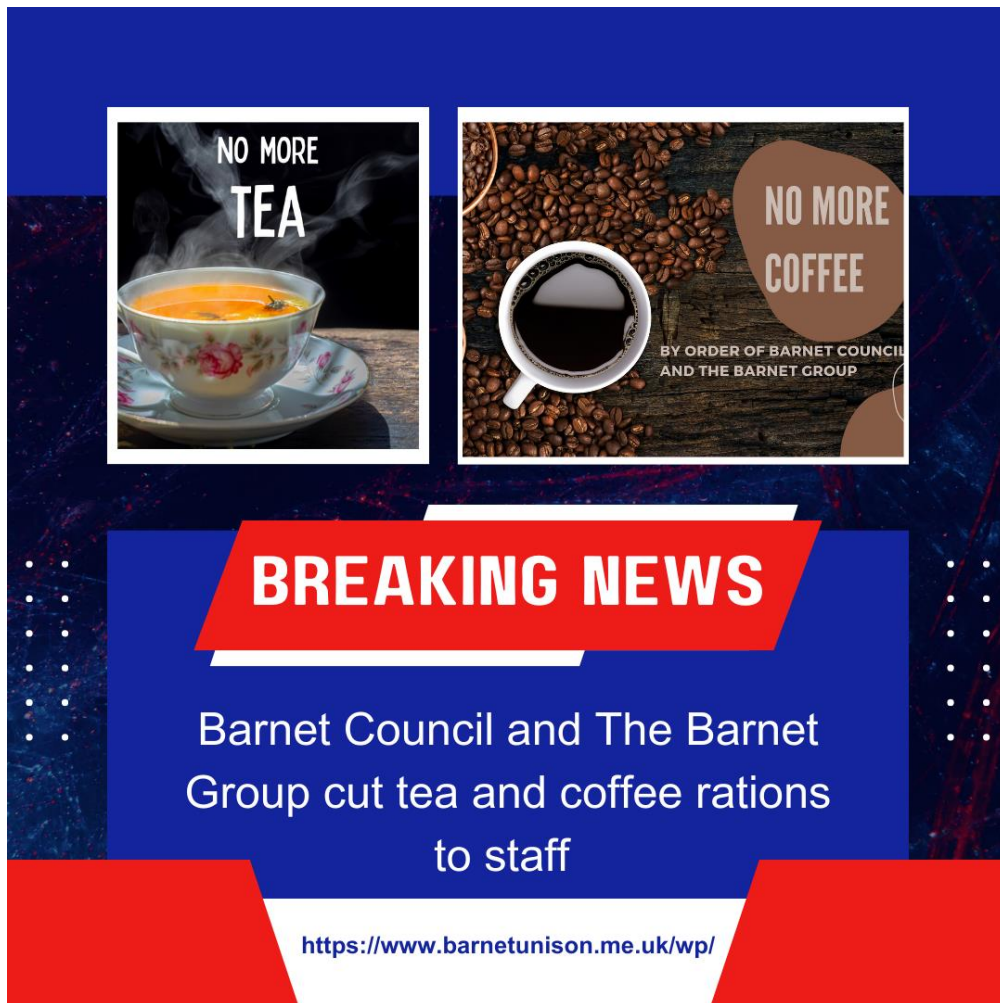


## Barnet Council and The Barnet Group cut tea and coffee to staff



**NO MORE TEA**

**NO MORE COFFEE**

BY ORDER OF BARNET COUNCIL AND THE BARNET GROUP

**BREAKING NEWS**

Barnet Council and The Barnet Group cut tea and coffee rations to staff

<https://www.barnetunison.me.uk/wp/>

Barnet Council announced last week that they would be ending tea and coffee for their staff in the workplace. The Barnet Group a local authority trading company 100% owned by Barnet Council has made the same statement to their staff.

*“Things must be bad to if the employer believes that this cut will help address the financial crisis facing Barnet Council. How much is this really going to save? This message is not going down well with staff across both employers. Our members are more interested in whether the Council has a grip on millions they keep handing over to Agencies and Consultants (£20 million last year) or the millions given to Capita (£24 million) last year. The Council need to rethink this decision.” **John Burgess, Branch Secretary, Barnet UNISON.***

## Why we're marching on 26 October



The Islamophobia, violent attacks on Mosques, arson attacks on hotels housing refugees and other racist violence during the summer 2024 riots illustrate the deadly surge of racism driven by the far right and fascist groups.

