



Carolyn Harris MP

October 2023 Monthly Update

Promoted by Jo McInture on behalf of Welsh Labour
at 1 Cathedral Road, Cardiff, CF11 9HA

Boundary changes – what it means for you

The Boundary Commission for Wales published its Final Recommendations to Parliament in July 2023. This saw the Parliamentary Constituencies Act 1986 amended and the Commission determined that Wales would have 32 constituencies following the review, a reduction from the current 40.

As part of its final recommendations the Commission proposed 3 constituencies in the Neath and Swansea area; Neath and Swansea East, Swansea West, and Gower.

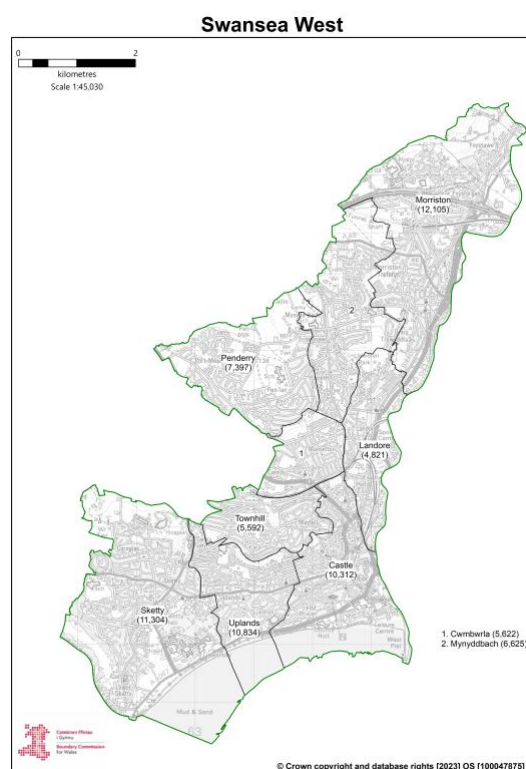
As the current MP for Swansea East my constituency has been split to create the new Neath and Swansea East and Swansea West constituencies. At the next general election, the wards Cwmbwrla, Landore, Morryston, Mynyddbach and Penderyn will come under the new Swansea West constituency. Whilst, the wards Bonymaen, Llansamlet and St. Thomas will go across to make the new Neath and Swansea East constituency.

At the next general election I will be the Labour Candidate for the new Neath and Swansea East seat, but until that general election is called, it is business as usual. I will keep fighting for and representing all my constituents in Parliament, whether you will be under the new Neath and Swansea East seat or not. I will continue to update you monthly on the campaigns I have been fighting for in Westminster and the causes I have been championing in Swansea East.

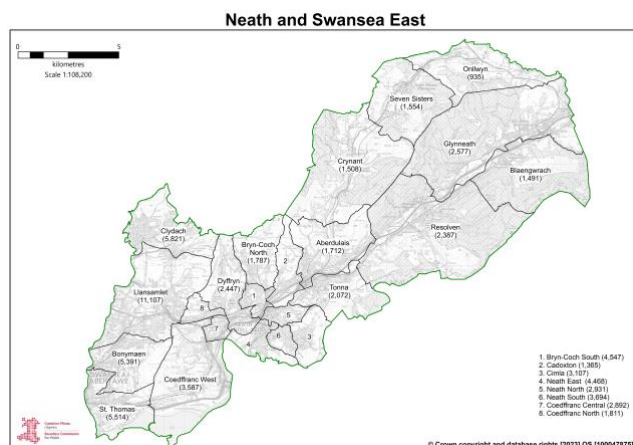
So it's good news, you have plenty more Carolyn to look forward to. You can't get rid of me that easily! I hope you are all well and please do read on about what I have been up to this month.

Best Wishes,

Carolyn



If you haven't them before, here are the new Swansea West and Neath and Swansea East constituency boundaries for the upcoming general election.





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World Menopause Day 2023

October 18th saw Parliament taken over by all things menopause as World Menopause Day 2023 kicked up a storm in Westminster. The All Party Parliamentary Group on Menopause that I chair launched its 'Manifesto for Menopause' in the House of Lords.

We called on politicians to commit to 7 recommendations, including; menopause being incorporated into the free NHS Health Check that women over 40 are eligible for every 5 years, menopause included as an indicator within the GP Quality and Outcomes Framework (QOFs) to incentivise GP diagnosis, a National Formulary for all types of HRT, to mandate large companies (over 250 employees) to introduce menopause action plans to support female employees experiencing menopause and guidance for SMEs.

There was tremendous support from colleagues across the House coming together in support for the recommendations and making the argument that the Government should stop paying lip service to women's health. Day-in-day-out I hear stories from women who can't get a diagnosis from their GP, who can't get HRT due to a lack of supply, who have left their jobs due to a lack of support, or who simply don't know where to turn for help. Only 14% of the 13 million menopausal women in the UK are getting treatment. That's 13 million voters who feel let down and if the Government won't listen to them, I know others who will, so watch this space!



Thrilled to see so many politicians, experts, campaigners and members of the public support our campaign



The fantastic chair of Menopause Mandate, Mariella Frostrup, and ITV Wales' Kate Lewis came down to show their support for the manifesto

Everyone Deserves A Christmas 2023

I'm thrilled to announce that *Everyone Deserves A Christmas* is back and I hope it will be better than ever!

Starting in 2016, with 100 hampers made out of my kitchen, we have now expanded to support neighbouring communities in Neath, Aberavon, and Merthyr Tydfil. This year we hope to provide 800 hampers to families struggling with the cost-of-living and the holiday hunger crisis. The team have been working flat out to get things prepared for this Christmas; collecting donations, packing hampers, working alongside local authorities, politicians, charities and schools to make sure that those who need it most get the help they deserve. I can't wait to update you further when we're closer to Christmas.

