Get it written!

HUNTER Davies, star speaker at February’s London Freelance Branch meeting, started working as a journalist the old way – on a Cumberland local paper in 1958. He’s been freelance since 1980.

Just the day before the meeting he’d had a Sunday Times column opening “Office workers may envy freelancers their freedom, but Hunter Davies is a slave to his returns…” and he’d already “written about this evening’s event in the New Statesman football column this week.”

Hunter announced, “this is the first time in my life I’ve been asked to speak about freelancing.” At Durham University he “shared a room with the advertising manager of the student union paper, and he was giving it up. So I took it on. One day there was a gap in the paper: I did ‘a day in the life of a rowing hearty’… ‘a day in the life of a science student’ followed.” One day the heading accidentally came out as “A life in the day” and 20 years later at the Sunday Times colour mag “I gave the column that name.”

In 1958 he went to the Evening Chronicle in Manchester on £14 a week – “more than my father had ever earned.” The chief reporter took him round to fires and murders, did an interview, then went to a phone box “and rattled off a story.” After he “carefully wrote out the story” of a local disaster and “missed the first edition,” Hunter discovered the chief “only had three opening paragraphs” – he’d just recite one and keep going.

The 1960s “in fact began in 1965, when I took over Atticus (a Sunday Times column). Suddenly all the things I was interested in, like photographers and the North were ‘in’…”

In that year “Margaret [Mrs Davies] did Georgy Girl, I did Here We Go, Round the Mulberry Bush.” Both books became Hollywood films. And Hunter did an authorised Beatles biography, pitched as “a proper hardback book, to deal with all those questions they got asked… such as ‘what were Strawberry Fields?’” Paul McCartney referred Hunter to Beatles manager Brian Epstein, who suggested “a clause that no one else would get access for two years after publication.”

The book came out in 1968, the year before the Beatles split, making Hunter’s The Beatles the band’s only authorised biography.

Meanwhile, Sunday Times editor Harold Evans wanted to open up the back of the colour supplement, an “advertising desert”, since ads appearing opposite articles paid twice as much. After costly experimentation involving “staff… money… people vanishing across the world for weeks”, Hunter “took the staff for lunch and pitched ‘A life in the day’.”

Hunter ended up including “Guy the Gorilla – and began making people up too”: the column’s still around today.

Unless, says Hunter, “you’re in charge of a little area, they’ll eat you up”. The next most important thing is keeping in with the editor of your section. You are “so lucky,” he says, “if you have a personal relationship with the people you’re dealing with.”

Hunter’s daughter is a freelance journalist too and he “does feel sorry for the modern journalist – and not just for the obvious things like the demise of lunch.”

In conclusion, Hunter offered one of his “pieces of wisdom… ‘Don’t get it right, get it written.’ That doesn’t mean ‘get it wrong’ – it means ‘get it done’.” There’s far, far more online.

**Rights for ‘false freelances’**

THE COURT of Justice of the European Union has ruled that trade union collective agreements may include provision for workers who are not employed but are, in the Court’s phrase, “false self-employed”. These agreements may include provisions setting minimum rates. The case will be of particular interest to freelances in Ireland, where the NUJ and other unions have been told by government that they may not even produce lists of rates.

The workers in the case in question are substitutes for orchestra members in the Netherlands. So the ruling appears to cover people who work under the direction of a client at a place and time of the client’s choosing, but only sporadically. That would be subbing shifts, or photography paid by the day, to you.

Crucially, the ruling has no effect on laws that say when employer and client organisations must negotiate with unions. So its direct effect applies only where they are already willing to negotiate. Collective agreements still must not include the “genuine self-employed”, such as writers paid by the word or image-makers by the pixel. That continues to be seen as a “cartel” – as if freelances were liable if allowed to get together to manipulate the market as did the 19th-century US railroads.

The European Federation of Journalists is talking with the European Commission about possible ways to improve the situation. In Germany, all authors – staff and freelance – are entitled by law to “equitable remuneration” and to negotiate minimum terms agreements, under the 2002 law governing authors’ rights contracts (Urhebervertragsrecht). It took until 2010 to reach an agreement with the newspaper publishers and agreement has still not been reached.

