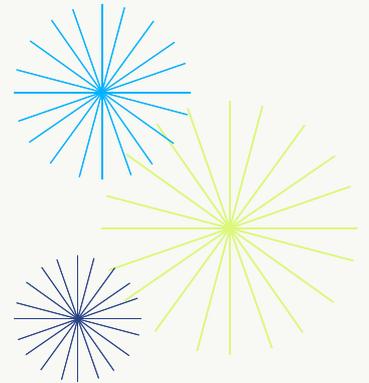




YOUNG MEMBERS



YOUNG MEMBERS IN UNISON



 southwest.unison.org.uk/equality/south-west-young-members/

YOUNG MEMBERS AND YOUR UNION

UNISON has over 100,000 young members. If you are a UNISON member and aged 30 or under you are automatically entitled to participate as a young member. Why not get involved and help us campaign for the issues affecting young workers.

Within your local branch there may be a Young Members Officer who you can make contact with or if your branch hasn't got an active young member would you be interested in taking on this opportunity?

Young Members can gain support from dedicated UNISON staff with buddying and mentoring to enable them to get more involved in their local branch, a campaign or to network together across your region. Current vacant positions in your Regional Forum are for Chair, Co Chair & Comms Officer. The Regional Young Members Forum is where young members can connect, raise concerns and seek to work together across the region.

As a region we are also able to nominate two young members to link with the National Young Members in UNISON. There are so many ways that you can help towards ensuring your union hears the voices, passions and campaign priorities of young people.



DESTINATION INSPIRATION



YOUNG MEMBERS IN UNISON



UNISON Young Members Conference takes place every year. Each region can send up to 10 delegates. The South West had 9 delegates attend your Young members conference in Swansea.

Delegates gathered in Swansea to discuss a range of issues, including engaging apprentices, educating and retaining young activists, and the Year of LGBT+ Workers.

Ensuring UNISON's future

Speaking on a motion 'educating, training and recruiting young activists to ensure UNISON's future', Zaihera Chaudhry told conference: "We cannot continue to have these conversations about young members issues if we are not equipping young members with the necessary education and training to tackle these issues themselves.

Recruitment of young members into our union is not enough. We need to ensure that education and training is accessible to all young members in every branch, in every region, to ensure our union's future.

Conference, young members do not want to sit on the sidelines, we want to be active and lead. It is our job to build a union that does not just recruit young members, but also actively supports them, invests in them, and gives them power."

What young members decided

The decisions from the recent young members conference have now been added to the website.

www.unison.org.uk/policy-motions/tag/2024-national-young-members-conference/

www.unison.org.uk/news/2024/12/young-members-do-not-want-to-sit-on-the-sidelines/

YOUNG MEMBERS CONFERENCE 2024

● ● ● Swansea 29th Nov - 1st Dec ● ● ●

Callum Price - Young Member Devon Partnership Branch

Introduction

This past weekend, I had the privilege of attending the UNISON Young Members 2024 Conference in Swansea. As my first time attending such an event, I wasn't sure what to expect, but the experience was both inspiring and educational. The conference brought together young members from across the country to discuss key motions, share ideas, and participate in engaging workshops.

Highlights of the Weekend

One of the most memorable aspects of the conference was listening to the motions and debates brought forward by members. It was fascinating to hear the diverse range of topics discussed and to witness the passion and dedication of fellow delegates. The debates were thoughtful and respectful, offering an opportunity to see different perspectives on issues affecting us as young members and within our wider communities. The Palestinian workshop on Saturday afternoon was particularly impactful. It provided deep insights into the ongoing struggles faced by the Palestinian people and how UNISON members can support this cause. The session left me feeling both informed and motivated to learn more about international solidarity. Another highlight was discovering the range of courses UNISON offers to its members. From personal development opportunities to training on union-specific skills, it's great to know that there are so many resources available to support members' growth and contributions to their workplaces and communities.

What I Learned

Attending this conference was an eye-opener for me. It gave me a clearer understanding of how motions are proposed, debated, and passed, which is crucial for driving change within UNISON. It also reinforced the importance of solidarity and collective action. The Palestinian workshop deepened my awareness of global issues and showed how unions like UNISON can play a role in supporting justice and equality worldwide. Additionally, the networking opportunities allowed me to connect with like-minded individuals, share ideas, and gain inspiration for future involvement within the union.

Conclusion and Thanks

I want to thank Natalie and my branch for encouraging me to attend this conference. It was an invaluable experience that has strengthened my understanding of UNISON's work and my role within it. I would also like to highlight how lovely the South West group was. Their warmth and camaraderie made me feel truly welcome and added a personal touch to the weekend. I look forward to staying connected and working with them in the future. Overall, this conference has left me feeling inspired to take a more active role in UNISON and to continue learning and contributing in any way I can.



