

WHEELS

Together we Stand

Union Benefits

The Man Cave UK

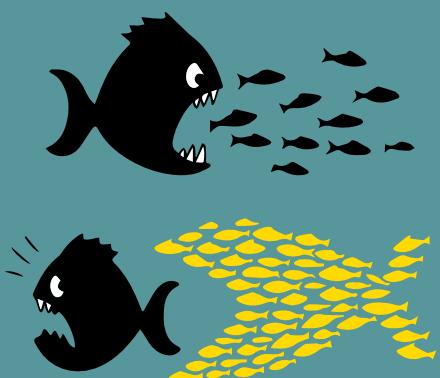
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WULF engages more than 100,000 learners in the last three years



We Are
STRONGER
Together



NA UNION WHY?

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and support with
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affiliated.
n is not affiliated to
f benefits
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d friends.

Your membership.
Your employer does not need to know if you are in a union. If you move jobs you can take your membership with you.

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If we don't negotiate on your behalf for better working conditions, who will?

Value for Money.
Legal Support Personal Injury Hardship grants Peace of Mind & More
All for the price of a cup of coffee!

ROAD TRANSPORT UNION

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Order your Union
posters and flyers

18

9 - 10

The Man Cave UK



I was very interested to read a report on a recently held 'Logistics UK' Transport Managers Conference. The conference was addressed by a Professor from Loughborough University. Professor Clemes, whom is a Professor of Active Living and Public Health, highlighted the theme of driver welfare associated with their physical health. Indicating that the health risks of professional vocational driving were well documented, particularly obesity and heart conditions, the UK's vocational drivers had some of the lowest life expectancies in the country. Sitting down for up to ten hours, combined with poor diet, long hours, dehydration, poor sleep and stress have a marked impact on an individual's health and well-being as a professional driver. It is incumbent upon us all to ensure that individuals are not only aware of the risks but that they seek to minimise such risks.

I concluded my last article in 'Wheels' during April of this year, by expressing a wish for a warm summer. I had no idea when writing what was going to be in store for the UK. With temperature records tumbling as we sweltered in the heat, it must be obvious to all, particularly with recent flooding, that our climate is changing. Whether this is as a result of human intervention or, is a result of changing weather patterns, it creates difficult conditions in which to work. As many readers without an air-conditioned cab to work in, dehydration, as outlined above, becomes a real worry without adequate access, stuck in traffic on the motorway, to water. Climate changes are affecting us all.

Any discussion nowadays within logistics will be accompanied with the mention of 'Artificial Intelligence' ('AI'). In logistics, where every mile, pallet and delay is perceived as costing money, 'AI' has found fertile ground in the world of warehousing, fleets and supply chains. Whether it is fuel efficiency, route optimisation or traffic analysis, 'AI' will help move goods faster, greener and with fewer errors. 'AI' unfortunately also has the ability to alienate workers. However, this should not be the case. Whilst an algorithm might propose a quicker route, it is the professional driver of the vehicle whom makes the call when a road is blocked. A computer might predict the delay, but it is the professional driver whom manages the consequences. Whilst 'AI' can help, it cannot feel, care or see the full picture. Unions have for a long time pointed out that algorithms do not possess values, but workers do. 'AI', whilst here to stay, is not our destiny. It is shaped by intent, oversight and negotiation, in other words, by its very nature, it is political.

Finally, you will no doubt have been made aware of the recent changes which created a new National Driver CPC (N-DCPC). Whilst it would appear to me that its introduction is clearly associated with the UK's exit from the European Union, professional drivers whom are in scope, in my opinion, should always opt for the International Driver CPC (I-DCPC) route to qualification, this being the most practical and versatile solution. Any professional driver should bear in mind that I-DCPC covers drivers who only undertake journeys within the UK, N-DCPC definitely will not cover you for an international journey, even as a 'one off'. Think before choosing.

Until next time – drive safely.



Union contribution rates 2026

For members paying their contributions through their Bank or Building Society, this increase will take effect for all payments due after 01 January 2026.

Where contributions are deducted from payroll your employer should have received notification, but would you please ensure that they are aware of the new rates.

This decision to increase membership contribution rates was sanctioned by URTU's National Executive Committee. The Union continually monitors its cost base to ensure that any increase is kept to an absolute minimum.

	Weekly	Monthly	Quarterly	1/2 Yearly	Yearly
Driver	£5.05	£21.88	£65.65	£131.30	£262.60
Non-Driver	£4.20	£18.20	£54.60	£109.20	£218.40
Part Time	£2.45	£10.62	£31.85	£63.70	£127.40

WULF engages more than 100,000 learners in last three years

TUC Press Release

19 September 2025

<https://www.tuc.org.uk/news/wales/tuc-cymru-wales-union-learning-fund-engages-over-100000-learners-last-three-years>

The Wales Union Learning Fund (WULF), established in 1999, remains a vital lifeline for workers who are too often excluded from traditional learning opportunities. New data, released during Adult Learners' Week, shows that WULF is not only helping people upskill – it's transforming lives.

Data collected by Wavehill on behalf of TUC Cymru shows that WULF is reaching workers who are often unable to access learning opportunities.