See FALSE FREELANCES on p 5
This month's Rate for the Job includes fees for being an expert in a televised debate and for discussion at a live event – keep them coming, please. And someone reports doing work with terms “not discussed” – at less than the house agreement rate. Always do discuss it, in advance! Thinking about work for a company you’ve not dealt with before? Simply look at the Rate for the Job to find out what companies in similar niches have paid. Then aim higher. You can submit rates online, in confidence, at any time, at www.londonfreelance.org/rates – please give not only the basic rate (e.g. for FBS, First British Serial rights) but extra payments negotiated for extra uses, like the Web. These are shown as (eg) £400+100. We now record rates in Euro as well. Rates marked X are, in the editor’s fallible opinion, below par. Treat all rates as minima, even perhaps the happy few.

Punditry: Forum-style chaired crowd debate programme “expert” pundit, fares paid £75 X; South Bank Centre, participant in expert panel discussion for 90 mins, exes £60 + £300 fee.

Photography: Single A5 image in exhibition catalogue per picture usage £165; Belfast Telegraph image use per photo online £15 X; Southport Reporter music events, 6 images £0 XXXX.

Shifts: Men’s Fitness subbing day £135; GQ subbing day £125; NME subbing day £110; Mail Online subbing day, 9 hours, including night shifts £100 XXX; Mirror online subbing day, 8 hours – worrying! taxed at source £100 XXX; South London Press reporting day no expenses £100; Government per day (doing unspecified activity) £250; BBC Wales researcher day (9 hours) £106 XX.

Words, per 1000: Uncut feature £170; Petroleum Economist features, 2000 words £350; Guardian online feature, terms “not discussed” – is below house agreement rate for the paper, so do! £310; Mixmag music writing £250; 3Fox International feature no exes £200; Uncut feature £143 X; New Statesman online column – 600 words @ £75 terms “not discussed” = £125; Backpass magazine features £45 X; Greener Copywriting agency online article writing £25 XXX; Loaded short feature £166; Hertfordshire Life, X assigned to customer, no expenses £100.

Words, other: Mail On Sunday page lead news story £500; a serious Irish newspaper 300 – 400 word property reviews €150; website (unnamed) writing and editing per 300 words £30.

Since 1 January, anyone who sells an ebook to a customer in another EU country has had to charge the Value Added Tax rate applied in the country of the consumer who bought the ebook. This is the result of a 2008 European Commission ruling covering taxation of a range of “digital services”.

This means that Amazon, based for tax purposes in EU member state and tax haven the Grand Duchy of Luxembourg, will no longer be able to benefit from that principality’s 3 per cent VAT rate.

The consumer will now have to pay the tax rate of their own member state when buying an ebook. The Freelance understands that some individual NUJ members who have ebooks for sale via Amazon have been able to put their prices up to reflect this VAT increase. It remains unclear what will happen next.

The Bookseller reports that so far, there’s no sign of Amazon going to the publishers to “ask” them to take a hit and offer their books at an even bigger discount to cover the costs to Amazon of the VAT increase.

While ebooks are defined by law as being supplied to the consumer by means of the above technology, there is no threshold for the new rules. If you sell one ebook to another EU country, you must register. HMRC says that when you register under the new rules, you can declare that you are not registering for UK VAT and you can still claim back VAT on the part of your UK purchases that relate to sales elsewhere in the EU even though you’re registered as unregistered!

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Standing room only at former organiser’s funeral

We said a final goodbye to former NUJ National Organiser Gary Morton on 5 January at the City of London Crematorium at Wanstead. It was standing room only, with friends and colleagues from all parts of his life – as a student, a trade union organiser, and ultimately as a barrister specialising in employment law.

Among the tributes was a reminder from Paul Smith of Keele University – with whom Gary wrote on industrial relations – that Gary was one of the few people who was prepared to take on the late and uncollected Robert Maxwell in court. Gary’s widow, Jenny Golden, herself a former NUJ member, tells the story thus: “Gary was sued by Robert Maxwell in the early 1980s for bringing Pergamon Press into disrepute. The (NUJ) National Executive Council backed Gary by one vote… [at] a pre-hearing… the judge described the libel as “small bee stings”, but still put it to trial.