Jewish communities faced pogroms and the Holocaust in the nineteenth and twentieth centuries. Fascist movements today remain deeply antisemitic. Racists and fascists stand for pogroms against Muslims, Jews, refugees, migrants, African, Asian, Caribbean, Gypsy, Roma, traveller communities and all those who face racism. All racism must be stopped in its tracks.

The most effective way of countering the far right is by mobilising on the broadest possible scale against them, in the spirit of Cable Street in 1936 and the Anti Nazi League two generations later. We know from history that fascism has grown when groups of hardened racists are able to dominate the streets.

Communities facing racism are safer, stronger and more empowered when they organise themselves and their allies in huge numbers to make clear that hate will not be tolerated. Such mobilisations show the majority oppose racism and deter people from joining the far right.

Stand Up to Racism is a movement against all forms of racism including Islamophobia and antisemitism.

Stand Up to Racism believes our society is stronger because of migration and we campaign for stronger refugee, migrant and human rights.

Stand Up to Racism campaigns against racism deeply embedded in our laws and institutions as shown in the Windrush scandal and the Stephen Lawrence Inquiry.

Stand Up to Racism rejects the attempt to label as 'hate marches' the peaceful demonstrations calling for a ceasefire in Gaza and opposing the far right Israeli government's attacks on the Palestinian people. This Islamophobia has emboldened the far right.

The far right seeks to attack the rights of women and brutally oppress LGBT+ people. Stand Up to Racism seeks to build a movement based on equality and diversity.

Austerity and attacks on the 99% are breeding grounds for racism. Far right politicians seek to exploit despair blaming migrants for a housing shortage, a collapsing NHS and a low-pay economy. Fascists also target trade unions and workers movements. Stand up to Racism rejects this. We urge political parties and politicians to challenge, not concede to racism and reverse the shortage and underfunding of housing, schools and hospitals.

We seek to unite all communities who face racism and the broadest alliance against all forms of racism.

If you support these principles, please join us on the demonstration against Tommy Robinson on 26th October and build a movement against racism, fascism, Islamophobia and antisemitism, that celebrates our multicultural and diverse society.

### Depot Wednesday organising to win for our members

**BARNET UNISON** Barnet  
**DEPOT**  
**WEDNESDAY**

**WHAT ARE YOUR RIGHTS AT WORK ?**  
PAY ISSUES | OVERTIME | HEALTH & SAFETY | ROUND CHANGES

**EVERY WEDNESDAY | 5.45-6.15 AM**

LOCATION: FIRST FLOOR IN NEW BUILDING IN THE DEPOT

ARRANGE FOR A ONE TO ONE MEETING TO DISCUSS PERSONAL ISSUES

#DepotWednesday an opportunity for our depot workers to speak with their #BarnetUNISON reps about all the issues they are facing in the workplace.

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## October Mental Health Month

### **Burnout**



Burnout is not something that happens overnight, it normally builds gradually and may have taken grip before you notice it.

It is important that you identify the signs in yourself and others to promote a healthier workplace, where mental health is a priority.

The symptoms of burnout can be physical, emotional, and behavioural. The following acronym may help you spot the signs:

- B** – Becoming isolated, being withdrawn or detached
- U** – Unexplained exhaustion, fatigue with no known cause
- R** – Reduced performance, not able to meet demands
- N** – Neglecting self-care, not caring for your own health and wellbeing
- O** – Overwhelmed, feelings of unable to cope, overloaded or failing
- U** – Uninterested, feeling defeated, persistent negative thoughts
- T** – Tension and stress, Felt both physical and emotional

If you experience or are at risk of burnout, contact your trade union rep for support. Ignoring burnout can lead to other issues, so it is important to seek help and restore a work-life balance.

#### **Get Support:**

- Speak to your UNISON rep
- Symptoms may be related to other health conditions so speak to your GP immediately.
- If your employer has an Employee Assistance Programme contact them
- Get more support by contacting Able Futures [applying for Able Futures](#) or call them on **0300 456 8114**

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## Pensions Advice

Mark Fox and Jim Nokku from the Barnet Pensions Team will be continuing 1-2-1 chats with pension scheme members to address any specific questions or concerns you may have. This personalised approach ensures everyone gets the tailored guidance they need, although they cannot provide any financial advice.

The next batch of 15-minute chats will take place Tuesday 5<sup>th</sup> November between 11am-1pm and 2pm-4pm in the Colindale Office.

Book your slot today by emailing [pensions@barnet.gov.uk](mailto:pensions@barnet.gov.uk)

If you cannot make the 9 October and still wish to have a chat regarding your pension, further sessions will take place over the rest of 2024 and 2025 on:

- 12 December
- 15 January
- 12 February
- 12 March



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