



MEMBER EDUCATION PROGRAMME 2024

FREE LEARNING FOR UNISON MEMBERS

Join online at joinunison.org or call free on 0800 171 2193

UNISON essential cover for you



PRACTICALITIES

OUR COURSES ARE FRIENDLY AND INFORMAL AND ARE AIMED AT MAKING LEARNING FUN. EVERYBODY'S VIEWS AND EXPERIENCES ARE LISTENED TO. MUCH OF THE TIME IS SPENT WORKING IN SMALL GROUPS. YOU WON'T BE LECTURED TO OR SUDDENLY BE CALLED IN TO GIVE ANSWERS. ALL OUR CURRENT OFFERS IN THIS PROGRAMME ARE FREE TO MEMBERS TO ACCESS AND ONLINE

ACCESS

UNISON'S POLICY IS TO USE TRAINING VENUES THAT ARE FULLY ACCESSIBLE FOR THOSE MEMBERS WITH DISABILITIES, AND WE MAKE EVERY EFFORT TO DO SO. HOWEVER, FACILITIES FOR DISABLED MEMBERS DO VARY BETWEEN VENUES, SO PLEASE LET US KNOW RELEVANT DETAILS OF YOUR DISABILITY WHEN BOOKING A PLACE. IF YOU REQUIRE A FACILITATOR IN ORDER FOR YOU TO TAKE PART, THEN YOU NEED TO TELL US.

TIME OFF

WE HOPE THAT MANAGERS AND WORKPLACES SEE THE BENEFITS TO YOU JOINING OUR UNISON LEARNING OFFERS IN WORK TIME. MEMBERS SHOULD CONTACT THEIR BRANCH SECRETARY OR BRANCH EDUCATION CO-ORDINATOR REGARDING TIME OFF TO ATTEND TRADE UNION COURSES IF THEY ARE HAVING ANY ISSUES OR COMING AGAINST BARRIERS. HOWEVER, NOT ALL COURSES ATTRACT TIME OFF WITH PAY.

REASONABLE ADJUSTMENTS

PLEASE LET US KNOW IF YOU REQUIRE ANY ADJUSTMENTS TO HELP YOUR LEARNING , WHETHER THIS BE WORD CAPTIONS ,PRINTED COURSE MATERIALS OR EXTRA BREAKS, WE WANT TO MAKE YOU AS COMFORTABLE AS WE CAN.

COURSE NUMBERS

PLEASE ENSURE THAT APPLICATIONS ARE RECEIVED BEFORE THE CLOSING DATE AS LATE APPLICATIONS MAY MEAN THAT A COURSE MAY BE CANCELLED. MOST COURSES OPERATE ON A MINIMUM OF 10 APPLICANTS, SO PLEASE DON'T DELAY, WE ALSO ASK THAT IF YO NEED TO CANCEL YOUR SPACE PLEASE DO SO AS SOON AS VIABLE TO ENABLE OTHER UNISON MEMBERS A SPACE SHOULD THERE BE A WAITING LIST.



WHAT'S ON OFFER?

INTRODUCTION, INFORMATION ABOUT OUR OFFERS

LOSS AND BEREAVMENT FOR CHILDREN AND YOUNG PEOPLE

CONFLICT MANAGEMENT FOR SCHOOL WORKERS

CARING FOR ADULTS

STRESS AWARENESS

MENTAL HEALTH AWARENESS

DEMENTIA AWARENESS

MENTAL HEALTH IN CHILDREN AND YOUNG PEOPLE

END OF LIFE CARE

DEALING WITH DIFFICULT FACE TO FACE CONVERSATIONS



HELP US TO SHARE THE LEARNING WORD



ONLINE – WORKSHOP

UNISON
South West

FREE LEARNING COURSE

FOR UNISON MEMBERS TO LEARN MORE

LOSS AND BEREAVEMENT IN CHILDREN AND YOUNG PEOPLE AWARENESS

UPDATE

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.

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Bereavement
Care

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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)

Resolve
TRAINING & DEVELOPMENT

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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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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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Training



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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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MENTAL HEALTH IN CHILDREN AND YOUNG PEOPLE

12th JUN | 9:30 -11:30pm | MS Teams

This learning takes a look at the everyday challenges facing children and young people and the effect it can have on their mental health.

We will begin to teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, you can speed up a young person's recovery and stop a mental health issue from getting worse.

Our courses won't teach you to be a therapist, but we will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening.



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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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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



ARE YOU PASSIONATE ABOUT LEARNING?

UNISON LEARNING REPS - WHAT WE DO?

- SUPPORT SPREAD THE WORD ON THE ROLE OF TRADE UNIONS IN LEARNING & SKILLS
- HELP TO PROMOTE UNISON AND ITS LEARNING OFFERS
- IDENTIFY LEARNING NEEDS OF MEMBERS IN YOUR WORKPLACE
- LEARN HOW TO REMOVE BARRIERS TO LEARNING
- GAIN KNOWLEDGE ON WORKING WITH UNISON YOUR LOCAL BRANCH AND YOUR EMPLOYER

**EMPOWER YOURSELF
TO EMPOWER
OTHERS - FIND OUT
MORE HERE**



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NOT A MEMBER JOIN TODAY - [JOIN.UNISON.ORG.UK](https://join.unison.org.uk)





**IF YOU HAVE ANY QUERIES
PLEASE CONTACT US**

EQUALITY & ENGAGEMENT TEAM

UNISONSWEDUCATION@UNISON.CO.UK

[HTTPS://SOUTHWEST.UNISON.ORG.UK](https://southwest.unison.org.uk)