“The case was heard at the High Court… On the first morning Maxwell’s barrister went on about what an awful Communist Gary was (a bit rich, given that Maxwell famously published books on the eastern European leaders of the time). Gary remembered that his own barrister was more concerned that Maxwell’s lawyer was being paid more than him. Surprisingly, Maxwell was present and was pacing up and down the corridor during adjournments.”

At lunchtime a deal was struck, which involved Gary having to put out a circular to Mothers and Fathers of Chapels in books and magazines. Gary was at the time NUJ Organiser for this sector; Mothers and Fathers of Chapel are the NUJ’s elected organisers in workplaces. The circular said that Gary had not meant to injure the reputation of Pergamon Press. Most chapel leaders had no idea why they received the circular and they duly binned it.

© Jenny Vaughan
“YOU HAVE to do better; but we can help”. This was the message to journalists from other campaigners on information and communications at a remarkable event in London in December: Building an Alliance Against Secrecy, Surveillance and Censorship, was convened by the Centre for Investigative Journalism (CIJ) to organise resistance to the rapidly expanding threats to independent journalism, political freedom and democracy itself. There were investigative reports and links between ruling party figures and right-wing hackers, lawyers and social groups.

The imperative for collaboration comes from the revelations of Edward Snowden, an American whistleblower who formerly worked for the National Security Agency. The secretive and unaccountable NSA is the US equivalent of the British Government Communications Headquarters (GCHQ), and Snowden last year leaked millions of documents confirming that the two agencies were routinely intercepting the phone and online communications of everybody in the country.

“We are looking to journalists because the law has let us down,” said Jacob Applebaum, an American collaborator with Snowden and a prominent hacker and developer of surveillance-protected software. He was one of several to address the conference by Skype, since harassment by the US authorities means he cannot risk coming to the UK. “You need to live in a free society,” he said, “but currently you don’t. Britain is a surveillance state. Even doing research on the internet is dangerous unless you use encryption.”

Also on Skype, from Berlin, was Sarah Harrison of Wikileaks. “The UK is having what I think is a large crackdown on press freedoms,” she said, calling for a campaign in the UK to demand that journalists not be muzzled by legislation intended for terrorists. Veteran journalist and anti-war activist John Pilger asked why Britain still remains an invisible government. It is the government...

“The information age that we refer to is principally a media age. We have war by media, censorship by media, retribution by media, demonology by media. A surreal assembly line of obedient clichés and false assumptions.”

Gavin Millar QC said we need a “shield law” to establish the rights of people in the face of mass surveillance. At present the police are getting hold of journalists’ phone records and GCHQ is intercepting journalists’ confidential material and compromising their sources – in both cases bypassing the Police and Criminal Evidence Act and the Human Rights Act, which require the authority of judges to access journalistic material.

Fellow QC Ben Emmerson, who is the UN Rapporteur on Counter-Terrorism and Human Rights, said the right to privacy under human rights law must be preserved online. “Mass surveillance does not combat terrorism. Prevention of terrorism is regarded as an imperative of the highest importance but states must still comply with international human rights law. Merely to assert that mass surveillance can prevent terrorism does not provide justification in that law.”

Bea Edwards, executive and international director of the Government Accountability Project, a whistleblower protection organisation in the USA, said: “It has been the press who have best protected Edward Snowden and others. We need the press and the public working together to not just address the crimes but to protect the whistleblower.”

Daniel Ellsberg gave an inspiring address, imploring people who wanted to expose wrongdoing to contact journalists. Former White House official Ellsberg leaked the so-called Pentagon Papers in 1971, chronicling the lies and the real truth about the Vietnam War, after agonising for more than five years. “Don’t do what I did,” he said. “Don’t wait for the bombs to drop and people to die. Do what I wish I’d done in 1965 or 1966.”

“For more see www.londonfreelance.org/fl/1501spy.html

© Tim Gopsill

LFB supports Nicky Hager

WHEN London Freelance Branch passed a motion in November to support a journalist who was the subject of a police raid at the other side of the world, I didn’t expect any of us would actually get to meet him in person any time soon.

New Zealand-based investigative journalist Nicky Hager’s recently published book Dirty Politics detailed a dirty tricks operation in the office of the country’s Prime Minister John Key, involving between ruling National Party figures and right-wing blogger Cameron Slater. The book showed how the Prime Minister’s administration was feeding information to Cameron Slater in an attempt to smear its opponents. Revelations in Dirty Politics have already led to the resignation on 30 August 2014 of New Zealand Justice Minister Judith Collins over her ties to the blogger.

