

WHATS NEW IN MEMBER LEARNING



UNISON South West Region

Happy New Year



Are you passionate
about learning?

Become a UNION LEARNING REP

Help to build our network in 2024Love to learn?

Register your interest today!

Any Questions? Chat via text or whats app “07432688376”

Union Learning Reps (ULRs) help support colleagues identify their learning needs and organise and advertise courses.

Paid time off for training and to perform duties should be available.

Click on the QR code for more information

Join UNISON online at 'Join.UNISON.org.uk'.





facebook.com/unisonsweducationandequalities



twitter.com/SW_EduEqual/



**FIND ALL OUR 2024
MEMBER LEARNING
OFFERS TODAY
CLICK HERE**

ONLINE - WORKSHOP



FREE LEARNING COURSE

FOR UNISON MEMBERS TO LEARN MORE

LOSS AND BEREAVEMENT IN CHILDREN AND YOUNG PEOPLE AWARENESS

14th February | 10:15 - 12:45 | ZOOM

This workshop is for UNISON members who work with children and young people who want to build greater awareness of the impact of bereavement and grief. This course can inform how they respond to bereaved children and young people, whether they are pupils, students, or friends and family. Learn about use of appropriate language and dealing with anger and distress.



REVISED DATE TO ORIGINALLY ADVERTISED

southwest.unison.org.uk/events/lossbereavement2024/



Get Acti>e

17 - 19 May 2024

Learning , Networking,
Workshops , Speakers
and awards evening all
rolled in to one event.

**Branch
Officers
Weekend**

4 - 7 July 2024

For newly elected Branch
Officers to gain more
knowledge.

Let us help you understand:

- the structure of UNISON, its aims and objectives and how it operates
- the key duties and role of your specific post



In early 2024 we are launching a new strand to our Regional Education Programme which focuses on building UNISON in workplaces, campaigning on issues and increasing our activist base (Activists = Active Members who want to help in their union). This will for the first time, include formal regional training for workplace contacts/active members. Or you might just want to find out more.

Launching in early 2024! Organising To Win - Lean to build the union in your workplace.

This programme will include reps. and activists' courses:

- Mapping the Workplace – Organise and build member power
- Campaigning on an Issue in your Workplace
- Effective Conversations
- Building Power in the Workplace
- Developing New Activists 1 – Building the Branch
- Developing New Activists 2 – Mentoring and Coaching
- Using data to Organise
- Social Media/Online Skills for Organising



<https://www.unison.org.uk/organising-to-win-a-new-strategy-to-win-in-the-workplace/>



Lets hear from Branch Education Officer Torbay Health Branch - Stephanie Teague

I am an experienced Steward, Education Officer and Union Learning Rep (ULR). I am here to support and encourage you with learning in the workplace, whether that is for learning for your own career, own personal fulfilment or how to improve your English, maths or digital skills.

On Thursday 23rd November 2023, I attended the UNISON ULR Conference at UNISON Head Office in London. The day was very informative and educational, and we worked hard; as seen in the picture below. Brain storming , sharing ideas and breaking down barriers to learning.



I look forward to assisting members in Torbay with any course information you would like and encourage you to attend some of our UNISON Member learning in 2024.



**Not a
member?**

**JOIN
UNISON
TODAY!**



ONLINE - WORKSHOP 

FREE LEARNING COURSE
FOR UNISON MEMBERS TO LEARN MORE

CONFLICT MANAGEMENT FOR SCHOOLS WORKERS

28th February | 09:30 -12:30pm | ZOOM

- Understand how to appropriately and effectively respond to anger and aggression
- Identify how to effectively plan for managing angry and aggressive people
- Recognise the different stages of conflict escalation
- Utilise strategies to diffuse and calm anxious and aggressive people
- Remain calm and composed to ensure the most positive outcome
- Interpret body language and be more aware of the signals that you are projecting
- Maintain physical 'safe' distance and demonstrate Positive Defensive Standing (PDS)

SCAN ME 



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FREE LEARNING COURSE
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CARING FOR ADULTS

14 March| 09:30 -12:30pm | MS Teams

This virtual course is aimed at members who care for adults as part of their role. During the course members can expect to cover the following content:

- Define what the key skills of good communication are.
- Discuss the key interpersonal skills that contribute to effective communication.
- List and determine the six key factors in good end of life/palliative care
- Determine the key principles of positive risk taking.
- Debate the balance between positive and negative risk

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**CLICK ON THE
IMAGE TO
DOWNLOAD A COPY
OF OUR LEARNING
POSTERS TO SHARE
IN YOUR
WORKPLACE**



