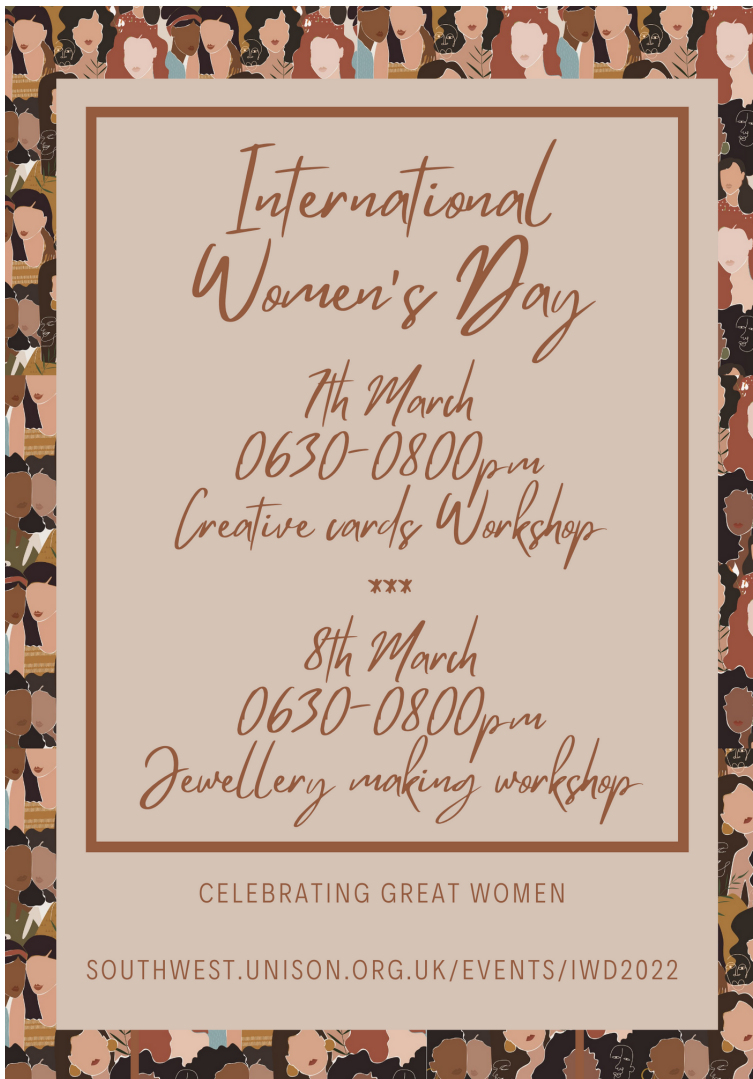


# WHATS NEW IN MEMBER LEARNING



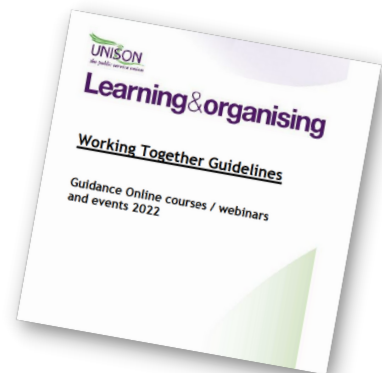
UNISON South West Region  
[southwest.unison.org.uk/member-learning/](https://southwest.unison.org.uk/member-learning/)



## Working Together Guidelines

Our commitment:

UNISON is committed to the fullest possible participation of all its members in the activities of the trade union. On trade union education courses and events, delegates should not be put off from taking part because of the actions, attitudes, or language of other attendees. The following guidelines have been drawn up to help delegates meet UNISON's commitment to the full participation of all its members in a practical and constructive way. Our full guidelines are sent out to all members who register to attend any of our member learning options.



[southwest.unison.org.uk/events/iwd2022/](https://southwest.unison.org.uk/events/iwd2022/)










If you are a branch and looking to organise your own IWD events our organising team are here to support you.



As restrictions start to ease we look to run some workplace learning events & stalls. If your branch would be interested in this text "event" to 07432688376