Days after John Key was re-elected in September, Wellington Police came to Nicky’s family home. A five-hour raid by six detectives followed, in which they took an awful lot of Nicky’s “devices”, paperwork and personal effects. The raid was aimed at tracking down “Rawshark”, Nicky’s source.

Nicky was confident his source would never be discovered, “I don’t think there’s the slightest chance they’ll find my sources.” At the CIJ symposium, Nicky confessed he was “one of the few weirdos left who doesn’t have a mobile phone”. We “can’t leave any electronic tracks at all. Never text [sources]. Never email them. Never call them from a mobile phone.” Nicky suggests that to make that important opening call to a source you “wait till you visit your obscure aunt” and make a call from her landline.

Nicky said LFB and NUJ solidarity is “immensely appreciated”, adding that New Zealand doesn’t even have a journalists’ union: their union is an obscure sub-section of a union that was historically for metalworkers and some other trades. He told the Freelance he was “optimistic” about his case. Nicky’s (encrypted) hard drives are now at the Auckland High Court and are the subject of a legal battle, with the next hearing due on 23 March.

© Matt Salusbury

Nicky Hager at the Centre for Investigative Journalism event in London.

Image © Matt Salusbury
NUJ MEMBERS freelance journalists have discovered dozens of police “intelligences’ reports” on their activities as journalists, on a database of domestic extremists, with an NUJ member who covers protests being labelled "XLW" (Extreme Left Wing). Photographer Jess Hurd and video journalist Jason N Parkinson, both of NUJ London Photographers’ Branch, are two of the six NUJ members who are bringing a judicial review over police surveillance on them at work. They gave some background to their case at a meeting of the Hallunie Society of Socialist Lawyers at the end of January. Also speaking was their barrister, Shamik Dutta of law firm Bhatz Murphy.

Jess and Jason became aware in the noughties that whenever they covered protests, uniformed police would always be there, often with police photographers, videoing and photographing them and taking notes on their movements. Worse, they would be regularly stopped and searched, often after showing their Press Cards, and in some cases assaulted, kettled, detained, arrested and prevented from filing in time.

Jason was told while entering one of the Climate Camps that he was being searched because of the “possibility” that he might be bringing weapons, or tools to commit criminal damage, into the camp. On one occasion, in the woods round the back of the EDO arms factory near Brighton, a police officer told Jason – off the record – that he was being targeted for surveillance, which he thought was wrong, and for which he personally apologised.

After a lot of work over a very long time, supported by the NUJ, Jess and Jason started getting their files from the police. Jason’s report had pages and pages of extracts from over 141 intelligence reports on events he’d covered as a member of the press. Some reports were redacted, suggesting that some of the “third parties” Jess and Jason had talked to would also show up on the same database. There were records of Jason’s social media activity – his Twitter account and his post on an NUJ Facebook page.

While the colour of Jason’s shoes – and the style of Jess’s glasses – were recorded in often sarcastic detail, both Jess and Jason’s files had some obvious omissions, suggesting police had more they weren’t releasing. These omissions included occasions on which they had been wrongfully detained and subsequently given an apology by the police.

Shamik began the meeting by asking, “Are you a domestic extremist?” The surprising answer was that it doesn’t really matter whether you are or you aren’t. The police now argue that they need to photograph and make notes on absolutely everybody on a demonstration, to distinguish the “peaceful protestors,” and eliminate them from their enquiries. Shamik said that, as with the judgement banning the blanket retention of DNA from suspects who were never charged, the courts are likely to take a very dim view of this.

Some targets of surveillance have managed to get assurances from the Met that their data (inaccurate, disproportionate, outdated or otherwise) has been deleted, but should we believe them? Shamik says that in this digital age, everything is backed up on mirror drives somewhere, so it’s never really deleted. In the event that the Supreme Court rules “do-
Vigilance on diligence

ON THE copyright front we have some good news. The UK government has withdrawn proposals to change how long copyright lasts in unpublished works. The Minister, Baroness Neville-Rolfe, said that this was due to “genuine concerns about the potential negative impact on rights holders” and the lack of a “satisfactory legislative solution.”

