



## TRUCKERS' TOILETS UK

Campaign to improve the health & wellbeing of lorry drivers

January 2014  
NEWSLETTER 7



**Welcome** to new readers! We hope you will find our monthly newsletters informative. We also hope they will encourage you to actively support our campaign by spreading the word, suggesting ways to progress, or offering advice



**Campaign:** Truckers' Toilets UK is focusing on decent toilet provision for lorry drivers, but it is also more than this. It's about sanitation and personal hygiene. It's about hand-washing, menstrual hygiene and keeping clean. It's about not having to dispose of one's own waste because of the lack of toilets and about being able to be free from dirt and harmful germs. It's about respect and equality at work for lorry drivers and ultimately all mobile workers.



**Conference:** *Putting 'the public' back into public health.* Held at Leeds Metropolitan University on 16 January, this conference focused on '*Building the experience of citizens into public health evidence*'. Ideas were discussed about 'evidence' which included: What is evidence? Why is evidence important? What sort of evidence is required? Planning ideas were suggested and these will help us focus on what is needed to continue the progress we're making. So do keep visiting Truckers' Toilets UK and contribute to the discussions. It's great getting a 'like' but your comments are even more important.



**Leeds Station Loos:** A visit to a station is perhaps never complete without going to the loo but look out! Leeds station charges 40p for their convenience. I was expecting the usual 30p, so is this a New Year price hike at all stations?



**Disgusted of Middlewich:** I sent a comment with regard to the article 'Lorry drivers waste dumping disgusts Middlewich' mentioned last month and attached the handout on the effects of public toilet closures and also our December newsletter! Have you noticed any changes in the area?



**Clarence House:** As The Prince of Wales had expressed concern over public toilet closures I wrote to him describing the effects of the lack of facilities on lorry drivers and other mobile workers and received a very nice letter in response. Although his existing commitments do not allow time for him to support additional causes at the moment at least the subject has been raised and may well ring a bell in the future. Perhaps more people should write?



**Political emails:** I doubt I'm the only one who receives unsolicited emails from politicians! I use these as an opportunity to reply and describe the effects of the lack of loos for lorry drivers! I would like to urge all of you to do the same. Give it a go! Don't leave it to someone else. Who knows where it might lead!



**Consultation document:** The answers to the questions in the *City Growth Commission* document were duly sent off before the closing date. I managed to write about the need for toilets – for lorry drivers, other mobile workers, those with IBS and the public - in every single one! I do hope other 'toilet groups' have also responded.



**Importance of toilets recognised:** The founder of retail property investment firm Ellandi, Mark Robinson, has 'increased trading in St Austell by 15pc year-on-year, higher than the national average' by improving public toilets, reducing car parking charges and developing a café culture [Daily Telegraph 7 January]. It can be done!



**Toilet seats:** Many people hate to sit on a public toilet seat and devise all sorts of ways of avoiding it. Yet, in spite of searching medical literature The Peoples' Pharmacy – a US website - [www.peoplespharmacy.com/2014/01/02/toilet-seats-are-a-touchy-topic/](http://www.peoplespharmacy.com/2014/01/02/toilet-seats-are-a-touchy-topic/) could find no reported cases of 'horrible diseases' appearing as a result. Yet urologists have found evidence to show that women who hover over the seat instead of sitting, release urine more slowly which can increase the risk of a urinary tract infection because the bladder retains urine afterwards. Further evidence found that many of the women being treated for incontinence did not sit on the toilet. Worth thinking about!



**Detox?** You may like to read the article '*Detox? Quite the opposite*' in the Daily Telegraph [7 January] before you detox! It describes an 'anti-detox' treatment in the form of a 'bacteria pill' that 'involves putting waste back in'. The aim is to treat disease by 'manipulating the balance of so-called good and bad bacteria so that the beneficial microbes always have the upper hand'. Antibiotics for example destroy good bacteria along with the bad. The 'bacteria pill' is undergoing clinical trials and seems less unpleasant than a 'faecal transplant'. In the meantime the best researched approach apparently continues to be prebiotics and probiotics



**Man – and Woman - wipes!** A solution whilst our Campaign gets underway perhaps? US businessman Robert 'Bob' Delaney realised that many people he knew who enjoyed outdoor activities were also concerned with personal hygiene when out and about. Moist wipes were popular but dried out quickly once opened so he devised wipes that retained their moisture, were supplied in a refillable container and were flushable. He focused on men in the first instance and called them Bob's Butt Wipes! For more information on these and BouDé products for women do visit the company's website [www.sterlingglobalproducts.com](http://www.sterlingglobalproducts.com) If you would like to consider being a UK distributor contact Robert at [b.delaney@sterlingglobalproducts.com](mailto:b.delaney@sterlingglobalproducts.com)



**StepNpull:** [www.StephNpull.co.uk](http://www.StephNpull.co.uk) is a device which screws into the bottom of a cubicle door that allows you to open the door with your foot. Have you ever used one?

**Loo tours!** If you are looking for something that's a little bit different – and quirky – why not join a loo tour [www.lootours.com](http://www.lootours.com). Led by Rachel Erickson, an American theatre graduate, they cover the history of the toilet from pre-Roman times to the present day and much more. Rachel's sense of fun along with tips for locating free public toilets is surely an experience not to be missed. For that person who is difficult to buy for, Gift Cards are available too!



**A serious thought for 2014!** Future Driver Recruitment Shortages. A report by the Road Haulage Association in *Haulage Industry News* dated 3 June 2013 includes three points that are particularly relevant to our campaign: (1) the lack of respect given to drivers at some of the companies / distribution points they visit. (2) The refusal to allow drivers access to toilet facilities and (3) the difficulty of finding somewhere to park at the end of the day that has decent facilities at a reasonable price. At the Public Health conference this month – and also at previous meetings – I've found very few people, if any, who have considered the working conditions of lorry drivers. *This is why the Truckers' Toilets UK campaign is important.* This is what our campaign is all about.

If you've not already done so, please visit our Truckers Toilets UK Facebook page. <https://www.facebook.com/pages/Truckers-Toilets-UK/520313554691335>



Next issue of **Truckers' Toilets UK** newsletter will be February

*Gillian Kemp*

The British Toilet Association <[www.brittoos.co.uk](http://www.brittoos.co.uk)>