# [southwest.unison.org.uk/member-learning/](https://southwest.unison.org.uk/member-learning/)

	Thurs 17 <sup>th</sup> Feb	10:15am-12:45pm	Bereavement & Loss Awareness Webinar - with CRUSE <a href="https://southwest.unison.org.uk/events/bereavementawareness2022/">southwest.unison.org.uk/events/bereavementawareness2022/</a>	Reflect and gain more awareness to deal with grief and loss.
	Mon 7 <sup>th</sup> March & Tues 8 <sup>th</sup> March	18:30-20:00pm	International Women's Day Learning Activities Creative crafting and Campaigns (ZOOM) <a href="https://southwest.unison.org.uk/events/iwd2022/">southwest.unison.org.uk/events/iwd2022/</a>	Creative crafts whilst we learn about women who made history. All materials provided.
	Wed 9 <sup>th</sup> March	12:30 - 13:30pm	Financial Wellbeing Webinar - Learn to be more financially resilient (ZOOM) <a href="https://southwest.unison.org.uk/events/financialwellbeing/">southwest.unison.org.uk/events/financialwellbeing/</a>	Learn to manage your money better, stay on top of your finances and Learn the latest in money saving tips.
	Wed 16 <sup>th</sup> March	18:30-20:30pm	Employability Skills Workshop - Boosting skills for your CV and interview techniques - (16,23,30 March - 3 x 2-hour sessions) (ZOOM) <a href="https://southwest.unison.org.uk/events/employability-skills-workshop/">southwest.unison.org.uk/events/employability-skills-workshop/</a>	CV, interview, and presentation skills building workshop
	Tues 6 <sup>th</sup> April	18:00-20:00pm	Mindfulness Taster - 2 Hour Introduction to Mindfulness (ZOOM) <a href="https://southwest.unison.org.uk/events/mindfulnessasterapril/">southwest.unison.org.uk/events/mindfulnessasterapril/</a>	Explore the benefits of mindfulness and learn techniques
	Tues 10 <sup>th</sup> May	09:30-13:00pm	Mental Health Awareness CPD accredited with The Open University ( MS TEAMS) <a href="https://southwest.unison.org.uk/events/mental-health-awareness2022/">southwest.unison.org.uk/events/mental-health-awareness2022/</a>	Discuss facts, challenge myths, and explore ways to promote mental health in the workplace
	Thurs 19 <sup>th</sup> May	09:00-20:00	Learning at work week brings a whole day of learning tasters. <a href="https://southwest.unison.org.uk/events/laww2022/">southwest.unison.org.uk/events/laww2022/</a>	A day of learning tasters for Learning at work week.
	Tues 7 <sup>th</sup> June	18:30-20:30pm	Compassionate and Mindful Resilience Course. (7,14,21,28 <sup>th</sup> June 4 x 2-hour sessions) <a href="https://southwest.unison.org.uk/events/cmjrjune2022/">southwest.unison.org.uk/events/cmjrjune2022/</a>	Explore techniques, cultivate emotional intelligence create home practice.
	Thurs 9 <sup>th</sup> June	12:00-14:00pm	Introduction to Stress Awareness - Lunch & Learn <a href="https://southwest.unison.org.uk/events/stressawareness/">southwest.unison.org.uk/events/stressawareness/</a>	Define, identify, and recognise stress and ways to prevent the effects of stress.



**UNISON learning reps (ULRs) are volunteers who are willing to support and encourage their colleagues with learning in the workplace. It's one of the most rewarding roles in UNISON, and there are plenty of resources and support available to help you. Negotiated and paid time off for training is offered to help you in the role. In 2022 we look to recruit more ULRs to support and strengthen our network to engage more members in our wonderful union learning programme. Contact your local branch or our regional team to find out more about the role.**

[learning.unison.org.uk/supporting-learning/union-learning-rep/](https://learning.unison.org.uk/supporting-learning/union-learning-rep/)



**DATES  
FOR  
YOUR  
DIARY!!**

**20-22 MAY**

**7-10 JULY**



**South West Education Network, UNISON  
Learning Reps (ULRs) and Branch Lifelong  
Learning Officers (see revised dates below)**

Education Network Meetings & "POWER HOURS" (online via Zoom) Aimed at Lifelong Learning Coordinators, Union Learning reps and members on our Education network. These sessions discuss ideas and give information on training courses available, hints and tips for reps and how to spread the word on learning to our members. Including discussion groups, networking, sharing advice on issues and ideas on how to promote learning in your workplace and across the wider union.

**" Education Network Meeting" - Thurs 10th Feb 1600-1730**

A welcome back to the New Year and an update on the regional programme, our national Learning & Organising services offers and training for reps. [Register HERE](#)

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**"POWER HOUR"- Advice & guidance Wed 16th March 1230-1330**

Join in on this power hour to learn more about how to give advice and guidance as a ULR or Education Officer in your branch.

[Register HERE](#)

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**"POWER HOUR"- Lunch & Learns - Tues 12th April 1600-1700**

Support and guidance on how to run a lunch and learn event in your workplace. [Register HERE](#)

**"POWER HOUR" – Growing the team - Thurs 25th May 1600-1700**

Learn skills and share experiences on how to Grow the learning team in your branch. [Register HERE](#)