Under existing law, certain unpublished works created before 1989 remain in copyright until 2039. Libraries argued that this covered medieval correspondence. Musicians argued that the proposed change would play hell with their rights in demo tapes and the like.

The Creators’ Rights Alliance, of which the NUJ is part, is keeping an eye on Orphan Works licences granted since 1 October, and aims to check how “diligent search” for their authors is working. Up to early February, the government’s Intellectual Property Office had received 15 applications, 5 commercial and 10 non-commercial. So far, 9 applications had been granted covering 195 works: a commercial licence (for re-publication of books in digital format) and 10 non-commercial (for use in exhibitions, learning resources and reformatting a classical piece of music using notation software). No applications have been refused to date, one has been withdrawn.

Please help us monitor the effect of other changes in force since October, particularly those affecting when words — and pictures — may be “quoted”. As usual with “common law”, we don’t know what the legislation means until it’s been through the courts. When the legislation was being debated we pointed that it was vague enough to impose a burden on creators who’d have to pay for cases.

We haven’t yet found any reason to revise our advice at www.londonfreelance.org/lifting.html on when you as a journalist can quote others’ work. Email quoting@londonfreelance.org to alert us to cases you come across, or abuses that should be tested in court.

The big thing happening with copyright is the pressure being put on the European Union to change its authors’ rights law. In November Andrus Ansip, the responsible Vice-President of the Commission, blogged his aim of “removing restrictions… and particularly to stop blocking of online consumers based on their location or residence. This will be about reforming copyright rules and getting rid of unjustified curbs on transfer and access to digital assets.” He asked: “Is there anyone who would not want to get rid of geo-blocking, which goes against the core principles of Europe’s single market?” The answer is yes: for starters, film producers whose funding and licensing of subtitled versions would be fouled up. Thus opens a long lobby-fest. We expect a communication from the EU Commission in May.

ON THE bright side of the copyright divide, in some circles our message is getting through. Jaron Lanier noticed in the noughties he had toed the anti-copyright line in some circles our message is getting through. Jaron Lanier noticed in the noughties he had toed the anti-copyright line “satisfactory legislative solution”.

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More online...
There are more complete versions of many of the reports here at www. londonfreelance.org/fl with web links to sources and further information. Also online:
• Nous sommes Charlie: statement from NUJ Paris Branch;
• Are you working healthily? Physiotherapy review
• Branch motions via website and email, not just print – new rule for a new-ish century

Creators need paying after all, more agree

ON THE bright side of the copyright divide, in some circles our message is getting through. Jaron Lanier coined the term “virtual reality”. For years he had toed the anti-copyright line that creators should forget about making money from copying of their work and live off public appearances. Jaron’s also a musician.

Jaron noticed in the noughties he was being asked to play two benefits a month for musicians who’d followed his advice, spent the gig fees, and now needed life-saving operations. His 2013 book Who Owns the Future concludes that, yes, creators need to be paid for copying. In January three books – Rise of the Robots: Technology and the threat of a jobless future by Martin Ford, Culture Crash: The killing of the creative class by Scott Timberg and The Internet is Not the Answer by Andrew Keen – appeared, all acknowledging that they’re effectively follow-ups to this and reinforcing the case.

On 24 February Alan Graham of thrusting startup One-click License told a gathering called by the “DG Connect” department of the European Commission: “Copyright is a civil right; when tech companies have shown us that information is more valuable than gold or oil I can’t think of a right that is more important than copyright… We are all creators and we all need to protect that.” Suddenly the anti-copyright line pushed by DG Connect – and resisted by others – seemed dreadfully old-fashioned. Like 1995 old.

© Mike Holderness

Extended collective consultation

ATTENTIVE readers may remember the debate over the last couple of years about Extended Collective Licensing, leading to a law in effect last autumn allowing collecting societies to apply to government to be authorised to collect money for use of works by people who are not their members (the “extended” bit).

The Copyright Licensing Agency wants to apply to issue such a licence for the education, business and public administration sectors. The licenses in question allow holders to copy up to 15 per cent of a book or one magazine article to their students or employees. The Authors’ Licensing and Collecting Society (ALCS) would be distributing the part that goes to authors – including diligently tracking down non-members to pay them their share. It needs its members to complete a short survey to find out whether you do: see www.bit.ly/ALCS-ECL – and if you are a writer and not yet an ALCS member go now to www.alcs.co.uk to join and get your share of the payout.