Photo : Callum Price - Devon Partnership Branch



Some more from delegates

Dani Ann Dominic - Young Member Torbay Health Branch

I am a registered Nurse and new UNISON member from the South West region. Last year's young member's conference was the first and foremost event I attended as a UNISON member and I was perplexed by the extent of the member's commitment itself. I've got a wonderful opportunity to speak up for Period poverty during the conference. I felt immense pride and joy at that moment because I felt my voices heard by a huge community. I am looking forward to further conferences and UNISON meetings whenever possible and I'm happy to be a member.



Photo: Dani Ann Dominic speaking at conference- Torbay health Branch

Rebecca Bushnell - Young Member Torbay Health Branch

UNISON "On the 29th November to 1st December, I was fortunate to be a part of the regional young members who went to Swansea for the UNISON National young members conference 2024. We had a lovely time, with networking meetings, talks, voting on motions, hearing updates from various groups. It was a great opportunity to meet others, make friends & obviously learn. I found it really interesting seeing how UNISON works and how as a young person in UNISON I can be involved. I recommend getting involved, going to conferences or even getting involved in panels, branch meetings or even running for different roles within the branch, region or national. We maybe spread out over the region but we are strong when we stand together. If you are interested in getting involved more please contact your local branch, they would love to hear from you!

Let's get the change we all deserve & want."



Rebecca Bushnell - Torbay Health Branch

UNISON Living is here to help you get the most from your own time too. <https://benefits.unison.org.uk/unison-living/>



Maybe you want to head off to the sunshine on a budget, or perhaps you're looking to upgrade your car and want help from someone you can trust. Or maybe you're looking for the peace of mind that comes from knowing health and dental bills for your family are taken care of. Whatever you need, UNISON Living can connect you with a trusted partner who can help. We've used the huge power of our 1.3 million members to secure some of the best deals exclusively for you.

DESTINATION 2025

Lets plan for 2025 ●●●



Mentoring and buddying

If you are a [Young Member Officer](#) in your branch and would like some mentoring / buddying let us know. We have started to make contact with as many of you as we can. We would love to hear from you. A reminder to nominate yourself for the next year at the next AGM (Annual General Meeting) at your local branch.

Training

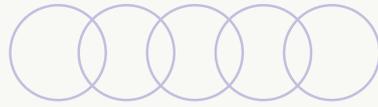
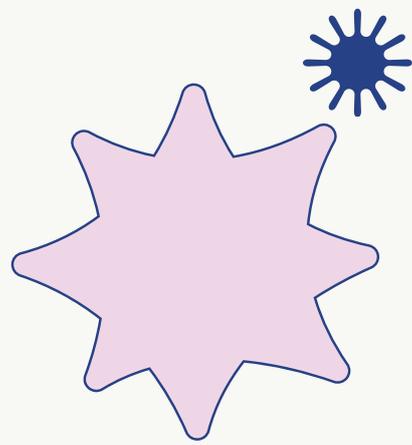
Our UNISON college offers can be found via our [regional](#) and [national](#) learning programmes. They have a range of learning , whether it be to boost knowledge and skills for some of our active union roles members can volunteer in or support personal development. We hope that the training offer helps you have more confidence in the yourself or for you to understand more about your role in your union.

How it works?

Within your [branch](#) you can get more involved as a Steward or Branch Officer. Within the region you can come together as [young members](#) as part of your very own forum. There are a number of regional committees that we also seek young members to sit on to ensure that young voices are heard at all levels. Other opportunities for young members include attending National Young Member Forum Meetings. If at any time it all gets a little too complicated then organisers (employed staff) or someone from your branch will be happy to help with explaining more.

National Young Members Forum Annual General Meeting

We have had two interested members who have stepped forward to attend the National Annual General Meeting in York this February as part of the [National Young Member](#) Forum. Rebecca from our Torbay Branch and Michael who is a member from Cornwall Acute Health Branch. They will feedback to the forum after the meeting in February.



TRAINING & EVENTS



101: How can I make change?

NEW PILOT COURSE! SPECIAL OFFER FOR YOUNG MEMBERS TO LEARN TOGETHER ❤️❤️

Introduction to UNISON conferences, democracy and structures. Getting to know about UNISON your union can be tricky.