- Nearly 25 per cent of WULF learners report having a disability, highlighting the programme's success in reaching those who face barriers to education and training.
- 26 per cent of learners have caring responsibilities, a group that often struggles to access rigid, classroom-based learning. WULF's flexible approach is making learning possible for them.
- Most WULF learners are aged 50–59, a demographic frequently overlooked for skills development. WULF is helping older workers stay competitive and confident in the workplace.

Shavanah Taj, General Secretary of TUC Cymru said: "Everyone should have access to lifelong learning. I'm proud to see that WULF has reached over 100,000 workers in the last three years, and that it continues to reach workers who are often left behind. After 26 years of WULF I'm still meeting workers whose lives have been transformed by union-led learning."

Mark Church wasn't able to read and write until his union encouraged him to join a WULF essential skills programme – an experience he describes as feeling like he'd been 'let out of a cage'. WULF training has given Pru Orridge the skills to be able to progress in her career from admin assistant to senior manager in HMRC's Large Business Directorate.

"But WULF doesn't just change individuals' lives, it's also good for employers and good for the economy. Employers like CAF see so much value in the training provided by WULF that they work together with the union to provide further learning opportunities. In the 2022-25 WULF project period employers across Wales co-invested over £2.5 million in learning and training."

The recent research found a high satisfaction rate among WULF learners:

- 93 per cent of respondents found the training either very or quite useful.
- When asked what they would have done if WULF training hadn't been available, over half said they wouldn't have done any training at all, a stark reminder of WULF's unique value.

WULF was also seen as vital in driving performance and progression:

- 72 per cent of learners said their training had improved their performance at work.
- 87 per cent felt encouraged to pursue further learning, and 29 per cent had already taken the next step.

WULF is not just a one-off opportunity – it's a gateway to lifelong learning. And it's effective in building a culture of learning:

- 36 per cent of learners said they would recommend WULF learning activities to colleagues.
- Even more impressively, 60 per cent already had – a testament to the programme's impact and the solidarity it fosters among workers.

Looking to the future, Shavanah Taj said:

"WULF is a huge devolution success story. So TUC Cymru is calling on all parties to commit to safeguarding and increasing funding for WULF, ensuring it is protected as a core pillar of Wales's fair work agenda. Continuing to invest in WULF is the best way to ensure that workers are trained and ready to respond to the technological and low carbon transitions ahead."



SAFE VEHICLES SAVE LIVES.

Road Safety Week

Let's make every journey as safe as possible, whoever we are and however we travel.

Organised by



Sponsored by



Road Safety Week is Brake's biggest road safety campaign. Every year, thousands of schools, organisations and communities get involved to share important road safety messages and join our call for safe roads for everyone.

Every year, more than 1,700 people die on UK roads. Another 30,000 receive serious, life-changing injuries. The numbers are shocking, and there has been no significant reduction for more than a decade.

At Brake, we believe that every road crash is a preventable tragedy. We believe in a world where no one is killed or harmed on a road. Safe vehicles can help us get there...

This Road Safety Week, we want to make sure that every time we get in a vehicle we are as safe as possible, whoever we are and however we travel.

Because safe vehicles save lives!

What is a safe vehicle?

Safe vehicles are designed to prevent road crashes and protect people inside and outside the vehicle if a crash does happen

Safe vehicles...

- Prevent crashes - Automated driver assistance systems keep vehicles in the right lane and below speed limits, detect hazards and brake in an emergency.
- Protect people inside and outside the vehicle - Seatbelts, airbags and 'forgiving' vehicle parts protect people inside and outside the vehicle in a crash. Vehicles must pass stringent crash tests.
- Manage driver safety - Vehicle technology detects unsafe driving behaviour (e.g. due to tiredness) and informs authorities.
- Are roadworthy - Vehicles are maintained to the highest standards and drivers carry out checks before every journey.
- Record crashes - Event data recorders record what happens in a crash and notify emergency services immediately.

Safe vehicles are an important part of the safe systems approach to road safety – a shared approach to prevent death and serious injury from road crashes.

Visit: <https://www.brake.org.uk/>

October woes: why is this the worst road safety month in the calendar

RHA

Brian Kenny

17 October 2025

<https://www.rha.uk.net/news/news/detail/october-woes-why-is-this-the-worst-road-safety-month-in-the-calendar->

October is an interesting month when it comes to road safety. The days shorten, visibility drops, and the weather begins to turn. This is also the time of year when we see the highest number of bridge strikes across the UK and it's no coincidence.

According to Network Rail, an average of five bridge strikes occur every day, but that number almost doubles in October. The combination of poor light, challenging weather, increased delivery pressures ahead of the Christmas season, and the use of temporary or seasonal drivers creates a perfect storm for risk.

It's why the Destination Zero Bridge Strikes campaign is so important and why I'm lending my full support.

About Destination Zero – bridge strikes

Every year, around 1,600 bridge strikes happen on our network. Each one carries safety risks, causes disruption, and costs the industry millions. Without change, which could mean 24,000 more incidents in the next 15 years.

The Destination Zero initiative is industry-led, bringing together operators, drivers, trainers, and regulators to promote awareness, share best practice, and embed safety into every level of the transport operation.

What makes this campaign powerful is its focus on engagement, not enforcement. It's about conversations, not compliance giving teams the tools and knowledge to prevent incidents before they happen.

The team have developed free Toolbox Talks, policy templates, and awareness posters that any operator can use to start the conversation and keep it alive throughout the year.