© Mike Holderness

FALSE FREELANCES from p 1 with the magazine publishers. An important effect of the law that it is possible to challenge contracts “offered” to journalists, and the unions frequently get them overturned.

The Irish Congress of Trades Unions has written to their competition authority pointing out that its position has “damaged the exercise of a fundamental human right, namely the right to collective bargaining for many thousands of workers and their unions in Ireland” and requesting an urgent review.

© Mike Holderness
COP SURVEILLANCE? STOP IT!

OUR STAR speaker at the LFB meeting on Monday 13 April is scheduled to be comic and commentator Mark Thomas — one of the six including NUJ member photojournalists who are bringing a judicial review legal action against the Metropolitan Police targeting for surveillance journalists who cover protests: see page 4 for details of the action and reports of some of the surveillance that led up to it. What are the implications of the police arguing that they need to photograph and make notes on absolutely everybody on any demonstration?

If there is time, there may also be a briefing in the same meeting on how to use the Data Protection Act to obtain from the police any “intelligence reports” on you that may exist. The Freelance’s own Matt Salusbury can be our guide.

Possible topics for the meetings on Monday 11 May, Monday 15 June and Monday 13 July include freedom of expression and promised legislation to curb surveillance of journalists through the Regulation of Investigatory Powers Act (RIPA).

This year’s meeting in the Houses of Parliament is likely to be in July.

This issue went to press on 25 February. The deadline for the April online-only edition is 23 March.

LFB meetings are from 7pm to 9pm at Friends House, Euston Road, NW1 (opposite Euston Station), which is accessible to people who use wheelchairs. If you need the Branch to pay for care for a child or dependent so you can attend an LFB meeting, call a Branch officer.

For updates on meetings and for confirmation of the topic and speakers of meetings throughout 2015, see www.londonfreelance.org/lfb/meetings.html and LFB’s Twitter feed http://twitter.com/NUJ_LFB.

NOTE that the Branch rules now allow notice of meetings and motions to be sent by email. If you are not getting such notices, go to www.londonfreelance.org/linkup now.

For details of NUJ London Photographers’ Branch meetings, see-londonphotographers.org

FARWELL, TOM DAVIES

WE ALSO bid farewell to Tom Davies, former LFB Secretary and NUJ delegate to the Trades Union Congress, who is leaving the Branch after being offered a full-time job at the Guardian, where he’s been a casual sub for many years. As he’ll no longer be freelance, Tom will have to switch to another NUJ branch. We think Tom for all the hard work he’s put in to LFB. Tom is shown here reading a bizarre communication from the London Organising Committee to the London Games to LFB in 2011 (see www.londonfreelance.org/fl/1104olym.html).

Dave continues to represent members on his London seat at the NUJ’s Freelance Industrial Council, and as LFB Vice-Chair. Added Dave, “Thank you and goodbye… Every minute of it has been marvellous.”

We welcome Alistair Dabbs, who stepped up as LFB’s new Branch Secretary. Other new faces on the LFB Committee are Sonya Thomas and Safiullah Tazie (jobsharing as Equality Officer) and Committee members without portfolio Annie Burns and Hina Pandya. We welcome too the Committee’s re-elected members

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WRITER REQUIRED to write monthly newsletter. Neutradol send out a monthly newsletter to subscribers and are looking for a freelance writer to compile this and send out via Mail Chimp. Please email: mark.davis@msg.co.uk

GALLOWAY COTTAGE. Woodburning stove and games room. One mile from Scotland’s book town, two minutes walk to good village pub and distillery. Beautiful countryside and unspoiled beaches. woodpecker-cottage@btinternet.com or see our website at woodpecker-cottage.co.uk

SO FAREWELL THEN, CHAIRMAN DAVE...

INCUMBENT LFB Chair Dave Rotchelle announced at the Branch’s AGM in January he would not put himself forward for re-election. Dave has “been sheriff here about quite a while… four terms in fact,” and decided the time was right to hand over the reins.

His time chairing the biggest Branch of the biggest Union of its kind had been, concluded Dave, “long and sometimes difficult but enjoyable.” An “amazing Committee made my life much easier than it would have been,” he added, as had support from NUJ Freelance Assistant Organiser Pamela Morton and NUJ Freelance Organiser John Toner at the Freelance Office.