Ever wondered how UNISON works? As a large union your structures and the way a union does things can seem daunting. This pilot workshop is an online crash course in how UNISON democracy works, what your conferences do, and how you can get more involved in your union - UNISON

This course will cover:

- How UNISONs branches and committees work - at local, regional and national level
- The importance of your conferences and how they work
- How decisions and new policy is made within your union.
- How to get more involved in your union - UNISON

2 x 2 hour sessions | online | MS TEAMS

REGISTER NOW



Let us know if you are interested in coming along.
Let's get together to learn!

Our annual Get Active event is returning to Croyde Bay from 9 - 11 May. This year's theme is "unity in action".

**** BOOK TODAY***

Over three days of inspirational talks, training and networking, attendees will learn new tools and methods to help tackle issues and campaign for change. Our aim with our Get Active event is to inspire members to start their journey with UNISON, build their confidence and to learn and develop new skills to tackle issues and effect change. It is broadly aimed at encouraging members to get involved who haven't been active in their union yet.

This is a great event to attend as someone new to getting involved in your union. Your branch can support in covering expenses for you to attend. Travel, accommodation and meals area all included. Childcare provision should you need it.

Booking for this event open Wednesday 29th January. Contact your [branch](#) to get approval booked!

GET INVOLVED MORE

● ● ● Volunteer roles....Every little helps ● ● ●

Young Members Officer

The role of the branch young members' officer is ideal for someone who is interested in becoming more active in the union.

The post may be a stepping stone to becoming a steward or taking on wider roles.

The responsibilities include:

- recruiting new members and organising and encouraging existing young members to become active in the branch and in UNISON campaigns;
- building a branch young members' organisation and making sure there are potential new young members' officers in the future;
- making sure issues of concern to young workers are raised through the branch;
- acting as a focal point for all young workers in the branch and workplaces;
- receiving and distributing UNISON young members' information.

Other branch officers will help in these tasks.

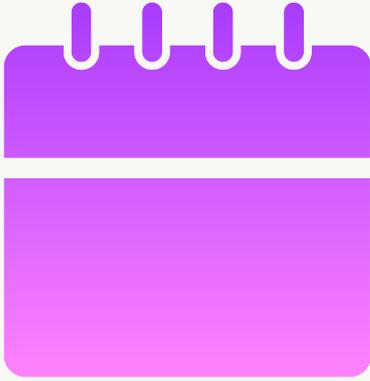
Branch young members' officer must be under 30 years of age for the whole of their term of office. From January to March local branches hold an annual meeting where you can seek nomination for the role.

Workplace Steward

Workplace stewards are the heart of our trade union. UNISON's stewards are the reason we win campaigns that result in better lives for our members and all working people. Stewards help to organise your colleagues into an effective, strong and welcoming membership.

There are plenty of options if you would like to be more involved in your union. Some of the roles come with time off via local workplace policies for Trade Union duties.





ONLINE
LEARNING OFFER

UNISON College

Young Members & Money

Join UNISON and The Money Charity | 10 February 2025 | 1:00pm-2:00pm

This session has been specifically focusing on the financial issues relevant to many young people today, whether you are new to the workplace or an apprentice. This session will help you develop a positive relationship with money and become more money savvy. Topics covered will include;

- financial resilience
- the cost of living crisis,
- budgeting and keeping track
- credit
- borrowing and debt
- savings and investments
- making your money go further
- how to access free, credible support

<https://learning.unison.org.uk/events/young-members-money/>

FREE EDUCATION

Learn with your union



UNISON can offer FREE learning and development opportunities for UNISON Members . Our UNISON college (not a building) offers learning via our regional programme or from our National Team .

For any in person event or offer expenses can be covered by your branch for travel. You should never be out of pocket for attending our learning.

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

You can see all the options available from your national learning team via our UNISON College by visiting their website

- <https://southwest.unison.org.uk/events/>

Your region also organises and offers training over the year to support and develop skills for active members. Local branch can also opt in to organise learning for all members.

CONNECT



facebook.com/unionsouthwestregionalyoungmembers



<https://x.com/unisonymsw>



<https://www.instagram.com/unisonymsw>



<https://chat.whatsapp.com/CyQtLgGmZGICy4nE8iUCyM>

YOUNG MEMBERS



CAMPAIGNING



YOUNG MEMBERS'
MENTAL HEALTH
MATTERS

RIGHT TO
DISCONNECT


UNISON
the public service union

YOUNG MEMBERS'
MENTAL HEALTH
MATTERS

In a 2022 survey, 80% of UNISON's young members told us they had had a mental health problem in the last year. We all have difficult times, and sometimes that's because of work: because we're overworked, stressed, or working in a tough environment. Or we may be having problems in our personal lives and need a little extra support in the workplace.



<https://shop.unison.site/product-category/young-members/>