Why October matters

October is often the first month of the year when we start to feel the effects of adverse weather something that became all too clear recently when Storm Amy caused significant disruption across the UK.

It's also the month when:

- Drivers are adjusting to shorter days and reduced visibility
- Roads are wetter, windier, and more unpredictable
- Seasonal drivers may be unfamiliar with vehicles or routes
- Delivery volumes surge in preparation for the festive season

These conditions don't just test vehicle performance they test driver awareness and decision-making. For high-sided vehicles, being alert to weather warnings, knowing your route, and checking vehicle height is critical.

This is the time of year when I give my own vehicle extra attention: more frequent checks, topped-up levels, and a few winter essentials in the boot, water, blankets, and high-vis gear. It's also the right time to make sure our professional fleets are ready for the conditions ahead.

How Operators and Drivers can have an influence

Preventing bridge strikes is straightforward when safety becomes part of the daily routine. Simple steps can save thousands in damage and downtime but more importantly, they can save lives.

- Carry out accurate vehicle height checks before every shift
- Plan routes carefully and know potential diversions
- Deliver regular Toolbox Talks and refresher training
- Use available technology — from in-cab alerts to real-time mapping
- Encourage a safety-first culture led by managers, not just compliance teams

As the Destination Zero team put it, "Technology can support, but it can't replace the most powerful safety asset we have, the judgment and awareness of the driver behind the wheel."

<https://www.roadskillsonline.com/bridge-strikes-join-destination-zero>

Union Benefit Guidelines

Here is a guide to two of the benefits the Union offers its members. Full details and links can be found within the Members area of the website.

Personal Injury

The Union may provide Personal Injury Legal Assistance to Members and their Families. To take advantage of this benefit you will need:

- A valid fully paid up to date membership
- Be paying either the Driver or non-Driver full time rates

To use this service members need to visit the Members Area of the website and choose the 'Personal Injury' page. On this page they will find the telephone number for our dedicated Personal Injury Solicitors.

To make a claim the member or family member:

- Must be a member of the Union at the time of the Accident and remain a member of the Union throughout the case.
- Whilst claims can only be made within 3 years of an accident, in order to ensure that a case can be supported, a claim through our Union should be made within 2 years of the accident where possible.

You will receive 100% of your compensation. There will be no deductions for legal fees. Please note that the Solicitor's conclusion in all cases is final.

Personal Injury claims can be made if you have an accident at or away from work, or on holiday. It should be noted that our Union's Personal Injury Solicitors are unable to assist Family members with work related injuries.

Employment Law Cases

The Union may provide an Employment Law Solicitor to Members whom have paid 'up to date' membership and by quoting their membership number.

You will need to speak in the first instance to your Regional Officer. They are likely to request paperwork. Therefore, please remember to keep copies of all paperwork associated with your complaint.

Your Regional Officer will assess your case. If it merits a referral to the Union's Solicitors, your case will likely be passed to a solicitor whom will determine whether your case will be supported. If appropriate the solicitor will be instructed to provide Legal support.

Personal Injury

Through your Union membership you can access free legal advice and representation.

Take advantage of free personal injury support for you and your family.

- Keep 100% of your compensation
- Avoid legal fees
- Access to experienced lawyers who have dealt with dozens of similar cases before

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The Man Cave UK

Joanna Richards

URTU

Published: 29th August 2025

Men, Silence and Salvation: How The Man Cave UK in Northampton is Changing Lives

Mental health doesn't look the same for everyone, and for many men the signs are subtle — or hidden entirely. Depression can arrive as fatigue, irritability, or withdrawal rather than tears. Anxiety often shows up as anger, overworking, or numbing through substances.

Loneliness and isolation quietly worsen physical health, impair decision-making and erode motivation. Shame and cultural expectations about toughness make it harder for men to ask for help, so problems are left to spin until they become crises.

That silence matters. Untreated mental health issues increase risk of substance misuse, relationship breakdown and suicide. They also stop men from experiencing joy, connection and purpose. Breaking the silence is the first, hardest step — and community-based spaces that encourage honest conversation are proving to be powerful catalysts for change.

A small, welcoming space in Northampton called The Man Cave UK does exactly that.

How It All Began

The Man Cave UK didn't start in a boardroom. It started 13,000 feet above the ground, with founder Scott Poulter skydiving over Dubai. On paper, he was living the dream. But somewhere in that freefall, he felt not adrenaline, but emptiness — a loss of meaning and disconnection from himself.

When he returned home to Milton Keynes and sought help, the system met him with a nine-month waiting list. That moment lit a fire. Scott, who had already battled addiction and experienced the power of peer support, realised he didn't need to wait for permission to create what he wished existed: a space for men to gather without judgment, without masks, and without shame.

That's how The Man Cave UK was born — a volunteer-led mental health community built on brotherhood, empathy, and the belief that no man should ever have to go through life's struggles alone.

A First-Hand Experience

It was a privilege to attend one of The Man Cave's Northampton sessions, and I was struck immediately by how warm and organised it felt. There was no pressure to perform or speak — just a calm, non-judgemental environment where men could simply be.

The surprise was how quickly strangers became a listening community. Within minutes, men who had walked in burdened by isolation were nodding at each other's stories, laughing gently at shared experiences, or sitting quietly together in understanding. I found myself wanting to share burdens I usually keep to myself — that is the power of this space.