ONLINE - WORKSHOP 

FREE LEARNING COURSE
FOR UNISON MEMBERS TO LEARN MORE

STRESS AWARENESS

25 April | 09:30 -12:30pm | MS Teams

This half day course looks at stress, which one of the main causes of illness in the modern world, and ways that you can cope with it. The session will:

- Increase your knowledge of stress and its causes
- Help you realise how short- and long-term stress affect your body
- Increase your knowledge of stress management techniques
- Increase your knowledge of sources of support

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FREE LEARNING COURSE
FOR UNISON MEMBERS TO LEARN MORE

MENTAL HEALTH AWARENESS

16 May | 13:30 -16:30pm | MS Teams

Mental Health Awareness Week 13th – 19th May.


Learn with UNISON to be more aware about mental health. Learn more and build resilience.

This is a tutor-led session that will help your general understanding of good versus poor mental health. What are the factors that contribute to mental health problems? What signs and symptoms should you be aware of – in yourself and in others? What help is available for mental health problems? And how can you self-help?

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FREE LEARNING COURSE
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DEMENTIA AWARENESS AIMED AT UNISON MEMBERS WHO WORK IN CARE


22 May | 13:00 -16:00pm | MS Teams


This course is for those who work in the care and may be responsible for caring for service users who have or may have dementia. This course will give you an understanding of the key issues in dementia care and how best to support individuals.

- Discuss the impact of dementia on memory and strategies that may assist those experiencing memory impairment.
- Consider the importance of life story work in supporting those with dementia related memory loss.
- List the reasons why individuals have an increased incidence of behaviour that challenges and the reasons for this.

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FREE LEARNING COURSE
FOR UNISON MEMBERS TO LEARN MORE

END OF LIFE CARE


17th Oct | 9:30 -12:30pm | MS Teams

This virtual course explores how with our aging population more people are facing illness and need for end of life care and support. During the course members can expect to cover the following content:

- Identify key points of the End of Life Care Delivery/Good Death.
- Identify best practice in support planning.
- Describe the physiological process people will undergo at the end of life.

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FREE LEARNING COURSE
FOR UNISON MEMBERS TO LEARN MORE


DEALING WITH DIFFICULT FACE-TO-FACE CONVERSATIONS

11th Nov | 9:30 -12:30pm | Zoom

Aimed at UNISON Members who regularly in work may often be faced with tackling difficult conversations or topics, or who may often have service users who are aggressive or angry.

- Understand how to appropriately and effectively respond to anger and aggression
- Identify how to effectively plan for managing angry and aggressive people
- Utilise strategies to diffuse and calm anxious and aggressive people
- Remain calm and composed to ensure the most positive outcome
- Recognise that the way you respond will impact on their response to you
- Interpret body language and be more aware of the signals that you are projecting

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**SHARE OUR LATEST
LEARNING OFFERS
AND ENCOURAGE
MEMBERS TO BOOK
NOW TO SECURE A
SPACE**





SOUTH WEST EDUCATION NETWORK MEETINGS 2024



A fantastic opportunity to network with other reps from the Education network. An update on the regional programme, our national Learning & Organising services offers and training for reps. The agenda items for each meeting are aimed to update reps and officers on the current learning offers, build and boost skills and strengthen our regional learning network. The invite for this meeting extends to Lifelong Learning Representative, Branch Education Officers and Union Learning Reps. We have two in person network days in the diary - April & October

southwest.unison.org.uk/events/edunetworkmeetapril2024/

southwest.unison.org.uk/events/edunetworkmeetoct2024/

*Book!
Now!*

Networking in UNISON around the learning agenda

Join colleagues from our National Learning & Organising Services, Learning Reps and Branch Officers from around the whole union.

Have you seen the benefits of lifelong learning? Do you want to support members to engage with education? The Learning Café gives UNISON activists with an interest in learning and education an opportunity to come together alongside national member learning staff in a friendly, informal virtual setting via MS Teams. At each Learning Café session we'll focus on a specific topic, with a presentation or workshop and plenty of space for discussion and the supportive sharing of issues, ideas, and best practice. There will also be time for general discussions and questions on whatever is on participants' minds.



- **Wednesday 7th February, 12:00 - 13.30pm**
- **Wednesday 20th March, 14:00 - 15.30pm**
- **Thursday 2nd May, 15.30 - 17:00pm**
- **Thursday 27th June, 12:00 - 13.30pm**



<https://learning.unison.org.uk/events/learning-cafe/>