Nous sommes Charlie

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.

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• 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; adrenaline 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 problems 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.