What Attendees Notice Over Time

From interviews with members and volunteers, I heard how consistently lives are being changed. While every story is unique, men report the same kinds of shifts when they attend regularly:

- First-session nerves give way to confidence. Men who arrive shy or withdrawn often leave feeling lighter, more open.
- Stronger social connection. Friendships form, accountability grows, and men realise they are no longer alone.
- Better coping mechanisms. From breathwork and cold-water therapy to exercise and journaling, men learn practical tools to manage anxiety and depression.
- Improved emotional regulation. Members become calmer, more able to problem-solve, and less overwhelmed by spiralling thoughts.
- Growth in self-worth and voice. Confidence returns; some even go on to volunteer, lead, or speak publicly about their journeys.
- Turning crisis into purpose. Several men who once felt suicidal now actively help others through the very community that helped save them.

One member told me, "When I leave here, I feel lighter. It's like I've left some of my pain in the room, and no one judged me for it." Another said, "I didn't think a group like this would help, but after a few weeks I realised I wasn't carrying everything alone anymore."

Tools, Strategies, and Small Victories

The group's approach is simple but effective. Men emphasise the value of having a consistent space to be heard and learning from peers who've been through similar struggles.

For someone with ADHD or anxiety, hearing how another man structures his day can remove guesswork and shame. For someone battling depression, the rhythm of weekly meetings provides purpose and accountability. For someone isolated, even a music morning, hike, or cold-water dip can be life-changing.

Members have shared stories such as:

- A grieving son who found healthier ways to cope after losing his father.
- A man with severe depression who rebuilt relationships and is now a volunteer.
- A once-suicidal attendee who is now helping others find hope.
- Men discovering yoga, meditation, or cold-water therapy as unexpected but transformative tools.

The victories aren't always dramatic. Sometimes, they're as small as showing up — and that is enough.

Why Men Hesitate

Many men wait months, even years, before walking through the doors. Fear of being judged, of appearing weak, or of "burdening" others keeps them away. The advice from those who've attended is simple: try it.

There's no pressure to speak, it costs nothing, and confidentiality is sacred. As the members put it: "What's shared at the Cave, stays at the Cave."

One participant told me: "I came in thinking I had nothing to say. By the end, I realised I'd said more in one hour than I had in years."

Beyond a Group — A Movement

The Man Cave UK is more than a weekly meeting. It's a growing community spreading across Northamptonshire and beyond. They host open sessions in towns like Milton Keynes, Towcester, Bedford, and Northampton. They run wellbeing workshops, public talks, even corporate events with

organisations like Red Bull Racing, Coca-Cola, and the NHS — all with one mission: to break the stigma around men's mental health.

Their work is volunteer-led, built on empathy and connection. They don't replace therapy, but they do offer something just as essential: human understanding.

Final Thought

Mental health work rarely looks like dramatic breakthroughs. Most of the healing I witnessed at The Man Cave UK was small, steady, and relational: a safe place to be seen, practical tools to use on hard days, and the quiet courage of men helping men.

For me, the biggest surprise was how personal it felt. Even as an observer, I found myself wishing to sit in that circle and share openly. That longing reminded me of a universal truth: we all need safe spaces where we can take off the mask, breathe, and simply be human.

If you're reading this and wondering whether to reach out — go. You don't have to share on your first visit. Just take a seat. You may leave with new tools, a lighter load, and the knowledge that you are not alone.

Because sometimes salvation begins with something as simple as showing up.



Picture of members of The MAN Cave UK



Partners Credit Union

'Save, Borrow, Plan for Tomorrow'

People First Community Banking

Save, borrow, and manage your money with a member-owned financial co-operative; a community bank that puts people before profit!

We have teamed up with your union, URTU, to offer membership of Partners Credit Union. We have a full range of ethical, affordable and accessible financial services available, from savings accounts for yourself, wife/husband/partner and your little ones to affordable and accessible loans up to £15,000 from just 3.5% APR *

It's never too late to build your financial resilience and prepare for challenging times ahead. We understand that saving might be difficult right now but even setting aside a small amount regularly can help prepare you for difficult times. Our specific Christmas Savings Accounts start up every January, in addition to our regular savings accounts.

Not yet a member? Don't worry – it's easy to join - you can even apply for a loan and join at the same time. It's free to join and easy to do.

More information can be found on our website – www.partnerscreditunion.co.uk – further contact details overleaf along with opening hours.

SO DON'T DELAY, JOIN TODAY!



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GO TO OUR WEBSITE

What is a Credit Union?

Credit unions are not-for-profit savings and loans co-operatives owned and run by their members for their members. They offer savings, great value loans and insurance products, plus they are local and ethical and exist solely to benefit their members.

Is the Credit Union Safe?

Short answer is yes! Apart from being strictly regulated by the Financial Conduct and Prudential Regulation Authorities, credit unions are covered by the Financial Services Compensation Scheme (FSCS) who will make sure you get your money back, automatically compensating you up to £85,000 per eligible person, in the unlikely event that the credit union fails.

Who can join Partners?

We have a unique agreement with URTU, offering membership of Partners to their members and their husbands, wives or partners living in the same household. We also have childrens accounts which you can open for your kids, grandkids, nephews and nieces.

Saving with Partners

By saving up a nest egg you'll feel confident that you can handle what life throws at you. Save as much or as little as you want in our regular savings accounts or specific Christmas Club accounts. We even do accounts for children!