WE ALSO bid farewell to Tom Davies, former LFB Secretary and NUJ delegate to the Trades Union Congress, who is leaving the Branch after been offered a full-time job at the Guardian, where he’s been a casual sub for many years. As he’ll no longer be freelance, Tom will have to switch
The Freelance has received the following statement from NUJ Paris Branch. The Chair of London Freelance Branch has written – in French – to the three journalists’ unions in Paris, sending condolences and expressing solidarity.

The Trade Union Movement stands together to defend liberties and democracy. The trade unions stand united with the citizen movement in France against all acts of violence and intolerance, and to express their emotion and indignation following the terrorist attack perpetrated against the newspaper Charlie Hebdo.

Democracy, the republic, peace and the liberty to think and express oneself freely represent a common good for which we pledge ourselves to defend in the face of all totalitarianism, against speeches of hate, against attempts to divide and stigmatize people in our society.

In this spirit of unity, the trade union organisations including CGT, CFDT, CFTC, CFE-CGC, FSU, UNSA, Solidaires and NUJ call on all in the world of work as well as on all citizens to take part in the initiatives and demonstrations organised this weekend across the country including the silent march planned on Sunday, at 15h Place de la République.

Issued Paris 8 janvier 2015, James Overton, Chair, NUJ Paris Branch

As the UK solidarity events following the Charlie Hebdo massacre were arranged at very short notice, information on these was conveyed to our members via the LFB Twitter account @NUJ_LFB.

We thank LFB Committee’s Janet Awe, who manages the Twitter account, for keeping everyone informed via Twitter, despite being on holiday abroad at the time.

In response to several enquiries we can confirm that yes, the NUJ does represent cartoonists.

© Matt Salusbury

A possible public meeting involving LFB and others – on wider issues of freedom of speech post-Charlie Hebdo massacre is under discussion.

Are You Working Healthily?

AN LFB member tries out a local physical training practitioner who has an offer for LFB members. Inclusion in the Freelance does not necessarily imply endorsement.

AS AN independent radio, TV and print reporter, I tend to subjugate all consideration about whether I am using the best posture or stance for my work to the urgent needs of my deadlines. Sound familiar?

I recently had a sudden wake-up call that gave me cause for concern. I decided to find a health and fitness expert with a rounded approach to a healthier lifestyle – someone who works with a cross-section of people, including journalists.

Not your average physical instructor. Someone who could deal with the weirdnesses of the average media worker; erratic sleep hours, strange and irregular eating and drinking habits, short notice assignments and travel; adrenalin addiction.

Enter Darren Carroll. He holistically looks at everything to do with creating a more balanced life; work, relationships, exercise, and food.

An imbalance often manifests itself physically. He has a number of clients working at screens much of the time so is used to realigning spines and bodies. I had a high degree of neck and shoulder tension from sitting incorrectly at my work station with my screen at the wrong level. I had other issues too.

I discussed my wants with Darren and he did some simple muscle testing on me to check areas of weakness in my body. He was thorough and used sports massage when I needed it, while teaching me to build strength using specific exercises.

I am finding that some of my problems have diminished already, and that we are zeroing in on what needs to be done.

I am feeling stronger, more empowered and he is teaching me how to solve my own problems through repeated self-exercise and attention to key areas. I haven’t found anyone else with his rounded, encompassing approach to health which is why I take his advice. He’s doing me good and giving me coping techniques that, hopefully, will prevent problems.

For those of us on tight deadlines, Darren can visit our work spaces and homes so we don’t have to get to a gym. The gym – Darren – comes to us. Darren is primarily available to clients within a 20 mile radius of Swindon. He is, however, available with interactive advice to anyone anywhere; by phone, on email, or through Facebook.

Darren Carroll normally charges £50.00 an hour, but is offering a 20 per cent discount £40.00 an hour to NUJ members who can share an hour if they wish. Consultations are free.

Bonus point: this health and fitness expert is willing to meet and work experimentally with one journalist in the Swindon area who has the capacity and outlet to write about their experience of working with Darren Carroll – the journalist would be free to write what they like, and would not be charged for their sessions.

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