactivist.org.uk