Loans from Partners

Whether it's time to sort out your finances, buy a new cooker, replace the family car, finally do those home renovations, or make a start on re-building your credit, a personal loan from Partners could be the answer. We have a range of different loan amounts and terms available - up to £15,000. Use our loan calculator on the home page of our website to work out your repayments and what is best for you.

How do I make payments?

You can pay into your PCU account regularly by Standing Order, straight from your wages if your employer is one of our Payroll Partners ('What you don't get you don't miss' and it soon mounts up – it's so easy), or by having your benefits paid direct into your account with us. You can also make debit card payments online via our website and you can also opt to purchase a Paypoint card, so you can pay additional funds in cash via local shops, post offices etc. Please note we DO NOT accept cash payments at the office or pay funds out in cash. *If you'd like us to approach your employer re Payroll Deduction, let us know!*

Dividends/Interest on Savings

As a credit union, we don't have a single owner or shareholders. Instead, we are owned by our members. This means if and when the credit union makes a profit/surplus, it may collectively, via an Annual General Meeting, and based on a proposal by the Board of Directors, decide to pay all or some of that profit back to members as a 'thank you' for saving with the credit union. This is called a dividend. We may also offer interest bearing Cash ISAs from time to time.

Free Insurance

Our members' savings (excluding ISA's) and loans are insured at no cost to them, so in the event of your death, your loan is repaid and an extra 50% on top of your savings balance is paid out. *Terms & Conditions do apply so please check.*

Other

- Mobile App – balances, instant withdrawals, loan applications
- Debit Card & Paypoint Card upon request (charges apply)
- Members' Only Monthly Lottery

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We are open Mon-Fri from 9.15 am – 4.15 pm (calls & emails)

Office is open Mondays and Fridays only for face to face visits, by appointment only

Understanding your rights after an accident at work

Phil Liptrot,
Head of Personal Injury at Thompsons
Published: 4th November 2025

Working in haulage and logistics comes with risks – from long hours behind the wheel to handling heavy loads in busy depots. If you're injured in an accident at work, it's important to know your rights and the steps to take to protect yourself and your livelihood.

At Thompsons Solicitors, we've stood with workers for over a century, helping thousands secure compensation after workplace injuries. Here's our straightforward guide to what you should do if you're hurt on the job.

What to Do Immediately After an Accident

1. Get Medical Help

Your health comes first. Get the treatment you need, whether that's first aid on site or hospital care. Even if your injury seems minor, it's worth getting it checked out – what feels like a small strain could develop into something more serious.

2. Report the Accident

Let your employer or supervisor know what's happened as soon as possible. Ensure your accident is logged – either in the accident book or through an internal reporting system. It is crucial that the accident circumstances are described accurately and so if someone else is completing the record be sure to check it carefully before you confirm its accuracy. If there isn't an accident book available, write down the details and keep a copy for yourself. Make a note if your accident was caught by CCTV and request that the footage be retained.

3. Note Witnesses

If anyone saw what happened, write down their names and contact details. Witness statements can be crucial to proving your case and we will contact witnesses to secure their evidence at the earliest opportunity.

4. Take Photos

If you can, take pictures of the area where the accident happened. Include anything that may have contributed to the incident, like wet floors, faulty equipment, or poor lighting.

5. Act Quickly

If you've been injured at work, it's important to act quickly. Ring URTU Personal Injury Legal Services on 0808 1968 643 to get some advice as quickly as possible about making a claim for compensation.

6. Keep Records

Save any documents related to your accident such as receipts for medication and travel expenses. Keep a note of the nature and frequency of any help or assistance you need from friends or family members and details of how your injury has affected your work and day-to-day life.

Building Evidence: What Helps Your Case

If you decide to make a claim, the more information you can provide, the better. Your legal team will need to show what caused the accident and how it's impacted you. Useful evidence includes:

- A written account of what happened in your own words – do this while it's still fresh in your mind. Be careful to accurately describe the mechanics of your accident, for example a 'trip' is different from a 'slip', and a 'fall' is too vague and usually a consequence of one of the former. What caused you to slip? Describe the substance or spillage, or perhaps the slippery or loose surface. What caused you to trip? Describe the obstacle or uneven/loose surface material. If you can, get someone to take measurements of the spillage or dimensions of the tripping hazard, before it is removed or rectified.
- Accurate medical records – it is important that clinicians record the circumstances of your accident accurately and that there is a good record of all of your injuries and symptoms.
- Details of any time off work and the financial impact it's had.
- Correspondence with your employer about the accident.

Remember, the law is on your side. Employers have a duty to keep workplaces safe – whether that's ensuring vehicles, work equipment and workplaces are well maintained and in proper working order, or that adequate training and personal protective equipment are provided.

You Don't Have to Go Through It Alone!

We understand how tough it can be when an injury throws your life off track. That's why our team only represents injured workers – never employers or insurers. We work closely with unions and understand the unique pressures faced by those in haulage and logistics.

If you've been injured at work, it's important to act quickly. Speak to your union rep and contact our team for free advice on how we can help you secure the support and compensation you're entitled to.

Call us on 0808 1968 643 - URTU Personal Injury Legal Services



Fuel duty rise could cost the country over £7 Billion

Published: 20 October 2025

Road Haulage Association

<https://www.rha.uk.net/news/news/detail/fuel-duty-rise-could-cost-the-country-over-7bn->

"We're urging the Government to keep fuel duty frozen.

