

# Education Network South West



## Education Network Day - Taunton

[southwest.unison.org.uk/events/edunetworkmeetapril2024/](https://southwest.unison.org.uk/events/edunetworkmeetapril2024/)



30 April | 09:30am–16:00pm | Lunch provided



SCAN ME



A fantastic opportunity to network with other South West reps from the Education network. We will go through and gain updates 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.

Our network day is for ULRs , Lifelong Learning Reps and Education Officers.

## UNISON COLLEGE - Learning Café

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



2nd May | 15:30pm–17:00pm

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.

## New Union Learning Rep (ULR) online training Summer 2024



<https://learning.unison.org.uk/events/ulr-online-training-summer-2024/>

4th , 11th , 25th June & 2nd July | 09:30-13:00 | MS Teams

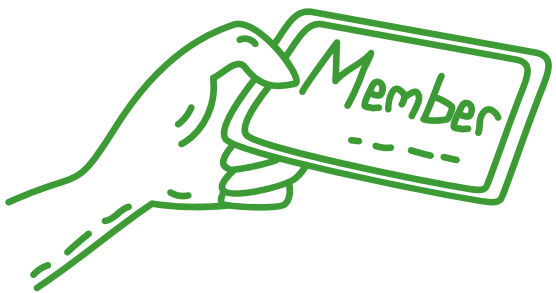
This is a great learning opportunity for newly elected UNISON Learning Reps. This course will help you to understand the role of the UNISON learning rep, how to find out what people want to learn – and how making the case for learning, networking and making contacts , advertising and communicating with members, where to find help and resources



<https://southwest.unison.org.uk/member-learning/>

# Learning Together

## Life is better in a union



### **HELPS TO RECRUIT NEW MEMBERS -**

Learning is an additional benefit that attracts people to join the union



**BE STRONGER TOGETHER** - It can be a shared experience that builds networks in the workplace and wider union



**EMPOWER MEMBERS** - Get members trained up to know their rights and help empower them in the workplace



**GET ORGANISED** - Learning can improve members awareness of our Self Organisation for women, LGBT+, disabled, Black & young workers.



**WORKPLACE ACTIVISM** - Learning gets people feeling more confident, more willing to speak up...and the potential to get active in UNISON



# FREE Member Learning 2024 online offers

SCAN ME



**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

**ONLINE - WORKSHOP** 

**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?

**ONLINE - WORKSHOP** 

**FREE LEARNING COURSE**





FOR UNISON MEMBERS TO LEARN MORE

**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.

**ONLINE - WORKSHOP** 

**FREE LEARNING COURSE**

FOR UNISON MEMBERS TO LEARN MORE

**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.

**ONLINE - WORKSHOP** 

**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.

**ONLINE - WORKSHOP** 

**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

SHARE THESE OFFERS WITH YOUR MEMBERS



<https://southwest.unison.org.uk/member-learning/>