

The Cymru Wales Disabled Members Self Organised Group

The **Cymru Wales Disabled Members Self Organised Group** is a group where members who self identify as disabled are welcomed and encouraged to participate in a supportive environment. The group meets at least 4 times a year along with a Development Weekend looking at forthcoming priorities for disabled members in Wales.

The group is always eager to improve skills, knowledge and understanding of issues relating to employment and trade union matters, particularly those relating to disabled members. Members also attend regional events and committees on behalf of the group to ensure that activity in the region incorporates the needs of disabled members.

The group works together to prioritise areas of work, identify development needs and provide support and networking opportunities. Both new and experienced members take part and run the group and send delegates to other UNISON Self/Organised Group Meetings, National Committees and to Regional/National TUC events. The action plan for 2013/2014 is around mental health and how we can best support our members who suffer with mental health issues.

A mental health leaflet is currently being produced with a launch taking place in March 2014. If you would like to get involved or find out further information please contact me at c.bezzina@unison.co.uk or telephone the **UNISON** Cymru/Wales Office on **02920729413**.

CARMEN BEZZINA
AREA ORGANISER