At a time when many budgets are stretched thin by cost-of-living pressures, we need to be honest about the real-world impact of fuel duty increases.

It's not just about motorists. It's about how we move goods, feed families, and keep the economy running" (Richard Smith, Managing Director, RHA)

The RHA (Road Haulage Association) has warned the Chancellor that scrapping the fuel duty freeze in the Autumn Budget could increase household living costs by £7.3 billion between now and 2029.

New research carried out on behalf of the RHA has revealed the true impact of a 5p fuel duty increase. Higher prices at the pump and higher distribution costs would push up prices for food, drink and energy, affecting UK households.

As a result of a 5p increase, overall consumer prices would jump 0.3% - draining £2 billion from UK households annually. For the average car-owning family, that's £100 extra annually. By 2029, this climbs to £360.

Commenting, RHA Managing Director, Richard Smith said:

"Diesel costs more here than anywhere else in Europe, and over half of every pound at the pump already goes to Government. Road freight transport firms keep shops stocked and building sites running, but they've been squeezed in recent years. A fuel duty increase would be a hammer blow to a key industry already operating on tight margins.

"When businesses face higher fuel costs, the costs don't disappear. They flow through the supply-chain. This means households pay more for the weekly shop and energy bills. The essentials are hit hardest, and lower-income families feel it most."

Richard added:

"We're urging the Government to keep fuel duty frozen. At a time when many budgets are stretched thin by cost-of-living pressures, we need to be honest about the real-world impact of fuel duty increases.

It's not just about motorists. It's about how we move goods, feed families, and keep the economy running."

Government right to rule out unfair tribunal fees

Published: 10 October 2025

Institute of Employment Rights (IER)

<https://www.ier.org.uk/news/government-right-to-rule-out-unfair-tribunal-fees-says-britains-largest-union/>

Last week Trade Unions sounded the alarm over reports from The Guardian that the Government may be considering a reintroduction of Employment Tribunal Fees. They said that a source close to the Government states that a plan was agreed in Chancellor Rachel Reeves's June spending review, as part of efforts to find savings in the Ministry of Justice budget, in a drive to recover some of the costs of running the service.

The Justice Secretary, David Lammy, who last week declined to deny the reports, has now explicitly ruled out a return to tribunal fees, saying:

It's a fundamental principle that everyone, no matter their income, should be able to get access to justice to challenge unfair behaviour at work.

It's not just a basic right, it's also fundamental to this Government's plan to make work pay. That's why it will remain free to bring a case to an employment tribunal, ensuring everyone, no matter their means, can stand up for their rights at work.

The Tory-Lib Dem Coalition Government tried to price workers out of justice with Tribunal Fees. Let me be clear, we will not.

Tribunal Fees (introduced in 2013) were withdrawn in July 2017, after trade union Unison successfully argued before the Supreme Court that the fees prevented thousands of employees, particularly people on low incomes, from securing justice. General Secretary, Christina McAnea, said:

Tribunal Fees would have completely undermined the positive changes in the Employment Rights Bill and only benefited unscrupulous bosses.

The bill is designed to make work fairer. But the new rights would be meaningless if workers can't afford to enforce them if employers ignore the law.

Tribunal Fees are unfair and would deny low-income workers access to justice. That's why UNISON went to court and got them scrapped.

Ministers are right to rule out bringing them back. Their return shouldn't have been under consideration though



Union Sickness Benefit

The Union offers a Sickness Benefit to members who are on the 'A+BF' and 'A' scales. Below is a brief overview of the benefit and how to claim.

- A member has to be fully paid up for a minimum of 26 weeks to be able to claim the benefit.
- The Union requires copies of sick notes for the entirety of the sickness period.
- A member can only make and receive sickness benefit once within a 12 month period. Once a sickness period has ended, the member has to pay Union contributions for 49 weeks before a new sickness claim can be submitted.
- There is an initial three week 'waiting period' at the start of a sick claim. Your Union does not require sick notes to cover this period.
- The Sickness Benefit entitles the claimant to £15 per week, for a maximum of 12 weeks.
- Sick notes also cover a member's contributions. After the full £180 Sickness Benefit has been paid out, if a member is still off sick they need to continue to send in copies of their sick notes. This is to ensure that they do not pay contributions whilst absent from work through sickness.
- A refund of contributions cannot be backdated. Refunds of contributions start from when the first sick note is received into the Union's Head Office, but will be reimbursed from receipt of the second sick note.
- To receive a refund of contributions a member has to have paid contributions 'up to' date.
- Sick notes can be sent through the membership area of the Union's Website or by e-mailing the Union's Head Office.
- Members are responsible for sending or ensuring that their own sick notes are forwarded to our Union's Head Office.



