

Issue 1  
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# ROWLAND HILL FUND AMBASSADOR NEWSLETTER

## Welcome to our first Newsletter

### National Ambassador Event

Thanks for a great event everyone. This is what we said we would all do this year ...

### The year of 500 .....

- ☺ a Nat Amb fundraiser: 500 mile baton pass
- ☺ get 500 Facebook Likes
- ☺ grow number of Ambs to 500
- ☺ increase applications to 500
- ☺ every Amb to raise £500 locally

### and continue to focus on our local offices by .....

- ☺ raising awareness at WTL and Huddles
- ☺ finding new Ambassadors
- ☺ involving local union reps
- ☺ using social media to promote our work

### 2016 DATES FOR THE DIARY

- ◆ 12th May - next National Ambassador Event

### 2016 SPONSORSHIP EVENTS (min fundraising £100)

- ◆ 24th April, London Marathon (no places left)
- ◆ 10th July, Vitality British 10k London Run (12 places)
- ◆ 22nd May, Gt Manchester Run 10k (2 places)
- ◆ 11th September, Gt North Run Half Marathon (4 places - £200)
- ◆ 23rd October, Great South Run 10 miles (no places left)

**WANT TO RUN - RING US PLACES  
ALREADY PAID FOR**

**Want to lead on the National Ambassador Fundraiser  
RING US ..... 020 7239 2271 or 020 7239 2043**

### Ambassadors Buddy up

#### Idea from one of our Ambassadors

**Find a buddy to work with**

**Two heads are better than one**

**Support each other with ideas**

**Talk to each other about local issues**

**What a great idea .... go find  
yourself a buddy and let us know**

### What else is happening ... Time to Talk initiative

#### Time to Talk Day took place on Thursday 4th February

Mental health problems affect 1 in 4 people every year and people are afraid to talk about it openly because they fear it will affect their jobs or relationships.

Royal Mail Group, the CWU and Unite/CMA are working together with Time to Change to end this stigma and there are 5 Mental Health Awareness films, available via On Screen Demand and Success Factors E-Learning.

RHF supports this initiative and encourages colleagues to watch the films and pick-up a Z-Card, available in all offices. There is also a WTL briefing pack available. For more information, speak to your Line Manager or CWU Rep.

### Spotlight on Greenford Mail Centre and Pardeep Ahluwalia

We want to thank Pardeep who regularly and actively shares the work of the Fund in the weekly Regional blog, talking to people on the Mail Centre floor and staying in touch with the Fund to tell us what is happening. **THANK YOU .....** **Contact us to be featured in our Spotlight Section**

## Key Contacts

#### Regional Lead Ambassadors

EAST: Emma Jackson  
WEST: Rachel Butterworth  
NORTH: Leanne Lyons &  
Janet Sheard

#### The Rowland Hill Fund

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#### Feeling First Class Helpline

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