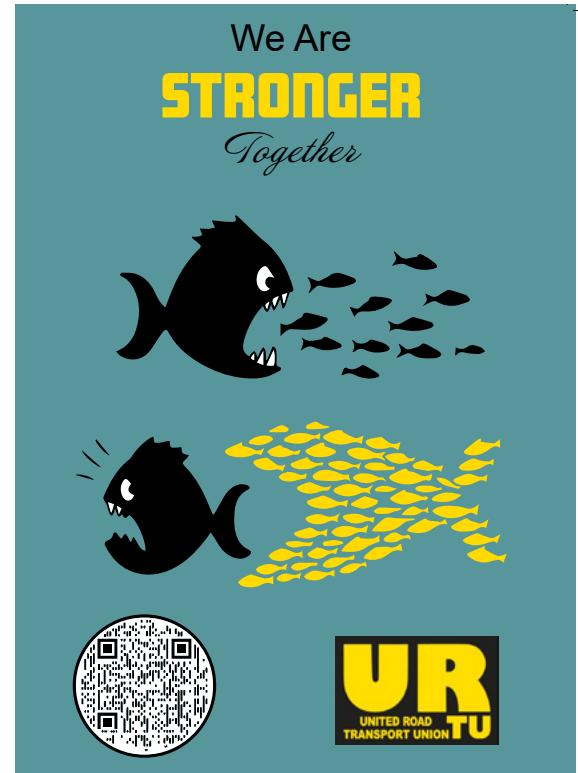
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Scan the following QR code or visit www.urtu.com and join today.

Visit the dedicated members area to access the Union benefits and update your details





Learning for Health and Wellbeing

The URTU E-Learning Academy offers our members living or working in Wales an exciting range of FREE online courses to support skills development, professional growth, and personal health and wellbeing.

Some of the key benefits of the learning platform include:

- Engaging learning materials
- Easy-to-follow format
- Compatibility with all major browsers and devices
- A wide variety of courses, from short micro-learning video lessons to full-length modular programmes
- CPD-accredited certificates

The most recent addition to the platform is the Wellbeing Hub, which features on-demand videos from industry experts Les Mills and MindLabs. These sessions include online movement and mindfulness classes designed to meet a variety of needs—such as fitness classes for different ability levels, meditation, breathwork, and resources to help with reducing stress, improving sleep, increasing energy, relieving anxiety, and more.

One of the learners who has regularly benefited from the URTU's E-Learning Academy is Jonathan Jones, a professional driver at Warburtons. Here's what he had to say about his experience:

"I have now completed five courses with the URTU E-Learning Academy over the last year or two and have recently enrolled in a couple more.

I generally sign up for the shorter online courses—those that take just an hour or two—on topics that help improve my general wellbeing and provide useful knowledge for everyday life.

These are the courses I've completed so far:

- How to Improve Your Sleep
- Stress Management
- Nutrition for Older Adults
- English Grammar
- How to Build Resilience

As you can see, these are general but practical topics that support day-to-day living. I'm not looking to dive too deeply into one subject at the moment, but I've noticed the platform offers a long list of courses—some short and others more in-depth, including ones that can help you gain qualifications.

With work and family commitments, the shorter courses suit me best. I like doing an hour here and there and hopefully picking up something useful.

I found out about this opportunity through the URTU E-Learning representative during one of the visits to the depot organised every few months. If it weren't for the URTU Learning Project, I wouldn't have known that these free courses were available to drivers—from a trusted and reliable source.

The online courses are interesting and easy to follow. They usually feature short videos with a few questions throughout—not too taxing, which suits me fine. It's an easy and convenient way to learn."

The latest information on the Health and Wellbeing courses available through the URTU E-Learning Academy can be found [HERE](#).





Get Certified in Health & Safety with IOSH-Approved Training Courses

We recently spoke with our member Carl Bennett-Evans, who has enrolled onto the IOSH Managing Safely course.

Q&A with Carl Bennett-Evans :

1. Where do you work and what is your role?

I'm currently a HGV Driver at Warburtons, which keeps me pretty busy delivering to multiple shops throughout the day. What's also interesting is that I occasionally work in the office, focusing on PGI (Pre-Goods Inspection) around the depot. This involves conducting checks of the factory to identify any potential safety issues. When we find something, we work diligently to resolve it, ensuring everyone stays safe and the factory runs smoothly. It's a role where I feel I can really contribute to the well-being of my colleagues.

2. Why did you decide to enrol on the course?

I decided to enrol on the IOSH course primarily because I recognized the increasing importance of safety in the workplace. For me, it's about more than just a qualification; it's about making a tangible difference. I truly believe that if I can play even a small part in keeping people safe at work, then I've done my job correctly and contributed to a positive environment.

3. How did you choose this particular course?

I chose this particular IOSH course after getting some great advice from URTU. They helped me navigate the options and ensured I was picking the right course for me personally, aligning with my career goals and current role.

4. What are the advantages and disadvantages of studying online at your own pace?

The biggest advantage of studying online at my own pace is definitely flexibility. It's incredibly helpful to be able to fit my study around my work schedule and personal commitments. This means I can study when I'm most focused and productive, whether that's early mornings or quiet afternoons. Another plus is that online courses are often more cost-effective than in-person alternatives, saving on things like travel and accommodation.

The main disadvantage is that it really demands a high level of self-discipline and motivation. Without the structure of a traditional classroom setting, it's up to me to stay on track and ensure I'm making consistent progress.

5. How do you organise your study?

I organize my study by setting aside specific blocks of time each week. I find it works best to do this when my children are in school, as it provides some much-needed quiet time at the house, allowing me to fully concentrate on the material.

6. How will this course help you progress in your career?

This IOSH course will significantly help me progress in my career by opening doors to a new role and a potential career change. I'm looking forward to applying the knowledge and skills I gain to contribute in a new capacity, potentially in a dedicated safety-focused position.

7. Would you consider doing another course once you have completed this one – if yes, how will you look for one/what other training would you consider?

Yes, absolutely! I'm a strong believer in continuous professional development. Once I've completed this IOSH course, I would certainly consider further training to build upon this foundation. I'd likely start by exploring what other safety-related qualifications are out there, perhaps even looking into more advanced health and safety management courses. I'd probably consult with the Union again, as they were so helpful this time, and also look at industry-recognized bodies for guidance on relevant certifications.

To find out more about the IOSH training, please register [HERE](#)

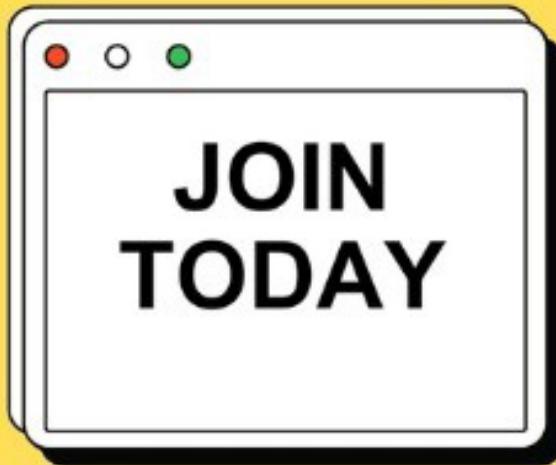


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Basic Shop Steward

The course has been designed to enable our Shop Stewards to develop and improve their skills and knowledge. The course identifies ways in which improvements can be implemented to make the Union more effective at a local level.

Course aims:

- Ensure you understand your role within the Union and your responsibilities toward the members.
- Learn essential skills to assist you in representation at disciplinary and grievance meetings.
- Develop your communication skills.
- Give you a clearer understanding of relevant legislation.
- Consolidate your negotiating skills.
- Give you an understanding of the importance of recruitment and retention.
- Develop your recruitment skills.
- Increase your confidence as a Shop Steward.

Advanced Shop Steward

The course has been designed for our Shop Stewards who have previously attended the Basic Shop Steward course.

Course aims:

- Develop your knowledge of Disciplinary and Grievance procedures.
- Develop your knowledge of Collective Consultation and TUPE.
- Improve your negotiating skills.
- Develop your understanding of the UK legal system.
- Gain an understanding of current Employment Law.
- Develop your understanding of the Working Time Regulations.

To find out the latest course dates and to book your place, visit www.urtu.com login and visit the union courses page.

Training

Basic Health & Safety

The course has been designed to equip our Health & Safety Representatives with the knowledge of the role and the trade union approach to Health and Safety.

Course aims:

- Ensure you can handle Health & Safety issues and develop an appropriate response to both members and management.
- Demonstrate your understanding of the updated SRSC Regulations.
- Ensure you know how to conduct effective workplace inspections, including all accidents and near misses.
- Develop your skills to identify, obtain, order, and summarise relevant Health & Safety information.

Advanced Health & Safety

The course has been designed for our Health & Safety Representatives who have previously attended the Basic Health & Safety course.

Course aims:

- Ensure you enhance your Health & Safety skills.
- Demonstrate your knowledge to enable you to function in a professional and confident manner within the confines of Health & Safety legislation.
- Develop your understanding of current European Health & Safety legislation.
- Develop your understanding of the constituent parts of the major pieces of this legislation.
- Develop your understanding of the Union's approach to Health & Safety legislation.

courses

WHEELS

Course Dates

Union Representatives play a vital role within the Union, helping members within their branches, and recruiting. To support them your Union hosts a number of courses throughout the year. These courses are designed to give the Representative the skills they need to undertake their role and are specifically tailored to the Logistics sector.

Below is a list of upcoming course dates. These are held at the Quorn Grange Hotel and are Monday to Thursday residential course.

To book your place on one of these courses, please contact your Union's Head Office on 0161 486 2100 or freephone 0800 526 639. You can also e-mail them at admin@urtu.com

10 - 13 November 2025 - Advanced Health & Safety

2 - 5 February 2026 - Basic Shop Steward

23 - 26 February 2026 Advanced Shop Steward

21 - 24 September 2026 Basic Shop Steward

12 - 15 October 2026 Basic Health & Safety

16 - 19 November 2026 Basic Shop Steward

23 - 26 November 2026 Advanced Health & Safety

We are here to support you.

We are here to help, advise and support with any issues, problems or concerns you may have with your employment.

Your membership.

Your employer does not need to know if you are in a union.

If you move jobs you can take your membership with you.

We are not politically affiliated.

United Road Transport Union is not affiliated to any political party.

Pay Terms and Conditions.

If we don't negotiate on your behalf for better working conditions, who will?

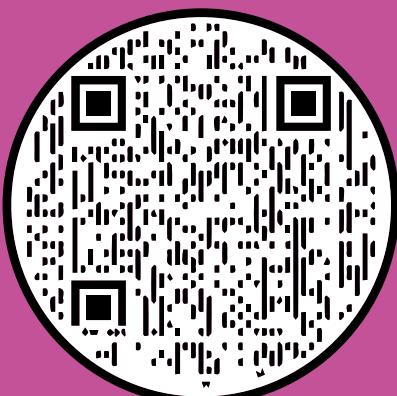
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